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Wellness Program Incentive Guide
2022-2023

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PHYSICALLY

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EMOTIONALLY

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Log-in to your PeopleOne Health Account

Returning Employee-Owners and Enrolled Spouses

1. Go to portal.peopleonehealth.com.
2. Log-in using your username and password.

New Employee-Owners

1. Go to portal.peopleonehealth.com.
2. On the right under "Create Account," enter in your Oswald email address and check the box for "I am not a robot."
3. Click "Create Account" and you will receive an email. Click the link in your email to reset your password.
4. You have now successfully activated your account!

New Enrolled Spouses

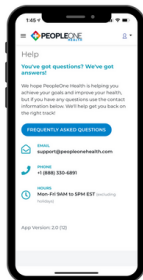
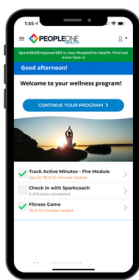
1. Go to portal.peopleonehealth.com.
2. On the right under "Create Account," click on "Create your account with Member ID or SSN, Name and Birthdate instead."
3. Fill in the last 6 digits of your Social Security Number, last name, date of birth, and check the box for "I am not a robot." Click "Create Account."
4. Continue following onscreen instructions and fill in appropriate fields. If you do not have a work or personal email address, select "I do not have an email address" and follow the instructions that appear.
5. You have now successfully created and activated your account!

Log-in and use your portal to access your program components, monitor your participation in different activities and access health and wellness resources!



Download the PeopleOne Health app in the Apple store or Google Play store and take your wellness program on-the-go!

Note: Downloading the app is not required to participate.



For questions regarding the portal, logging in or device connectivity, contact Customer Support at support@peopleonehealth.com or 1 (888) 330-6891 M-F from 9 AM to 5 PM EST.

PROGRAM SNAPSHOT

Deadline for earning Tokens: 8/31/2023

1 Review all program activities

Check out all of the program activities available to you and decide which ones align best with your personal wellness goals. All activities will fall into one of the following categories: Thrive Physically, Thrive Emotionally or Thrive Financially.

2 Complete your choice of program activities to earn Tokens

As you complete your chosen program activities, you'll start to earn Tokens. Some activities will be worth more Tokens than others. You will have several opportunities to earn Tokens throughout the duration of your wellness program.

3 Earn your program incentive

Once you have achieved at least **25 Tokens**, you will earn your incentive based on your enrollment in the health plan as outlined below.

Enrolled Employee-Owners and Enrolled Spouses: Premium Discount

Once you have earned 25 Tokens, you will receive a \$100/per month premium discount to be applied to the January 1 - December 30, 2024 plan year.

Please note if you have an enrolled spouse, BOTH you and the enrolled spouse must earn 25 Tokens each to be eligible for the \$10/per month premium discount incentive. If you earn 25 Tokens and your spouse does not (or vice versa), the premium discount will not be awarded.

Non-Enrolled Benefits Eligible Employee-Owners: Gift Card

Once you have earned 25 Tokens, you will earn a \$50 gift card that will be distributed before January 1, 2024. More information on distribution of the gift cards will be communicated as we near the end of the program.

Please note that spouses of Employee-Owners who are not enrolled in the health plan are not eligible to participate.

Deadline for earning Tokens: 8/31/2023

This program is voluntary. Oswald is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all Employee-Owners and spouses enrolled in the medical plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Stephanie Kovacs at skovacs@oswaldcompanies.com and we will work with you (and, if you wish, with your doctor) to establish an alternative goal with the same reward that is right for you in light of your health status.

INCENTIVE BREAKDOWN

Complete your choice of program activities below to earn Tokens!
All program activities are worth 1 Token each unless otherwise noted.

Deadline for earning Tokens: 8/31/2023

thrive PHYSICALLY

- Preventive Care Visit (20 Tokens)
- Meet 3 of 5 Biometrics (5 Tokens)
- SparkAmerica Fit City Challenges (5 Tokens)
- Health Risk Assessment (3 Tokens)
- Wellness Challenge (5 Tokens)
- Your Choice Preventive Screenings (2 Tokens)
- Healthy Lifestyle Goal & Action Plan: Physical
- Fitness Event Completion
- Wellness Video & Quiz
- Flu Shot

thrive FINANCIALLY

- Financial Wellness Webinar (5 Tokens)
- Meet with Financial Counselor (2 Tokens)
- Financial Wellness Challenge (5 Tokens)
- Healthy Lifestyle Goal & Action Plan: Financial
- Financial Wellness Video & Quiz
- Budgeting Tools

thrive EMOTIONALLY

- Emotional Well-being Webinar (5 Tokens)
- Emotional Well-being Challenge (5 Tokens)
- Corporate Day of Caring (3 Tokens)
- Personal Day of Caring
- Emotional Well-being Video & Quiz
- Healthy Lifestyle Goal & Action Plan: Emotional
- Donate Blood
- Make a Charitable Donation
- SparkUNPLUG Mindfulness Bingo

Visit your [PeopleOne Health portal](#) for detailed instructions on how to complete each step.
For questions on your program, contact Stephanie Kovacs at skovacs@oswaldcompanies.com.