

When you're ready. We're here for you.

Be Well@Red Cross, provided by WebMD ONE, offers a personalized experience that can help support you every step of your health journey. Register and get started at <https://www.webmdhealth.com/redcross>

Turn inspiration into action

Find resources that can help you stay positive, push through challenges and pursue healthy passions throughout your life:

- **Health Assessment**—Learn exactly where your health stands. Answer this quick online questionnaire to get a personalized health report and recommendations.
- **Daily Habits**—Set and track health goals for exercising, keeping stress in check, balancing your diet, and more.
- **Health Coaching**—Receive free, professional health advice. A coach can help create a wellbeing routine that matches your goals and lifestyle.
- **Media library**—Watch easy-to-follow exercise videos, listen to engaging mental health podcasts and more.
- **Weight Management**—Livongo helps make living healthy and managing weight easier.
- **Health Screenings**—Complete a screening one of three ways:
 - **Home Test Kit**—Complete a screening right from home with a kit from Quest. Be sure to order your kit by 9/30 and return it by 10/30. Your screening results must be received by 11/30.
 - **Lab Screening**—**Download the required forms and schedule** a screening at a Quest or LabCorp location near you. Complete your screening by 11/30.
 - **Physician Results Form**—Get a screening with your health care provider. Download a Quest form and bring it to your health care provider's office to complete. Submit your completed form by 11/30.

Earn up to \$700 Annually

If you and your spouse/domestic partner are enrolled in a Bronze Plus, Silver, Gold or Platinum medical plan, you **each** can earn up to \$700 in contributions toward your **Health Savings Account (HSA)** or **Health Reimbursement Account (HRA)**. To receive incentives deposited into your HSA or HRA, you and your spouse/domestic partner must complete **both** the Health Assessment and Health Screening. All eligible activities must be completed by 11/30.

- **Earn \$400**—First, complete the Health Assessment **and** get a Health Screening to receive a \$400 contribution in your HSA/HRA.
- **Earn \$300**—Then, complete healthy activities to earn an additional \$300 contribution.



Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: **RedCross**.

* Once you create an account on the [Be Well portal](#) you will be able to single sign-on from [HR Now](#) or the [Benefits Service Center portal](#).

The Be Well@Red Cross program is open to benefit-eligible employees located outside of the European Union. Employees covered by Collective Bargaining Agreements should consult their contract or contact their union representative for eligibility details. Employees and their spouse/domestic partner enrolled in a Bronze Plus, Silver, Gold or Platinum medical plan can receive incentives in their Health Savings Account (HSA) or Health Reimbursement Account (HRA). Eligible employees and spouses/domestic partners must complete both a Health Screening and the Health Assessment to earn incentives.

