




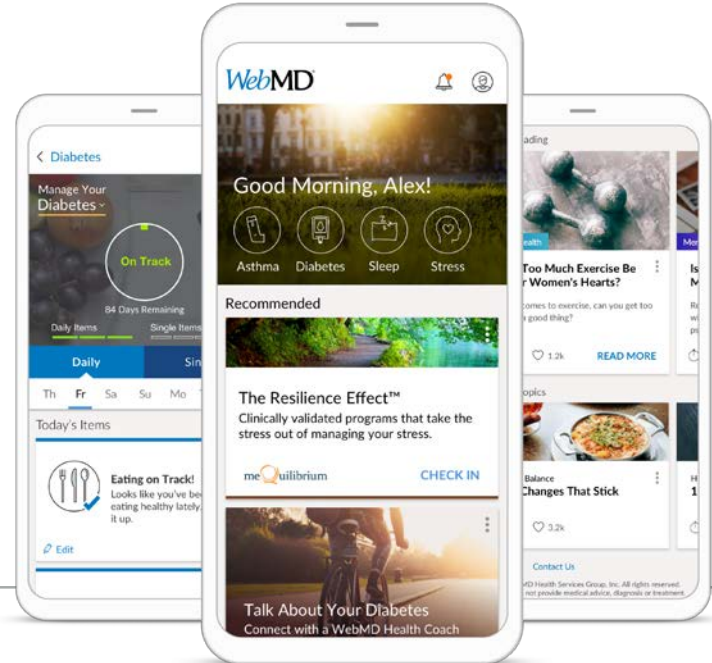
Good Morning and Welcome!

Please find your seats and Download the App:
Wellness At Your Side

Wellness at Your Side

Let's get your phone connected

- 1 Install the FREE Wellness app from one of these stores:


- 2 Open the app and enter this Connection Code:
buenavida

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SEPTEMBER 2024

Benefit and Wellness Coordinators Presentation for Texas ERS

WebMD Account Team



TEXAS ERS

Year One Program Overview

The BuenaVida Wellness Program Year 1

- **Dates:** October 1, 2024 – December 31, 2025*
- **Purpose:** Well-being activities aimed to encourage healthy behaviors
- **Eligibility:** Medically covered employees, spouses, retirees and dependents 18+
- **Reward:** Earn up to \$99 in BuenaVida bucks to spend on merchandise!
- **Customer Service Number:** 1-833-404-6080
- **URL:** webmdhealth.com/buenaVida

Year One Incentive Design

Activity	Bucks	Claims-Based
Health Assessment	\$25	No
Annual Wellness Exam	\$50	Yes
Download the WAYS app	\$25	No

Deadline to Earn Buena Vida Bucks

- Downloading the Wellness At Your Side (WAYS) app between September 1, 2024, and December 31, 2025,
- Completing the WebMD One Health Assessment between September 1, 2024, and December 31, 2025,
- Getting an annual wellness exam between September 1, 2024 and November 15, 2025, as detailed below.
 - You will not earn Buena Vida Bucks for your annual wellness exam until your provider's claim has been processed and WebMD has been notified.
 - You are required to complete your exam by November 15 to receive the award in the 2025 program year.

Deadline to Spend Bucks

- Buena Vida Bucks must be spent by December 31 of the program year.
- For the first program year, that deadline is December 31, 2025.
- Buena Vida Bucks do not roll over to the next program year.

Merchandise!




