

The logo features the text "Peaceful Living" in a blue sans-serif font. The word "Peaceful" is in a darker blue, and "Living" is in a lighter blue. A stylized house icon is integrated into the letter 'i' in "Living". Below the text are several overlapping geometric patterns: a large yellow sphere with a grid of lines, a purple mandala-like pattern, a yellow sphere with a grid of lines, a green starburst pattern, and a blue mandala-like pattern.

Peaceful Living

PASSPORT
TO HEALTH™

passport.attentivehealth.com | 877.875.0333 | peacefulliving@attentivehealth.com

ATTENTIVE
HEALTH

PASSPORT TO HEALTH™



WHAT IS PASSPORT TO HEALTH™?

The PASSPORT TO HEALTH™ is a voluntary wellness program offered by your employer which awards you points for completing various activities. The program is designed to reward you for your smart decisions, and the steps you take toward a healthy lifestyle.

Benefits enrolled Team Members can earn a \$250 payroll bonus reward by reaching the **FINISH LINE** by April 1, 2024.



REWARDS

“FINISH LINE”

(Step 1: 50 points, Step 2: 50 points = 100 points total)

\$250 PAYROLL BONUS

(Payroll bonus will be paid to benefits enrolled team members after earning 100+ points for completion of Healthy Living activities)



STEPS TO SUCCESS

- **Step 1:** Complete a confidential **personal health survey** and **meet with a health coach** to earn 50 points.
- **Step 2:** Earn **an additional 50 points** from various PASSPORT TO HEALTH™ activities.
- **Step 3:** **By April 1, 2024, submit all your documentation** to Attentive Health to ensure you have 100 points total needed for your wellness reward.



SUBMIT

Receipts for activities such as doctor visits and community events can be turned in:

FAX: 215.734.2333
MAIL: P.O. Box 61, Telford PA 18969
UPLOAD: passport.attentivehealth.com
EMAIL: peacefulliving@attentivehealth.com



CONTACT

If you have questions about the program, please contact Attentive Health:

phone: 877.875.0333 | **email:** peacefulliving@attentivehealth.com

EVERY JOURNEY BEGINS WITH ONE STEP. START YOURS TODAY!



ACTIVITY	POINTS
Personal Health Survey	25
Goal-Setting Meeting with Health Coach	25



ACTIVITY	POINTS
Attentive Health Coaching	25 each
Routine Physical/Well Visit since 4/1/23	25
Personal Fitness Program (at home or gym)	1 point each (up to 50)
Step Tracking	1-2/wk (up to 50)
Wellness Challenge	25
Wellness Break Webinars	10 each (up to 40)
EAP or Other Counseling	20 each (up to 60)
Financial Wellness Counseling	20
Other Approved Programs (<i>WW, Diabetes Education, Tobacco Cessation, etc.</i>)	up to 50
Other Preventive Care Activities since 4/1/23 (<i>i.e vaccines, dental/vision exams, colorectal cancer screening, mammogram, age/gender screening, etc.</i>)	15 each



FINISH LINE	POINTS
PROGRAM DEADLINE April 1, 2024	100 TOTAL

alternate accommodations available upon request

ACTIVITY DESCRIPTIONS

PERSONAL HEALTH SURVEY & GOAL-SETTING –

Take 30 minutes to learn about your overall health. Complete a CONFIDENTIAL survey then follow-up with an Attentive Health coach to discuss your results & next steps. Survey and meeting schedule available online at passport.attentivehealth.com or by calling **877.875.0333**.

ATTENTIVE HEALTH COACHING –

Get personalized & confidential support in achieving your health goals. In these 20-minute sessions, our health coach will help you work on your goals and support you in staying on track. Sign up at passport.attentivehealth.com or by calling **877.875.0333**.

ROUTINE PHYSICAL/WELL VISIT – Submit proof of a routine physical for points. No results needed...simply submit receipt or other proof of visit like a provider's note or Explanation of Benefits.

PERSONAL FITNESS PROGRAM – Earn points for your own personal fitness regimen: give us a report of your visits to the gym and earn 1 point for every visit. Or you can document your non-gym activities on a Fitness Log from Attentive Health and earn 1 point on your Passport for each point on the Fitness Log. Fitness Logs are available online at passport.attentivehealth.com.

STEP TRACKING – Wear a Fitbit, Garmin, smartphone, or other fitness tracker and get 1 point for every week you reach 50,000 steps. If you reach 70,000 steps for the week, you'll earn 2 points for the week, up to 50 points total. To get credit for these activities, you will need to sync your device's steps to a free personal account in [MoveSpring](https://MoveSpring.com) and join an Attentive Health challenge. Instructions can be found by clicking on Activities - Step Tracking at passport.attentivehealth.com.

WELLNESS CHALLENGE – Have fun while building new healthy habits & earning rewards in the process! Details will be announced.

WELLNESS BREAK WEBINARS – Take a wellness break and learn a few health tips! A variety of topics will be offered throughout the year. View online anytime: passport.attentivehealth.com.

EAP/OTHER COUNSELING – Earn points for participating in counseling sessions. No need to provide details, just proof of visit. For more information on your EAP visit www.pfeap.org OR call 215.257.6556.

FINANCIAL WELLNESS COUNSELING – Meet with a financial professional to work on your financial fitness goals.

OTHER APPROVED PROGRAMS – Get credit for participating in community programs such as WW (Weight Watchers), diabetes education, and more! Just get approval from Attentive Health first & find out how many points you can earn.

OTHER PREVENTIVE CARE – Get credit for routine preventive care completed since 4/1/2023. No results needed...simply submit receipts or proof of visit like a provider's note or Explanation of Benefits.



LEARN
MORE!

PASSPORT TO HEALTH™ ONLINE

- ✓ check points
- ✓ upload receipts
- ✓ view webinars
- ✓ and more!

PASSPORT.ATTENTIVEHEALTH.COM