

Healthy Activity Rewards

As you continue on your journey to manage and maintain your health and wellness, Centura Health encourages its associates to access CaféWell, our online wellness resource available 24/7. The tool offers associates the opportunity to participate in activities and challenges on diet and nutrition, fitness and exercise, preventive health and stress management. By participating in a wellness challenge or activity, associates can earn up to \$150 in gift cards between Sept. 2, 2015 and Feb. 29, 2016. Gift cards need to be redeemed by March 31, 2016. Upon completion of a program, associates can choose a gift card to a variety of retail outlets in \$50 increments.

Health activity rewards are independent of the annual Wellness Incentive Program tied to the Medical Plan or paid as cash. These activities are designed to support associates in their health journey and provide an instant reward for successfully completing a challenge or activity. Spouses on the Centura Health Medical Plan can participate in the healthy activities, but are not eligible to earn the gift card reward because of tax parameters.

The table below shows the programs available through the Healthy Activity Rewards.

Program	Description	Requirement	Incentive
The Beck Diet Solution: Train Your Brain to Think Like a Thin Person	A comprehensive, step by step psychological approach to healthy eating aimed at teaching participants how to change their sabotaging thoughts to helpful thoughts.	Completion of 5 of 7 weekly sessions	\$50 gift card
21-Day Sugar Detox	A comprehensive, simple and effective program to help break the chains sugar and carbs have on you – and help you find food freedom.	Completion of the 21 day program	\$50 gift card
CaféWell challenges	Programs designed to empower participants to eat better, incorporate exercise into their life and reduce stress. Complete any program on CaféWell and earn coins.	Earn 400 coins in a calendar month	\$50 gift card
Profile Employee Assistance Program	Meet with an experienced, licensed therapist for help with emotional concerns, substance abuse or legal/financial services.	Complete 3 sessions	\$50 gift card
Healthy Back For Life	90-minute interactive class identifies risk for back pain and teaches health techniques.	Complete the class and pass quiz	\$50 gift card

Gift cards can be earned between September 2, 2015 and February 29, 2016 and must be redeemed by March 31, 2016.

Your WELLNESS. Your WELLBEING.

Below you will find the description of each Healthy Activity Reward Program, how to enroll and earn your \$50 gift card.

The Beck Diet Solution: Train Your Brain to Think Like a Thin Person

The Beck Diet Solution is a step-by-step psychological approach to healthy eating. This program is aimed at teaching participants to avoid unplanned or over eating; resist tempting foods; cope with hunger, cravings, stress and negative emotions without turning to food; and exercise motivation by changing the way you think, which in turn effects the way you behave.

Classes meet weekly, and upon completion of five of seven weekly sessions, you will be rewarded with a \$50 gift card. Visit the [Code You SharePoint](#) for the most up to date information regarding Beck Diet Solution: Train Your Brain to Think Like a Thin Person class start dates and how to register!

It will take up to 14 business days after the course is completed for the gift card to appear in your wellness incentive tracker on CaféWell.

21-Day Sugar Detox

The 21-Day Sugar Detox is a proven, whole-food based program to help you bust sugar and carb cravings. The 21DSD includes three different levels so that you can ease in to a new way of eating depending on how you currently eat and every level is effective to see and feel the amazing results and benefits of the program.

You can get registered for the 21-Day Sugar Detox by contacting Jolie Ensign at JolieEnsign@Centura.org. Each session begins the first Monday of each month, or the following business day in the event of a holiday. The Pre-Detox meeting will be held one week prior to the start of the Detox, and sign-up will end the Sunday before the Pre-Detox meeting. Please refer to the [Code You SharePoint](#) for a complete list of start dates. Once you complete the Detox and complete the post-detox survey you will be rewarded with a \$50 gift card. It will take up to 14 business days after the Detox is completed for your gift card to appear in your wellness incentive tracker on CaféWell.

CaféWell Challenges

CaféWell is an integrated platform that not only tracks wellness incentives but also offers a wide range of health improvement education and challenges. Earning coins is easy. Simply log into your account at cafewell.com/code/wellbeing, select the "Improve Your Health Tab" and choose the activity that is right for you. You may also create a blog, leave a comment within a discussion group, complete your profile or track your progress.

If you earn 400 coins in a calendar month by completing challenges or activities on CaféWell, you will be rewarded with a \$50 gift card. It will take up to 14 business days after the end of the calendar month for the gift card to appear in your wellness incentive tracker on CaféWell. After the coins have loaded, you will be able to redeem them for gift cards to a variety of retailers through the CaféWell platform.

Profile Employee Assistance Program

When faced with mental health or well-being challenges in your personal or professional life, it can be hard to know where to turn. With the Profile Employee Assistance Program, Masters-level, experienced clinicians are available to support you. Call any time for help with emotional concerns, substance abuse, legal/financial services, or to find elder care, childcare and other resources that can help.

Counselors are available – 1-800-645-6571 or visit www.ProfileEAP.org and enter Username: Centura, Password: 3850.

Complete three sessions and submit the [Profile Employee Assistance Program Form](#) via fax to 1-800-762-1851. You will be rewarded with a \$50 gift card. It will take up to 14 business days after your form is received for the gift card to appear in your wellness incentive tracker on CaféWell.

Healthy Back for Life

A sore back can be debilitating, very painful and expensive to treat. Centura Health and Centura Centers for Occupational Medicine wish to support our associates in preventing and treating back pain.

All associates, and spouses on the Centura Health Medical Plan, are invited to attend this free class. In addition to learning valuable information, associates can choose a gift card to a variety of retail outlets in \$50 increments as part of the Healthy Activity Rewards Program.*

This 90-minute interactive class will; assess and increase posture awareness, provide ways to strengthen and protect your spine; discuss risk factors for back pain, suggest ways to self-manage a back ache and lead you through exercises for better posture, flexibility and core strength.

For a listing of classes visit <https://www.myvirtualworkplace.org> and look for the Healthy Back For Life Schedule under the “Centura Health” section.

Attend the class and complete and submit the quiz to earn your \$50 gift card. It will take up to 14 business days after you complete your class and quiz for the gift card to appear in your wellness incentive tracker on CaféWell.

*Spouses on the Centura Health Medical Plan can participate in the class, the CaféWell gift card reward is a wellness benefit offered to just Centura Health associates.