Download the App: Wellness At Your Side

Wellness at Your Side

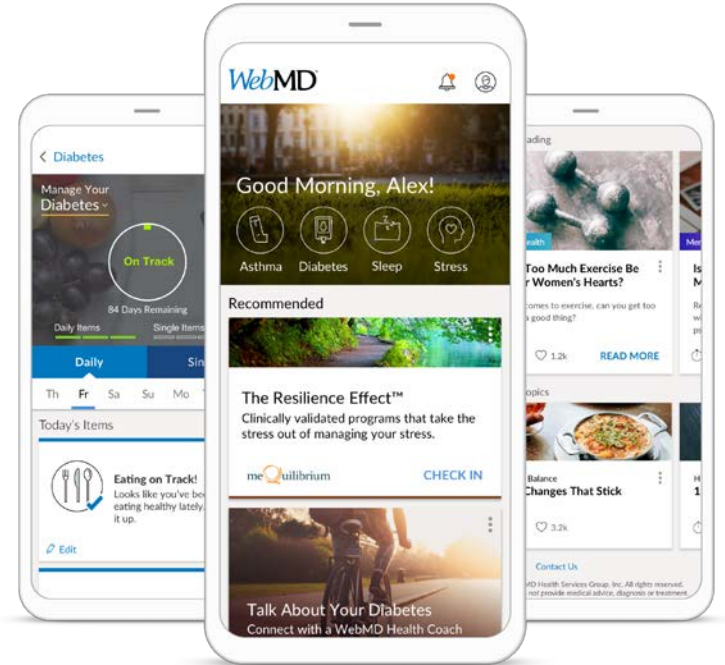

Let's get your phone connected

- 1 Install the FREE Wellness app from one of these stores:



Get it on the **App Store** | Get it on **Google play**
- 2 Open the app and enter this Connection Code:

buena
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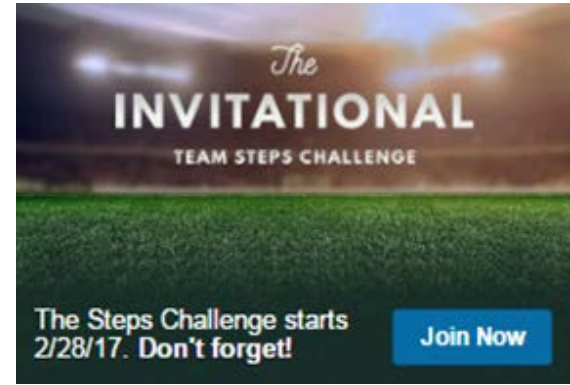
Portal Demonstration

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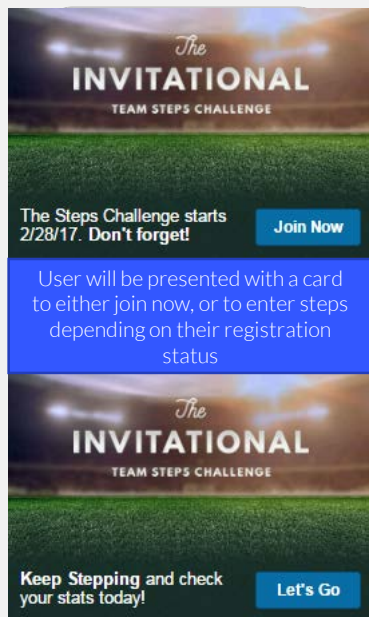
Overview of Challenges

The Invitational Overview

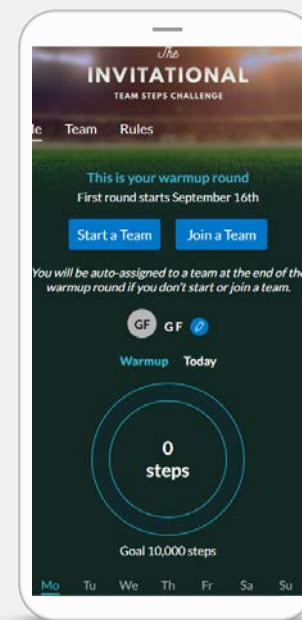
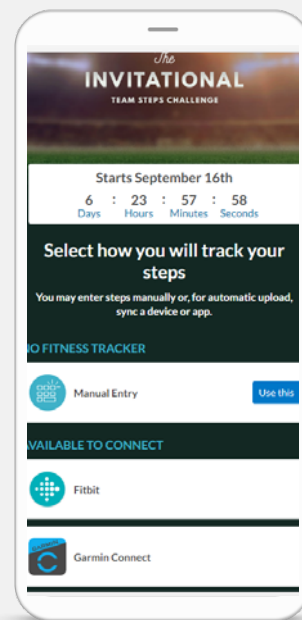
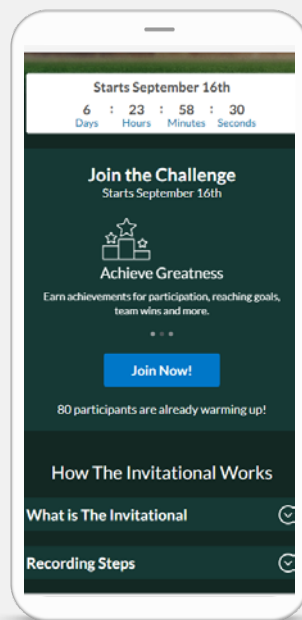
- The Invitational is 6 weeks long
 - 1-3 Registration/Warm-up week(s)
 - 5 Challenge Weekly rounds
- Recommended Wednesday start date
- Up to 24 hours after the Round ends can enter in steps for previous round
- Results: win/loss show on 2nd day (Thursday) of Rounds 2-5 as well as new opponent
- Final results visible Thursday after round ends
- 2 weeks of visibility after challenge ends
- Steps entered into the Step Tracker in the personal health record, will flow into the Invitational within 24 hours (Only if the user is using “Manual Entry” as the entry method of tracking)



