STEP 1: EARN $50 (required)

**Complete WebMD Health Questionnaire.** The Health Questionnaire takes about 10 minutes to complete and includes a series of questions about your health needs, strengths and challenges. Your responses are completely confidential and combined to build your personalized wellness profile and "score". Visit webmdhealth.com/bhy

**Complete Your Annual Preventive Care Exam with your Physician & Submit Results to Interactive Health.** As part of overall good health, all Baystate medical plans (and most all insurance plans) include a no-cost annual preventive exam and labs to review your overall health and identify risks and ways to stay healthy.

Your annual preventive exam should include a screening for:
- Waist Circumference AND Body Mass Index (BMI)
- Blood Pressure
- 3 Fasting Blood Labs: HDL, Triglycerides and Blood Glucose (valid for 3 years!)

You must use the approved **Physician Screening Results form.** Once complete, you submit your information to **Interactive Health.** See the form for full instructions. The form is located in your WebMD Health Portal and on the employee intranet, The Hub> Baystate Healthy > MyHealth Rewards.

*First time users must make initial connection through the portal.*
Verify Your Earnings!

Track your progress and earnings in your WebMD portal. Any discrepancy must be reported to Baystate Healthy prior to 12/31/20. To verify, visit www.webmdhealth.com/bhy > Rewards > Rewards History. Your earnings will be paid out to you in your paycheck in January 2021.

Step 2: Earn $100

Your screening results are automatically calculated by WebMD. If you meet 3 of the 5 Target Values below you earn $100. If you meet less than 3 of the targets, you can earn the $100 by completing 4 sessions with a WebMD Health Coach.

<table>
<thead>
<tr>
<th>Target Description</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Waist Circumference and Body Mass Index Target</td>
<td>You must have both waist and BMI measured, but only need to meet one target.</td>
</tr>
<tr>
<td></td>
<td>Waist: Women: &lt;35 inches. Men: &lt;40 inches or BMI &lt;25</td>
</tr>
<tr>
<td>2. Blood Pressure Target</td>
<td>&lt;130/85 mmHg</td>
</tr>
<tr>
<td>3. Fasting HDL Target</td>
<td>Women: HDL ≥ 50 mg/dl. Men: ≥ 40 mg/dl.</td>
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<tr>
<td>4. Fasting Triglycerides Target</td>
<td>&lt;150 mg/dl</td>
</tr>
<tr>
<td>5. Fasting Blood Glucose Target</td>
<td>Blood Glucose &lt;100 mg/dl or HbA1C ≤ 5.69</td>
</tr>
</tbody>
</table>

Fasting HDL, Triglycerides and Blood Glucose values are valid for 3 years, but based on your results, you may need to have retaken annually. For the 2020 program year, we can accept blood values back dated from January 2017. Waist, weight and height (BMI), and Blood Pressure need to be completed on an annual basis.

Step 3: Earn $100

Participate in meQuilibrium an online stress management & resiliency program or engage with a WebMD Health Coach to earn up to $100. You can mix and match as you would like to earn up to the $100 maximum.

- Complete 2 sessions with a WebMD Health Coach: $50
- Complete 2 meQuilibrium Gold Badges: $50

For more information about MyHealth Rewards, visit your WebMD Health Portal at www.webmdhealth.com/bhy or The Hub>Baystate Healthy>MyHealth Rewards. For questions, email baystatehealthy@baystatehealth.org or call Baystate Healthy at 413-794-4939.

If you think you might qualify for an opportunity to earn the same reward by different means, or have questions about the program, read the Wellness Program Notice in your WebMD portal or The Hub>Baystate Healthy>MyHealth Rewards FAQ’s.