

Here's a deal your health can't refuse:

Earn Wellness Rewards today!



Turn healthy habits into big rewards at **Staples Health Connection** powered by **WebMD**.

You can save **\$18.46 per week** on your medical premium and earn up to **\$600** (\$400 if single coverage) in your HRA or HSA account.*

Visit Staples Health Connection powered by WebMD at webmdhealth.com/staples to start earning Wellness Rewards!

Activity	Reward Amount	How
Take the Personal Health Assessment (PHA)	The PHA is required to earn the medical premium discount or Wellness Rewards	Visit webmdhealth.com/staples to take the PHA. To earn rewards, your covered spouse must complete this step, too.
Be a non-tobacco user or complete 3 smoking cessation coaching calls if you use tobacco	Save \$18.46/week on the cost of your medical premium	Indicate you are a non-tobacco user on the PHA or register for and complete 3 smoking cessation coaching calls with a trusted WebMD health coach. To earn rewards, your covered spouse must complete this step, too. The discount will be applied on a go-forward basis only. To be eligible, you must be actively employed at the time the rewards are funded.
Obtain a Blood Pressure reading of 140/90 or below, or complete an approved alternative	\$100 (applies to associate only)	Participate in an on-site screening or have a health professional complete the Health Provider Screening Form** to submit your validated Blood Pressure. OR work with a doctor to manage your Blood Pressure. Have your doctor complete the Treatment Consult Form** and submit to WebMD to qualify for the reward.
Obtain a BMI reading less than or equal to 30, show a 3% BMI improvement from prior year's screening or complete an approved alternative	\$100 (applies to associate only)	Participate in an on-site screening or have a health professional complete the Health Provider Screening Form** to submit your validated BMI. If your BMI is not in range, you can participate in 3 free Nutritional Counseling sessions with an in-network provider or work with a doctor to manage your Weight and have him/her complete the Treatment Consult Form** and submit to WebMD to qualify for the reward.
Complete Healthy Activities <i>New for the 2016/2017 plan year!</i>	\$200 for single coverage. Earn an additional \$200 if your covered spouse completes these activities too. \$400 if covering child(ren) only	Complete the "Maximizing Your Health Plan Benefits" webinar. AND choose one healthy activity of your choice: <ol style="list-style-type: none"> 1 Complete a one of four DHA goals (weight loss, exercise, stress management, nutrition) or 2 Complete a new Health Challenge.

*Kaiser members are only eligible to receive the non-tobacco user discount. **Find all forms on the Wellness Rewards tab at www.webmdhealth.com/staples