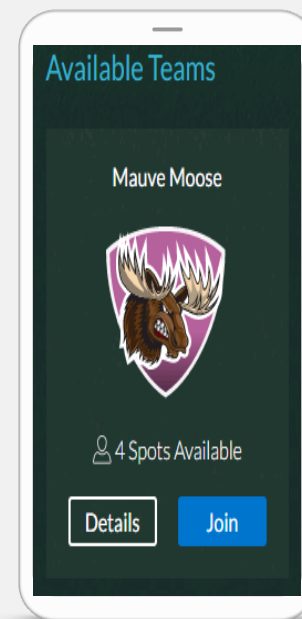
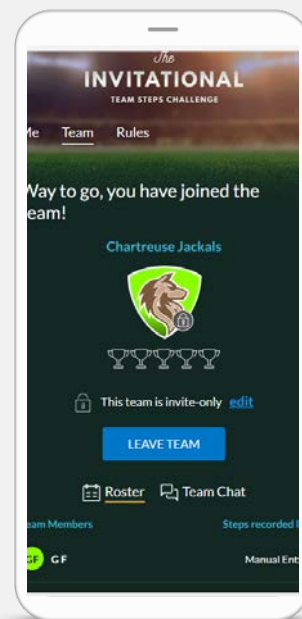
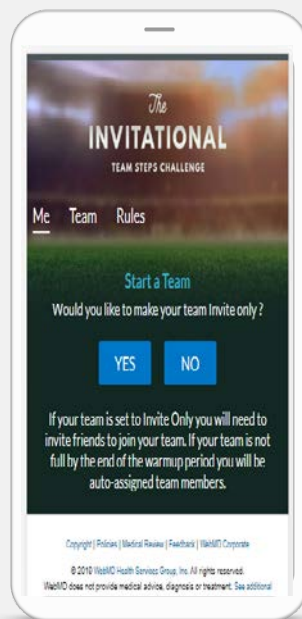
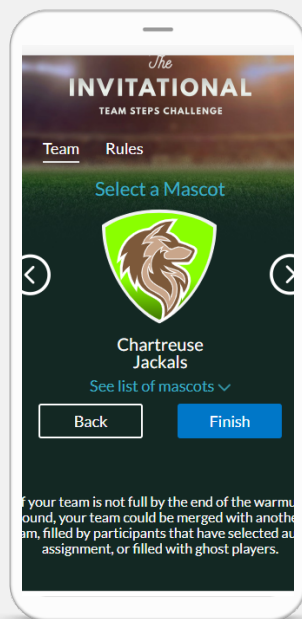
User Experience: Registration



User will be presented with a card to either join now, or to enter steps depending on their registration status

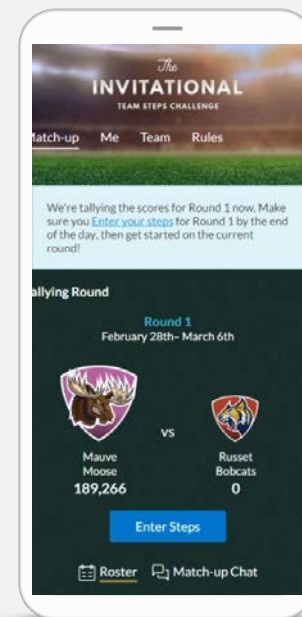
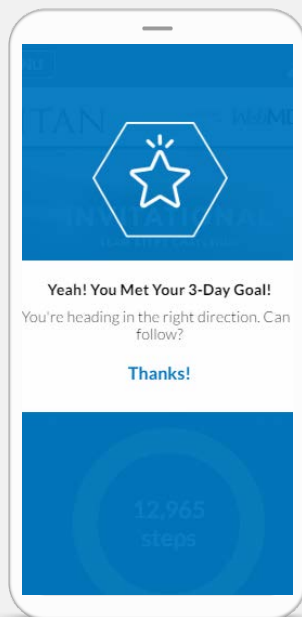
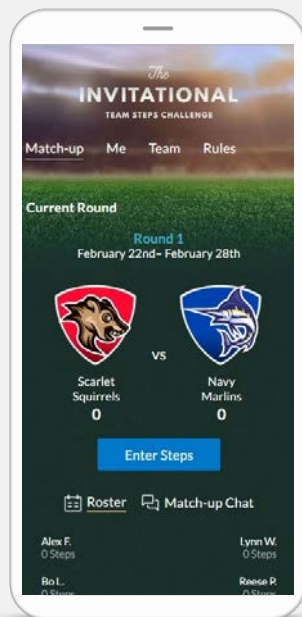


