2020 Wellness Incentive: Wellness Coaching

1. Earn up to 12,500 reward points or $50 cash.
2. Online coaching: Enroll at www.WellnessCoachingNow.com. The online classes are paced, and some take up to 10 weeks.
3. One-on-one coaching: To enroll, call (800) 478-1057 and select option 2 for Wellness Coach. Talk with a coach at least 3 times over a minimum of 6 weeks, or talk once by phone and use live chat or email for the other 2 coaching sessions.
4. Following program completion, the incentive will be rewarded at the next semi-annual payout.

<table>
<thead>
<tr>
<th>Wellness Coaching</th>
<th>Rally %</th>
<th>Reward Points</th>
<th>Cash</th>
<th>Employee</th>
<th>Spouse (on County plan)</th>
<th>Opt Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose online classes, phone coaching, or a combo</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✔</td>
<td>✔</td>
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**What is Wellness Coaching?**
Wellness Coaching provides help with weight loss, nutrition, fitness, stress management, diabetes lifestyle, heart health, etc. The program is offered by UnitedHealthcare in partnership with Optum.

**How does it work?**
Take online classes or chat with a coach.

**Do the Quit Tobacco classes qualify as a tobacco cessation program?**
Yes, the Quit Tobacco online classes provided at the Optum Wellness Coaching website qualify as a Tobacco Cessation Program to avoid the annual $500 tobacco premium. However, the classes do not qualify for Wellness Coaching Program incentive rewards.

**Can I enroll in more than one Wellness Coaching Program at a time?**
No, you can only enroll in one at a time. You may participate in more than one program during the year, but are eligible for only one incentive during a calendar year. A Wellness Coach can help you select the best program for you.

**Can I enroll in Wellness Coaching and Chronic Condition Management at the same time?**
Yes.