

Healthyroads Wellness® Program



Benefits to Help You and Your Family Achieve Better Health

NEW Wellness Incentive Program (2016/2017)

Participation in the wellness incentive program is completely voluntary, and completely secured; no one but Healthyroads will have access to any health information shared.

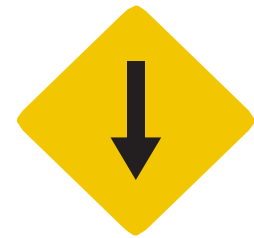
We encourage all eligible RSA members **enrolled in a Benefit Trust Medical plan** and their enrolled spouses/domestic partners to take advantage of the program.



Log onto
Healthyroads.com
to get started!

- Complete both the PHA and the Biometric to earn \$*
- Finish 4 Coaching Sessions and receive a FREE fitness tracker
- Take 5 online classes at healthyroads.com and earn \$

** This is a new health plan year so everyone is eligible even if you recently completed the PHA or Biometric for the July 4, 2016 incentive.*



All incentives
available until:

July 4, 2017





You and your spouse can participate and *each* earn all 3 incentives!

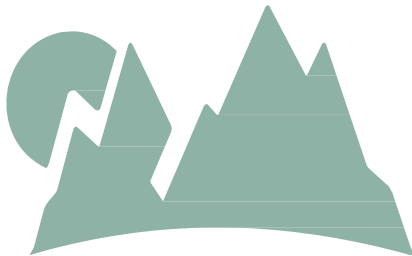
ONLINE CLASSES

Available at Healthyroads.com. They take about 5 – 7 minutes to complete and you can find a wide array of available health topics.

COACHING

Phone calls with your choice of Nutritionist, Fitness Trainer, Dietician, etc. There are coaches that meet your health needs, whatever they may be.

**Program
begins
11-1-2016**



The RSA Benefit Trust is committed to helping you achieve your best health status. Rewards for participating in a wellness program is available to members and enrolled spouses. 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 Brown Insurance Services and they will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.