User Experience: Team Creation



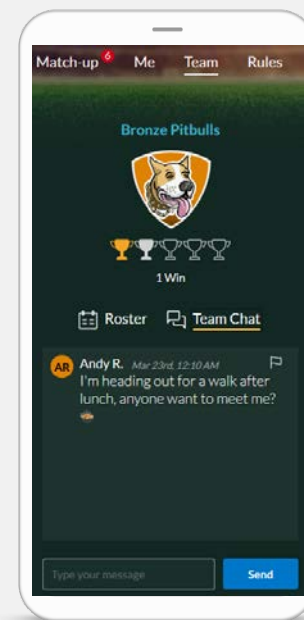
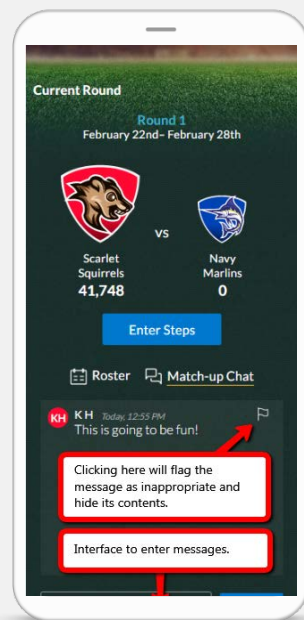
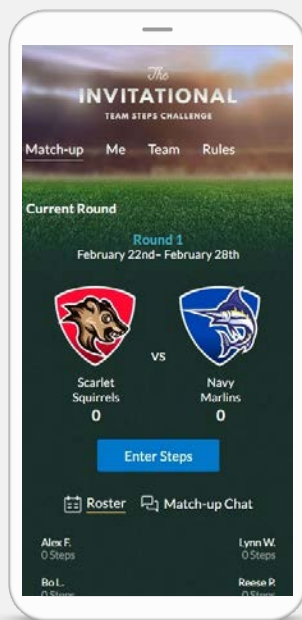


Rounds and Tabs

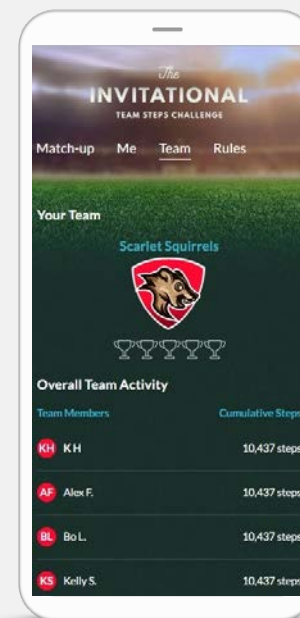
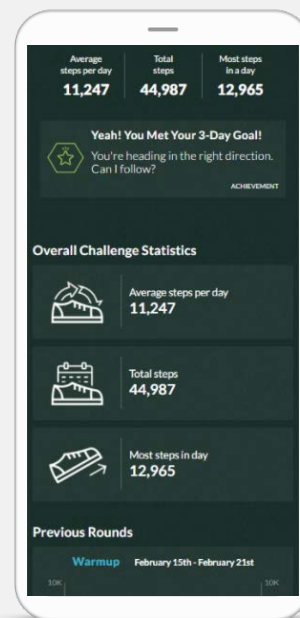
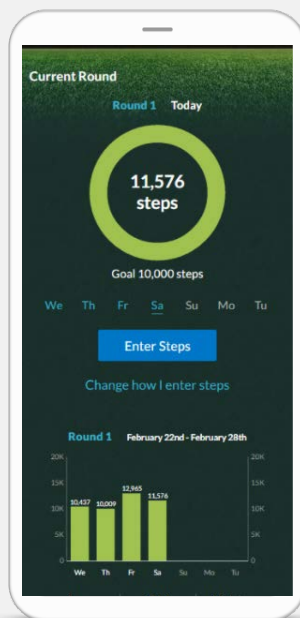
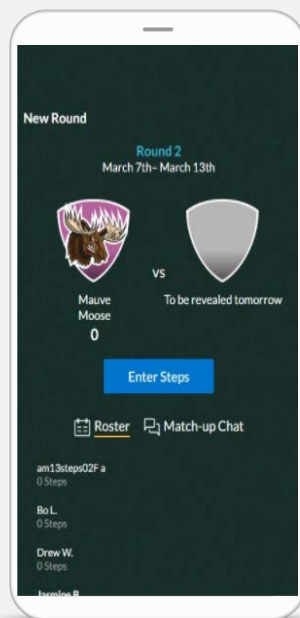


