

Let's get started

Starting your wellness journey has never been easier.

1. Visit www.OnlifeHealth.com to access your member account

or

2. Call Onlife Health at 1.877.806.9379 for assistance

Now what?

It's time to start seeing the benefits of your workplace wellness program:

- Reach out to a Health Coach, online or by phone
- Begin a recommended self-directed course
- Set goals to encourage healthy habits



"My Health Coach has been very helpful to me as I go forward with my weight loss goals and getting more healthy!"
— Marjolaine B

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.

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 meet all the populations needs.

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 smoking cessation program or the number of individuals who could be assisted through stress reduction 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.

Get Healthy Stay Healthy

What motivates you?

For some, it may be their children, a spouse, or a friend and for others it may be a pet, a coworker, or an incentive.

It's time to reach your goals

We have a game plan for success. Let's get started today.



Onlife[®]
HEALTH

Dear MEA Benefits Trust participant:

Wellness programs have often been viewed as a nice extra, not an essential part of benefits.

However, we firmly believe that quality health plays an important role in our success and also leads to a happy, healthy workforce. It's important to MEABT that participants have the wellness tools and support to live their best quality of life. And because we believe so strongly that wellness is a family affair, we're also making the program available to all covered spouses, domestic partners and dependent children age 18 or older!

MEABT's 2014-2015 LiveWell wellness program powered by Onlife Health launches July 1, 2014. 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 should be worked on in order to prevent illness or injury from occurring. It will also help you take advantage of Onlife's LiveOn program – including **health coaching, online trackers, online health challenges** and **self-directed programs**. Earn points for these activities and redeem them for up to **\$150** in prepaid cards, as described in the incentive section of this brochure.

All of the Onlife programs are designed to help you 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>



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

Earn points in the following ways:

Activity	Point Value	Max Frequency	Max Value
Complete an Online Health Assessment	50	1 /Year	50
Complete Online Challenge	20	2 /Year	40
Meet a Health Coaching Program Goal	25	4 /year	100
Track Your Progress	2	3 /Week	100
Complete a Self-directed Course	10	1 /Quarter	40
Read Coach-recommended Content	5	1 /Quarter	20
Milestone Assessment	5	1 /Quarter	20
Submit a Biometric Screening Form	25	1 /Year	25

1 Point = \$1. Participants may redeem online for prepaid cards in \$50 increments, up to \$150 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.

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 support



*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.

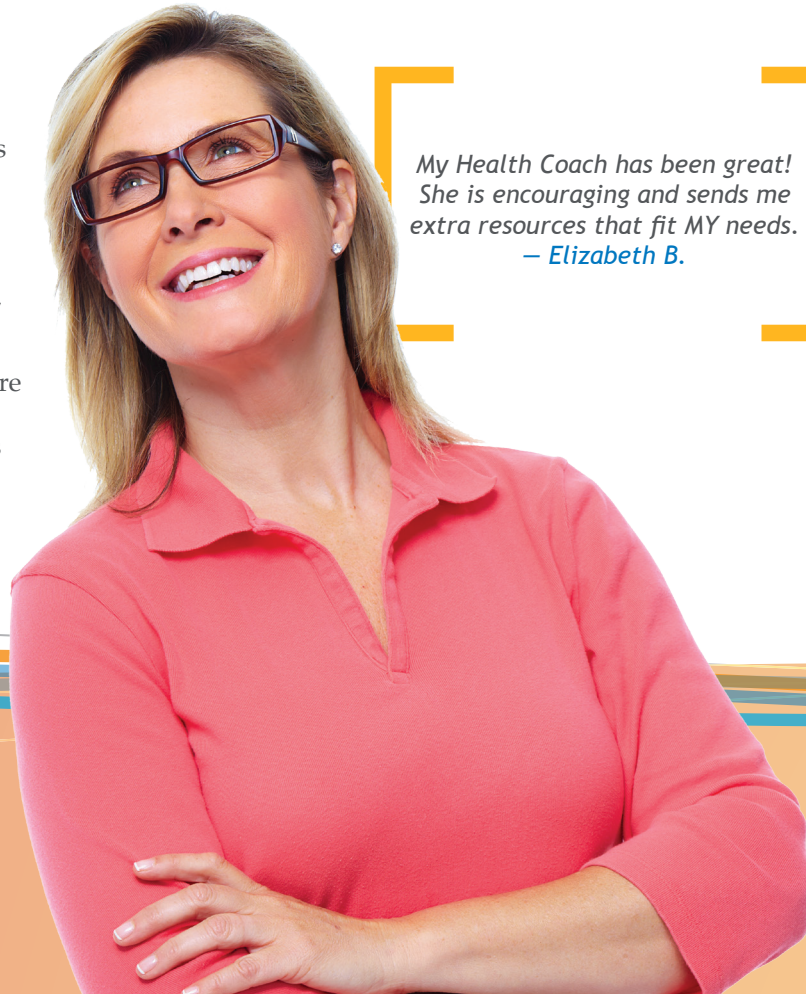
Translation services are available.

Call Onlife Health at 1.877.806.9379 for assistance.



Guiding your wellness experience

- Take advantage of our online tools such as trackers, health resources, and milestone assessments
- Partner with your Health Coach to receive helpful information or techniques, personalized just for you
- Get healthy on your own terms and explore how to improve your nutrition or manage stress through our self-directed programs



My Health Coach has been great! She is encouraging and sends me extra resources that fit MY needs.
— Elizabeth B.

Your wellness partner

Lasting lifestyle changes don't happen overnight. Our Health Coaches work with you to meet all your personal health goals. The more actively involved you are in our programs, the more you'll get out of it.

A Health Coach can assist you with:

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

Take your time

Wellness isn't all about sprinting to the finish line. It's about making life changing healthy habits, on a long-term basis. Our self-directed courses let you focus on one lesson at a time. Take your time and work at your own pace.

Courses include:

- Blood Pressure Management
- Tobacco Cessation
- Stress Management
- Preventive Health
- Weight Management
- Nutrition
- Physical Fitness

Mobile Trackers now available!

Access the www.OnlifeHealth.com website using your smartphone to take advantage of our mobile site featuring trackers for stress, weight, nutrition, and more.

