



# HELLO,

# HEALTH SOLUTIONS!

Our new wellness partner — Health Solutions — makes it easier to focus on your health by setting wellness goals and join in on activities that enhance your well-being.

In 2020, we'll be using the Health Solutions platform instead of Rally. You'll have access to valuable resources like wellness education, health coaching and challenges that are designed to help support your health. Additionally, we'll offer our annual health screenings earlier in the year so you can take a more personalized approach to selecting your wellness activities.

## **TAKING CARE OF YOURSELF IS REWARDING**

You can earn Reward Dollars for taking part in the activities listed in the table. When you complete an activity, the Reward Dollars will be automatically deposited into your Health Savings Account (HSA).

- Employees can earn up to \$500.
- Covered spouses can earn an additional \$300.
- Employees with covered child(ren) can earn up to \$800 (only the employee is required to complete the activities).

Watch for more information during 2020 on earning Reward Dollars.

## 2020 REWARD DOLLAR ACTIVITIES

		Timing	Employee Only (\$500 max)	Covered Spouse (\$300 max)	Employee + Child(ren) (\$800 max)
<b>Learn</b>	<b>Know Your Numbers</b> <i>Complete all three steps:</i> 1. Health Survey 2. Biometric Screening 3. Know Your Numbers video	January-May	\$250	\$150	\$250
<b>Understand</b>	<b>Health Coaching (Invite Only)</b> <i>Complete three sessions</i>	January-November	\$100	\$50	\$150
	<b>Wellness Education</b> <i>Complete a lifestyle change module</i>	January-November	\$100 each (unlimited)	\$100 each (unlimited)	\$150 each (unlimited)
<b>Engage</b>	<b>Walking Challenge</b>	Quarterly	\$100 each	N/A	\$100 each
	<b>Weight Loss Challenge</b>	June	\$50	\$50	\$50
	<b>Individual Challenge</b>	January-November	\$50	\$50	\$50
	<b>Dental Exam</b>	January-November	\$50	\$50	\$50
	<b>Virtual Wellness Fair</b>	July-November	\$50	\$50	\$50

### GET STARTED! REGISTRATION BEGINS JANUARY 1, 2020.

- › Go to [Transamerica.MyHealthywithHSI.com](https://Transamerica.MyHealthywithHSI.com)
- › Click **Register** in the New Users box
- › Read the Terms and Conditions, and click **Accept**
- › In the New Users Registration box, complete the following information:
  - **Company:** Transamerica
  - **Member ID:** First 4 letters of your Last Name, the first letter of your First Name, then your Date of Birth in the YYYYMMDD format (i.e., SmitJ19800120)
  - Select **Gender** and **Date of Birth**
  - Enter your preferred Contact Information (**email** and **phone**)
- › Click **Register**
- › Set your **Username** and **Password**
- › Click **Sign In**

*The receipt of this information does not entitle you to benefits under the Plan. In order to be entitled to benefits, you must meet all of the applicable eligibility requirements. To earn Reward Dollars, you must be enrolled in one of the Company's high-deductible medical plans and elect an HSA. You don't have to contribute to your HSA, but you need to have an account open to receive these rewards. Reward Dollars received approximately 4-6 weeks after completing activities.*