



Southern California Conference of Seventh-day Adventists*

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January 23, 2020 (via email)

Hello Employees!

This letter is a follow-up to President Salazar’s announcement below introducing **SimplyEngaged®**, the health and wellness program offered through our medical insurance provider, United Healthcare (UHC). **SimplyEngaged®** is one program that you do not want to miss. It provides not only the obvious benefits in improved health and well-being but also rewards you generously with attractive gift cards for your active participation.

It’s easy to get started... Download the *Rally Health™* mobile app or when you register/login to www.myuhc.com to start your journey to health and wellness. You will have immediate access to valuable resources, benefits and rewards.

- **Earn rewards** for taking steps that may help you understand and improve your health and well-being. Both you and your covered spouse can earn up to a maximum reward of \$200/person annually. In addition to gift cards (from merchants of your choice), you can also earn Rally coins to use towards sweepstakes, discounts, and auctions on quality products and services or opt to use them towards donations.
- **Participate in a Biometric Screening event through any one of the below options** and receive confidential personal results plus a \$75 gift card

– **Biometric Screening Events (at or near your work location)**

Date:	April 7, 8, 9, 10, 14, 15, 16 and 17 (must have at least 20 sign-up)
Time:	8 a.m. to 10 a.m. or until 12 noon (if we have 40 sign up)
Location:	Conference office, academies, other locations to be determined
To Register:	Watch out for announcement.

– **Health Provider Form (from your doctor)**

– **Lab Screening**

- **Complete a confidential online health survey** and receive immediate feedback on your results and a \$25 gift card! Your responses are used to help create a personalized online experience specifically for you. Start your health survey within 90 days from the start of the wellness program.
- **Enroll in a telephone-based health coaching program** that focuses on losing weight, exercising more, relieving stress, and much more.
- **Register at a participating fitness center or YMCA®** and attend at least 12 times per month to earn a monthly reward.
- **Complete at least 3 missions** - personal, interactive action plans focused on physical activity (Move), nutrition (Eat), well-being (Feel), and condition-related (Care).
- **Get a cost estimate** on an upcoming procedure or treatment.

The Conference is partnering UHC to offer some of the best benefits for your well-being and medical needs – watch out for future emails from HR on more good news! **If you wish to include your covered spouse in our communication on UHC's offerings, please sent me your spouse's email.**

Blessings,

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Iris Chuah

Director of Human Resources

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