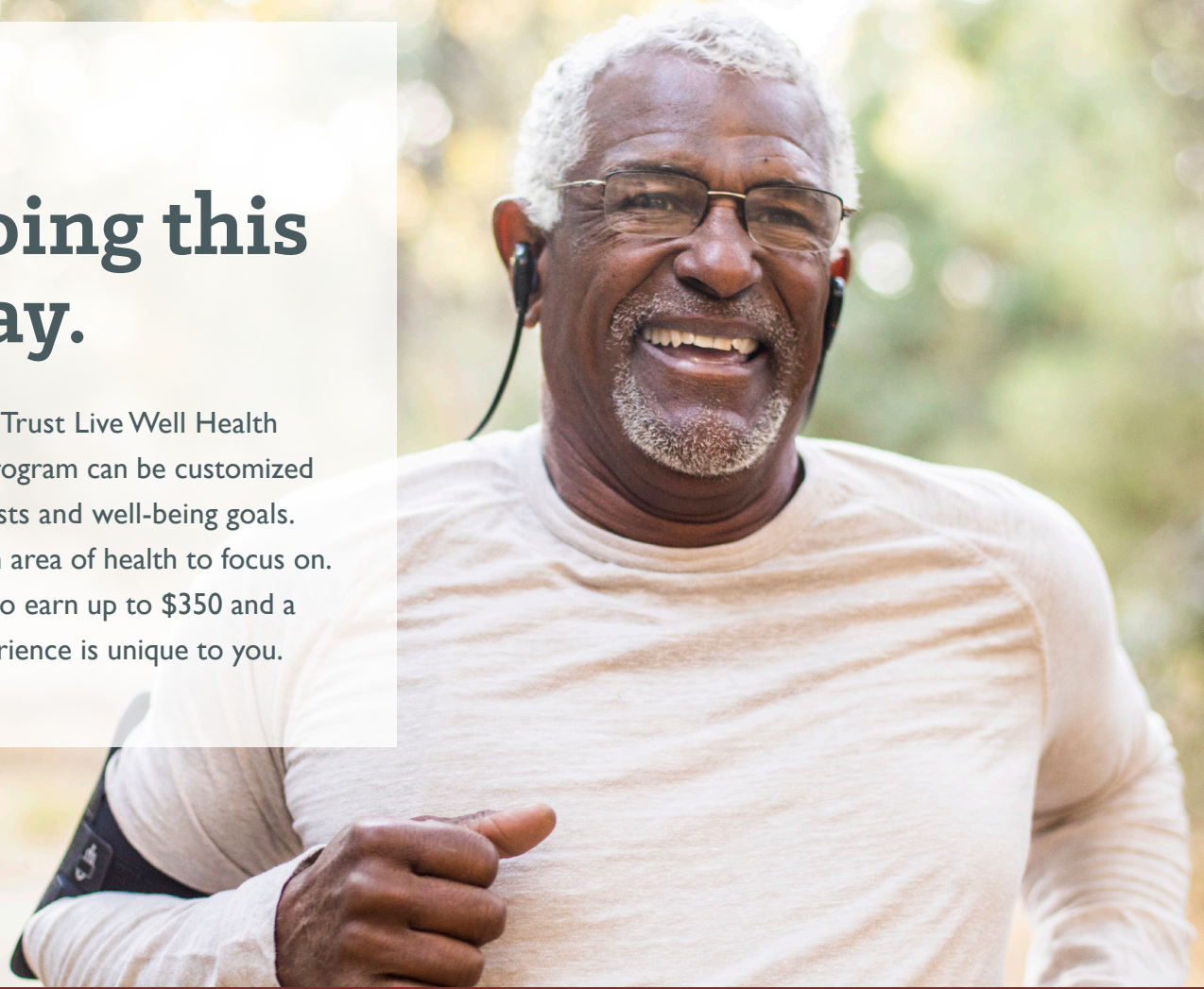


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I'm doing this my way.

The all-new Reta Trust Live Well Health and Well-Being Program can be customized to fit your interests and well-being goals. You decide which area of health to focus on. You decide how to earn up to \$350 and a Fitbit.* Your experience is unique to you.



What's new:

- Improved, personalized experience powered by WebMD ONE.
- Recommended action plan.
- New homepage.
- Simplified navigation.



Complete the HealthQuotient, set a My Health Assistant goal and certify you're tobacco-free. Use tobacco? Complete a call with a health coach, in place of certifying you are tobacco-free, to earn the reward.



Complete a biometric screening, health coaching and Engaging in Your Health activities—like Wellness Challenges, step tracking and more.

* Partial rewards will be distributed in early 2021 for participants who are enrolled in medical benefits and are actively employed as of December 31, 2020 who earn \$200 or above.



Register today

Reta members and covered spouses can register at retatrust.org. You will need the last six digits of your social security number and your eight-digit birth date.

Go to retatrust.org

Members: Log in via MyEnroll 360 & click on the WebMD logo.

Spouses: Click on the Reta Wellness link in the upper right-hand corner.

*Reta Trust Live Well Health and Well-Being Program
Dates: January 1, 2020 – December 31, 2020.*



Earn Rewards All Year Long

To see the full list of activities and learn about earning quarterly rewards, visit the Rewards Lobby at webmdhealth.com/reta.

Healthy Action	Dollar Value Per Action	Number of Actions Allowed	Maximum Dollar Value
PREVENTIVE EXAMS/BIOMETRIC SCREENING			
Complete a biometric screening.	\$50	1	\$50
Complete a preventive exam (annual physical, mammogram, cervical cancer screening, lipid panel, colonoscopy or Prostate-Specific Antigen test (PSA)).	\$50	2	\$100 (You can complete more than two screenings, but will only earn rewards for two. Please, visit the rewards lobby to learn more.)
ENGAGE WITH A HEALTH COACH			
Complete calls with a health coach.	\$25	4	\$100 (You can continue to access a health coach after earning max rewards.)
COMMUNITY-BASED ACTIVITIES			
Complete a fitness event in your community.	\$15	1	\$15 (You must log name, date and type of event.)
Complete a community service activity.	\$15	1	\$15 (You must log date, charitable organization and type of activity.)
WW (FORMERLY WEIGHT WATCHERS)			
Sign up to participate in WW.	\$25	1	\$25
Attend a WW workshop three times in one month or track food on the WW app for at least 14 days in a month.	\$25	2	\$50 (Can be completed multiple times, but will only earn rewards up to \$75 for all WW actions).
TAKE CARE OF YOU			
Register a fitness device with WebMD for the first time.	\$10	1	\$10
Download and use the Wellness At Your Side app.	\$10	1	\$10
Meet a My Health Assistant goal.	\$25	4	\$100

Note: Rewards come as Visa® prepaid cards and are mailed 3-4 weeks after the reward is earned. For the Engaging in Your Health activities, cards are sent once you reach the \$300 maximum or at the end of the program year. Fitbit devices can be claimed by going to www.fitbit.com/welcome/retatrust2020 and entering your unique promo code: Reta + birth year + last 4 of digits of your SSN (Ex: Reta20191234). The code will become active 1-2 weeks following your completion of the HQ Plus Reward. Partial rewards will be distributed in early 2021 for participants who earn \$200 or above.