



Onlife[®]
HEALTH

MEA
Benefits Trust

Dear MEA Benefits Trust member:

MEABT firmly believes that quality health plays an important role in our success and also leads to happier, healthier members. It's important to us that you have the wellness tools and support to live your best quality of life. And because we believe so strongly that wellness is a family affair, the program is available to all covered spouses, domestic partners, and dependent children age 18 or older!

MEABT's 2015-2016 wellness program, powered by Onlife Health, launches **July 1, 2015**.

The program begins when you complete a [health assessment](#) questionnaire, after which you will receive a personalized wellness report. This report helps identify any possible health risks that you should focus on in order to prevent future illness or injury from occurring. It will also help you take advantage of Onlife's complete wellness program—including [health coaching](#), [online trackers](#), [online health challenges](#), [self-directed programs](#), and much more throughout the year. To help you maintain a healthy lifestyle and earn points throughout the year, we've increased the amount you can redeem in prepaid debit cards to **\$250**! See the incentive section of this brochure for more information.

Our continued partnership with Onlife Health allows you to take charge of your health—and enjoy an enhanced quality of life!

Wishing you the best of health,

Christine F. Burke
Executive Director, MEA Benefits Trust



<http://tinyurl.com/MEABTfacebook>

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Small steps in the right direction

Take a personalized health assessment



Complete a
biometric screening*



Set up an action plan
with your Health Coach



Support your healthy habits
with our ongoing encouragement



*Please check with your insurance provider before scheduling your screening to ensure it is covered under your plan for this year. You will be responsible for any fees associated with the screening if it is not covered by your insurance.

[Translation services are available.](#)

Call 1.877.806.9379 for more information.



It's your wellness experience

Think of us as a tour guide

- Work with a Health Coach who will help you set personal goals and be there for you every step of your wellness journey
- Explore how to improve your nutrition or manage stress through our self-directed programs and take control of your health
- Take advantage of our online tools such as trackers, health resources, and milestone assessments

“My Health Coach gets back to me with timely, thoughtful, thorough responses. I am very grateful.” -Carla B.

We're here to help

Your Health Coach is your wellness partner

Lasting lifestyle changes don't happen overnight. Our Health Coaches are by your side throughout your wellness journey as you meet all your personal health goals. The more actively involved you are in our programs, the more you'll get out of them.

A Health Coach can assist you with:

- Weight Management
- Physical Activity
- Nutrition
- Tobacco Cessation
- Stress Management



Each point you earn is worth \$1.
Redeem points in \$50 increments for up to \$250 in prepaid cards that can be used at over 150 retailers.

Activity	Point Value	Max Frequency	Max Value
Complete an Online Health Assessment	40	1/Year	40
Complete Online Challenge	35	2/Year	70
Complete a Coaching Program Goal	20	1/Quarter	80
Track Your Progress	1	3/Week	156
Complete a Self-directed Course	20	1/Quarter	80
Read Coach-recommended Content	5	1/Quarter	20
Complete Milestone Assessment	5	1/Quarter	20
Submit a Biometric Screening Form	25	1/Year	25
Preventive MD Visit*	25	1/Year	25
Complete Annual Physical	25	1/Year	25

1 Point = \$1. Participants may redeem online for prepaid cards in \$50 increments, up to \$250 maximum per program year (July - June). Prepaid cards may take 8-10 weeks to arrive in homes. Points will expire at the end of each program year. Log in to www.OnlifeHealth.com and access the My Company page for additional information.

*Preventive MD visits include: prostate cancer screening (men), mammograms (women), pap test (women), colonoscopy (both).

Privacy

We protect your confidentiality

Onlife Health, Inc. is an independent company specializing in health improvement programs. Onlife Health administers the health assessment, generates the Personal Wellness Report and provides Dedicated Health Coaches to help you manage and improve your health status. The program is administered by Onlife Health and is completely confidential. Your organization never sees your health evaluations. Group statistical reports may be provided to your company.

How do you assure the confidentiality of my personal information?

It is Onlife Health's policy to treat individually identifiable health information in full compliance with all applicable laws. We have in place a system of physical and electronic procedural safeguards to protect the confidentiality of your information.

Is my personal health information shared with my organization?

No. Only with your written consent can your personal information be shared.

Onlife Health will compile all data into a group health risk report, which does not allow identification of any individual information. Only group summaries will be provided to your organization so that

entire employee population risks can be identified and a determination can be made as to what assistance programs might be beneficial to the group. These summaries will contain information such as the number of individuals who might benefit from a tobacco cessation program or the number of individuals who could be assisted through stress management coaching.

Onlife Health does not sell names or addresses (mailing lists) to anyone for any reason. Your name and your address will never be sold or provided to any other company without your written consent.

Complete privacy policy

To receive Onlife Health's complete Privacy Policy or Participant Rights, write to Data Management, Onlife Health, 9020 Overlook Blvd., Suite 300, Brentwood, TN 37027.

Call the phone number provided in this brochure for non-English services:

Onlife provides services to all participants including those who are non-English speaking, and participants who require services due to speech and hearing impairments. Onlife Health is committed to providing wellness experiences for diverse cultural populations and is committed to training employees to provide best in class services to each population's needs.

Employees, retirees, spouses/domestic partners and dependents age 18 and over are eligible if covered under the MEABT health insurance plan.

To log in, go to www.OnlifeHealth.com.

If you are a returning user:

1. Enter your username and password used from your last visit in the boxes located at the left side of our homepage and click **LOGIN**.

If you are a new user:

1. Click **GET STARTED**, located on the left side of our homepage.
2. Enter your Keycode, **MEABT**, and select **SUBMIT**.
3. Enter the prompted information to verify your identity and click **VERIFY**. You must scroll down to the bottom to agree to the User Agreement and select **CONTINUE**.
4. Complete the required fields and select **SAVE & CONTINUE** to proceed.

Having trouble? Call 1.877.806.9379 and press 1 for Participant Services.

This card is your ticket to logging in to a site full of education, motivation and fun.

Keycode: **MEABT**

Username: _____

Password: _____

www.OnlifeHealth.com

1.877.806.9379



9020 Overlook Blvd.
Suite 300
Brentwood, TN 37027

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**IMPORTANT BENEFITS INFORMATION
DO NOT DISCARD**