

live on



MEA
Benefits Trust

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 2013-2014 LiveWell wellness program powered by Onlife Health launches July 1, 2013. The program begins when you complete an **onmyway™** 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 **onmyteam** health coaching, online trackers, health challenges and the **onmytime** 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,

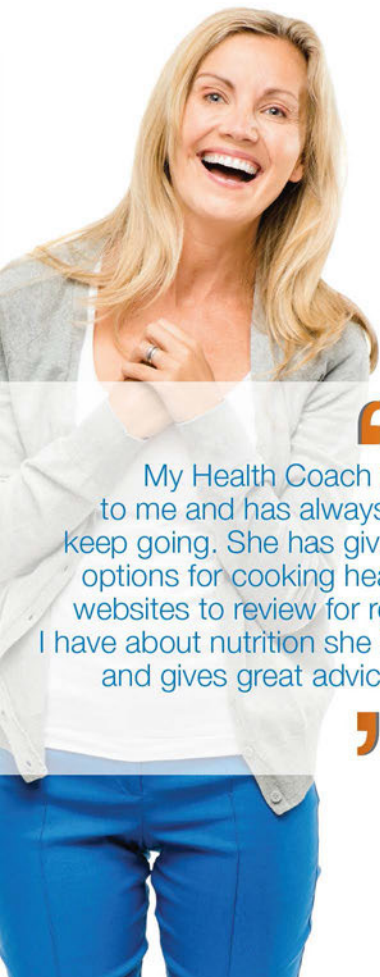
Christine F. Burke

Executive Director, MEA Benefits Trust



<http://tinyurl.com/MEABTFacebook>





“

My Health Coach has been helpful to me and has always encouraged me to keep going. She has given me several different options for cooking healthy meals, including websites to review for recipes. Any questions I have about nutrition she has an excellent answer, and gives great advice on healthy eating.

”

STEP 1 Complete a Health Assessment.

- www.OnlifeHealth.com

STEP 2 Complete a Biometric Screening.

- See the My Company page at www.OnlifeHealth.com to download your form

STEP 3 Contact your Health Coach.

- 1.877.806.9379

STEP 4 Participate in the *HealthTrails* Challenge.

- Coming October 2013 and February 2014

get onboard



Join the *HealthTrails* Challenge!

- Challenges coming in October 2013 and February 2014.
- Fun, interactive trails to track progress.
- Friendly team competition.
- Mobile app to log activity, view recipes, “visit” locations around the world and track team progress on the go.
- Search for *HealthTrails* (one word) on Google Play or iTunes.





The best treatment for any health condition is prevention. That's why we created the **onmyway™** health assessment to get any health issues and risks on your radar, so you can start treating and preventing them today.



We can help you improve your health through small changes that will become a new, easy to maintain, positive lifestyle. Whether your goal is to lose a few pounds, get rid of the cigarettes, run a 10K or just get off the couch and start moving, Onlife Health can get you there. You don't have to do it alone. Your **onmyteam** Health Coach is waiting to assist you.



ACHIEVE YOUR GOALS WITH OUR SELF-DIRECTED COURSES.

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

CONNECT!

Translation services are available.
Call 1.877.806.9379 for more information.

TAKE STEPS TO IMPROVE YOUR HEALTH AND TURN HEALTHY CHOICES INTO WELLNESS \$\$\$.

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
Track Your Progress	2	3/Week
Completing Health Coaching Program (GOAL)	20	4/Year
onmytime Course Complete	15	1/Quarter
Coach Recommended Content	5	1/Quarter
Milestone Assessment	5	1/Quarter
onmyway Assessment	25	1/Year
Biometric Screening	25	1/Year
Complete Online Challenge	20	2/Year

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.



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.

TURNlifeon

Michael never thought he could lose weight.

Sarah never thought she could lower her cholesterol.

Tonya never thought she could quit smoking.

Lewis never thought he could run a marathon.

BUT THEY ALL DID.

While those may not be their real names, the people are real. Their stories are real. Onlife helped them get over their off days. Now, they all live on every day. And you can, too.



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

To log in:

1. Go to www.OnlifeHealth.com or the Onlife Health link at www.meabt.org/wellness-programs
2. If you are a returning user, enter your **username** and **password** used from your last visit in the boxes located at the left side of our homepage.
3. If you are a new user, click **GET STARTED** and enter the **keycode** (provided below) and click **SUBMIT**.
4. Enter the prompted information to verify your identity and click **CONTINUE**. **New users** must accept the User Agreement to continue and create a profile by completing all the required information on the Login & Preferences screen. Click **SAVE & CONTINUE** to proceed.
5. Still having trouble? Call 1.877.806.9379 and press 1 for Participant Services.



9020 Overlook Blvd.
Suite 300
Brentwood, TN 37027

JOHN SMITH
9020 OVERLOOK BLVD STE 300
BRENTWOOD, TN 37027-3259



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

www.OnlifeHealth.com

1.877.806.9379

~~FIRSTNAME~~LASTNAME~~

Keycode: MEABT

Username: _____

Password: _____



**YOUR NEW MEABT WELLNESS PROGRAM BEGINS 07/01/2013!
DO NOT DISCARD**