



Important Information About Your Wellness Program

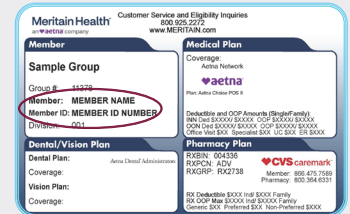
Argus Consulting, Inc.

2024

Welcome to your Healthy Merits Wellness Program! The goal of Healthy Merits is to help you become healthier by establishing smart and easy habits to last a lifetime, versus setting temporary goals. All employees and spouses who are enrolled in the medical plan are eligible to participate. If you are an employee who is enrolled in the medical plan, you are eligible to earn medical premium discounts. Don't wait, log on today at <https://argus.healthymerits.com>.

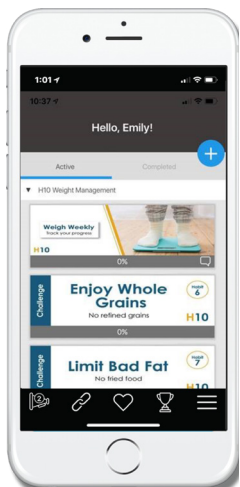
Healthy Merits website registration

To get started, you must first register for your Healthy Merits account at <https://argus.healthymerits.com>. Use the information exactly as it appears on your Meritain Health® medical ID card. Your unique ID is your member ID. Employees who are not enrolled in the medical plan will use their employee ID number to register, which was given at the time of hire and located in Deltek.



Spouse registration

Spouses on the health plan will be eligible to participate in the wellness program. After the insured employee has registered, the spouse can enter their information and register. **Please note:** the email with which the primary member registered is required during spouse registration.



Mobile app

Prefer to participate in the wellness program on your smartphone? Download the Healthy Merits app in the iOS App Store®, Google Play Store™ or scan one of the QR codes to the right and create an account. You will need to use the company code **Argus** during registration.



Apple app



Android app

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an **aetna** company

Program Incentives

Employees earn your 2025 premium discounts by completing the following activities by November 30, 2024.

Employee discount A:

- **Employees:** complete the AgeGage health assessment and the MeasureUp biometric screening to earn the \$50 per month discount in 2025.

Employee discount B:

- **Employees:** earn an additional \$25 per month discount by completing the tobacco affidavit. Employees who use tobacco can complete the NicotineFree Challenge to earn the \$25.00 per month discount in 2025.

Please note: only employees on the plan must complete the AgeGage health assessment, the MeasureUp biometric screening and tobacco affidavit to earn the 2025 premium discounts.

New this year

Spouses are eligible to participate in the Argus Wellness offerings.

- **Spouses:** who complete the AgeGage health assessment and the MeasureUp biometric screenings earn a one-time \$50 gift card.
- **Spouses:** who complete the tobacco affidavit earn a one-time \$25 gift card.

Premium Credit Activity	How to participate	Premium Incentive
Discount A: AgeGage and MeasureUp	AgeGage: complete Health Risk Assessment on the Healthy Merits website. MeasureUp: complete biometric screening form. Please note: must complete both to earn the discount.	\$50
Discount B: NicotineFree	Complete the online tobacco cessation program. Please note: employees who use tobacco can complete the 10 NicotineFree Challenge University Courses to earn the discount.	\$25



Also new this year!

We've expanded our wellness program. Have the opportunity for **all** employees to earn additional funds to be added to your employee health and wellness reimbursement accounts.

Program Activities

Below are the wellness activities you can participate in to earn incentives. Challenges and activities have been assigned points (one point = one dollar). By participating, you can earn up to \$25 quarterly (\$100 annually) to be added to your Health and Wellness Reimbursement Fund. **Please note:** covered spouses are not eligible to earn additional funds.

Wellness Activity	How to participate	Wellness points you can earn	Maximum points you can earn
Company Challenges	Challenges available to be completed alongside your coworkers enrolled in the wellness program. Check out the website to see the most recent challenge!	25	25 per quarter
Personal Challenges	Complete one of a variety of health topics. You can complete them individually or challenge a peer to participate with you.	5	25 per quarter
Vaccinations	Stay up to date on age appropriate vaccinations. You can receive wellness points for the following: shingles, meningitis, pneumococcal, COVID-19 booster or other age-appropriate vaccines.	5	15 per quarter
Health Coaching	Speak with an accredited health coach on topics of your choice.	10	30 per quarter
WellnessEvent	Complete a wellness event such as a 5k, 10k, triathlon or other community based event.	10	30 per quarter
StopTheFlu	You can receive wellness points for getting your flu shot.	10	10 annually



About your rewards

Your health plan is committed to helping you achieve your best health by offering rewards for participating in a wellness program. If you think you might be unable to meet a standard for a reward under this wellness program, just contact Healthy Merits at **1.877.348.4533**. We can help to find an engagement activity with the same reward that is right for you.

Questions? Call Healthy Merits Customer Service at **1.877.348.4533** or email healthymerits@meritain.com.

Simple. Transparent. Versatile.

At Meritain Health®, we're creating unrivaled connections.

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