Match-up and Team Chat

- Every Round has its own Match-up Chat
- Daily Push Notification digest if any new messages in last 24 hours
- Visual indicator is unread Chat
- Ability to flag and suppress offensive messages
- Team chat works in similar manner located under the “team” tab



Opponent Revealed & Final Results



WEBMD HEALTH SERVICES

Individual Challenges



Nutrition Challenge Overview

Discover how delicious fruits and veggies can be with the Five to Thrive Nutrition Challenge.

The Challenge: Eat 5 or more servings of fruits and vegetables each day.

- Meet the goal at least 21 out of 28 days.
- Eligible for rewards by meeting least 14 days.
- Print and digital communication materials.
 - Including nutrition tips and advice.

Nourish

Enjoy healthy, wholesome food during the **Five to Thrive** challenge.

Find Well-Being in the Kitchen

RECORD YOUR PROGRESS

New to cooking? Start by learning to make simple foods that can be used in a variety of recipes. Get comfortable sautéing onions, simmering beans, steaming broccolis and roasting sweet potatoes. As you become more comfortable in the kitchen, try combining techniques and flavors!

For more help achieving your nutrition goals, track the fruits and veggies you eat for 21 of 28 days between [DATE] and [DATE] during the [PROGRAM NAME] Five to Thrive challenge. Eat five or more servings a day for 14 days and you'll earn [REWARD] and enjoy better well-being!

Keep up the good work—the challenge ends [DATE]!

TRACK FOOD

Stress Challenge Overview

Feel the healing effect of taking “you” time during the Stressless Challenge.

The Challenge: Take 5 minutes or more each day to relieve stress.

- Meet the goal at least 21 out of 28 days.
- Eligible for rewards by meeting least 14 days.
- Print and digital communication materials.
 - Including de-stress tips and activity ideas.

Mellow

Rest, relax and restore your well-being during the **Stressless** challenge.

Be Your Best Self

RECORD YOUR PROGRESS

Managing stress can help you look, feel and be your best. By keeping stress in your life low, you can help maintain a youthful appearance longer, form closer connections with loved ones and even perform better at your job.

To help be your best, remember to track your downtime for 21 of 28 days during the PHOENIX/ARIZONA/ALABAMA **Stressless** challenge. Take five minutes to relax for 14 days to earn **REWARDS** and enjoy better well-being!

TRACK DOWNTIME

Stressless tip: Get moving

Just about any form of exercise can help manage stress. Steady, active help to release biological chemicals called endorphins, which help boost your mood and relieve anxious feelings.

Water Challenge Overview

Replace sugary drinks with replenishing water during the Rethink Your Drink Challenge.

The Challenge: Opt for water instead of other beverages and drink 6 or more glasses each day.

- Meet the goal at least 21 out of 28 days.
- Eligible for rewards by meeting least 14 days.
- Print and digital communication materials.
 - Including hydration tips and advice.

Quench

Stay fully hydrated and functioning your best during the **Rethink Your Drink** challenge.

Be Your Best Self

RECORD YOUR PROGRESS

Every cell, tissue and organ in your body needs water to function properly. Even being a little dehydrated can affect your well-being by draining your energy and leaving you tired.

To help fuel your best, remember to track your water intake for 21 of 28 days during the **(PROGRAM NAME)** Rethink Your Drink challenge. Drink six or more glasses for 14 days and you'll earn **(REWARD)** and enjoy better well-being!

TRACK WATER

Hydration tip: Drink up

While how much water you'll need depends on factors like your weight and environment, men should aim to drink about 10 eight-ounce glasses of water.

Sleep Challenge Overview

Wake up feeling well rested and ready to go during the Seize the Zzzz Challenge.

The Challenge: Take steps to improve sleep habits and record sleep quality.

- Meet the goal at least 21 out of 28 days.
- Eligible for rewards by meeting least 14 days.
- Print and digital communication materials.
 - Including sleep tips and advice.

Snooze

Get the sleep you've been dreaming of during the **Seize the Zzzz** challenge.

Get Your Best Sleep

RECORD YOUR PROGRESS

Seven to eight hours of sleep can help you wake up feeling your best. Ditto. It's just as important to ensure every minute you spend in bed is filled with restful, high-quality sleep. You should strive for these qualities in your slumbers:

- **Pass out fast** – You're usually asleep within 30 minutes of going to bed.
- **Drift off quickly** – If you wake up, you fall back asleep within 20 minutes.
- **Solid sleeper** – You usually sleep through the night, not waking up more than once.
- **Feel refreshed** – You wake up feeling rested, restored and energized.

Record your progress

To help feel your best, remember to track your sleep for 21 of 28 days during the [PROGRESS BAR] Seize the Zzzz challenge. Get a good night's rest for 14 days and you'll earn [REWARD] and enjoy better well-being.



Steps Challenge Overview

Walk your way to better fitness with the Hit Your Stride Steps Challenge.

The Challenge: Log a daily average goal or total number of steps during the challenge period.

- Eligible for rewards by achieving the steps goal.
- Capability to automatically upload steps with fitness devices and wearables.
- Print and digital communication materials.

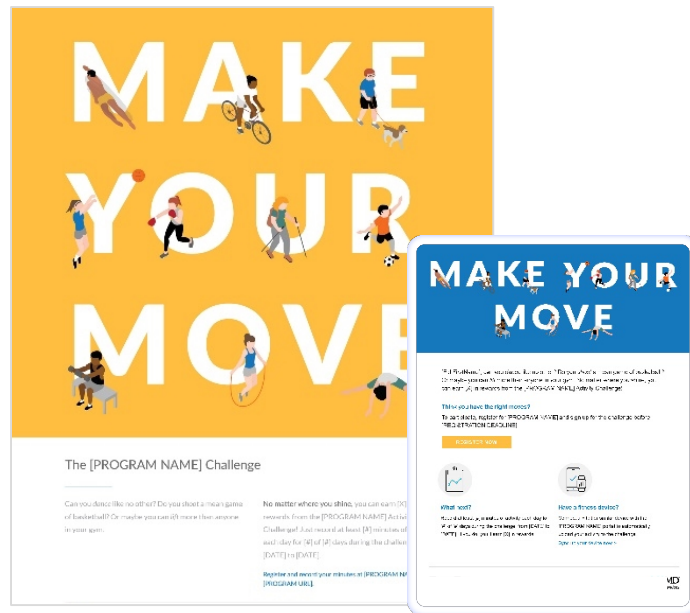


Activity Challenge Overview

Make your own move with the Ready, Set, Go! Activity Challenge.

The Challenge: Log daily average or total minutes spent on physical activity during the challenge period.

- More than 40 physical activities to choose from.
- Eligible for rewards by achieving the activity goal.
- Capability to automatically upload activity with fitness devices and wearables.
- Print and digital communication materials.





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Reporting Overview

CoreInsights Reporting

- CoreInsights is your easy-to-use reporting tool. It quickly shows the health of your population, as well as how they are engaging with WebMD solutions.
- CoreInsights gives you the power to segment, analyze, and display data about your population and your wellness solutions.
- Using CoreInsights data allows your organization to strategically manage, monitor, and tailor health and wellness programs for maximum success.



CoreInsights Reporting

Features

- Report selections available directly from CoreInsights landing page
- Historical reporting of registration and eligibility metrics
- Interactive dashboards that refresh data on-screen as you select different attributes or apply different filters
- Reports and other tabular reports that support applied filters, drill-down, sorting, and export to Excel
- Online documentation for dashboards and reports



CoreInsights Reporting

Key Information

- Aggregate Data: will not display participant-level information
- Provides a snapshot in time of your entire population
- Privacy Minimum rule
 - Reports that contain health-related information must have at least 50 participant records per stratified category
- Timing
 - It can take up to 2 business days for data to populate within the reports
 - Data is refreshed nightly

Q&A

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Your **everything** well-being partner.

