



# Enjoy the rewards of being healthy



## Parexel 2020 Wellness Program Guide

Parexel Everyday Wellness Program, brought to you in partnership with Health Advocate, can help you take charge of your health and improve your well-being—plus, you can earn a wellness incentive on next year's medical plan by participating in well-being activities.

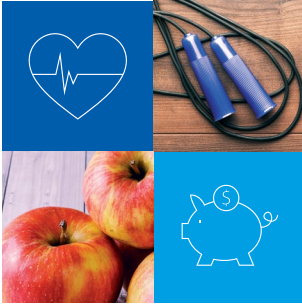
**Read on to learn what you need to do to earn your incentive!**



Start date:  
**January 1, 2020**

Deadline:  
**December 31, 2020**

Earn 50 points to receive an incentive on next year's medical plan!



# All About Your Incentive

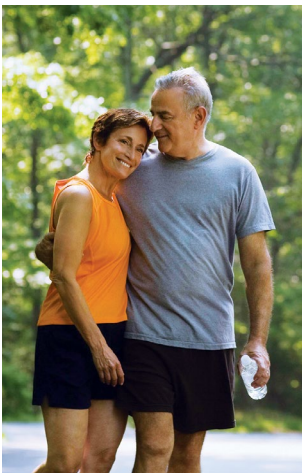
The Everyday Wellness Program is designed to support, educate, motivate and reward employees on the journey of living a healthy lifestyle. Your program begins on January 1, 2020 and ends on September 30, 2020

## How to earn points

Earn points by completing the activities in this guide. Log on to your wellness website at any time to track your activity and see how many points you have earned so far.

## Who is eligible?

Your Wellness Program is available to all eligible employees and their spouses. We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available. If you think you might be unable to meet a standard for a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact Health Advocate who will work with you to find a wellness program with the same reward that is right for you in light of your health status.



## Get started today!

The quicker you get on the path to better health, the sooner you'll start to enjoy the rewards of being healthy. Remember, we're here to support you in your journey toward better health and well-being. **Just log on today for personalized help!**

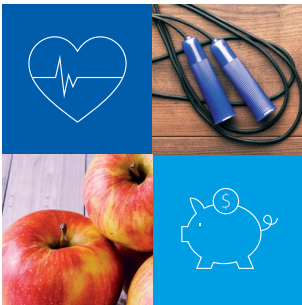


**866.695.8622**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/parexel](http://HealthAdvocate.com/parexel)

Download the app today!





# Complete well-being activities to earn points!

Activities	Activity Details	Points/Max. Points
<b>Health Screening</b>	<p>There are three ways to complete your screening:</p> <ul style="list-style-type: none"> <li>• Onsite at your workplace</li> <li>• At a lab using a LabCorp voucher</li> <li>• With your doctor using a physician form</li> </ul> <p>Exams starting 10/1/18 are eligible for points.</p>	<b>10/10</b>
<b>Preventive Screening</b>	<p>Receive any of the age and gender appropriate preventive exams. The list based on BCBS service types:</p> <ul style="list-style-type: none"> <li>• Preventative Adult Visit</li> <li>• Preventative Colonoscopy</li> <li>• Preventative Pap</li> <li>• Preventative Mammogram</li> <li>• Preventative Prostate</li> </ul> <p><i>Points will be posted by workplace event file.</i></p>	<b>10/30</b>
<b>Personal Health Profile</b>	<p>Get a snapshot of your health and learn steps you can take to improve it.</p>	<b>10/10</b>
<b>Visit the Health Advocate Member Website</b>	<p>Log in to the Health Advocate member site and browse the resources available to you.</p>	<b>1/9</b>
<b>Be Tobacco-Free</b>	<p>Certify that you're tobacco-free using the online Tobacco Affidavit on the Mercer portal or by completing the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach.</p>	<b>20/20</b>
<b>Personal Challenges</b>	<p>Complete personal challenges such as Colorful Plate, Go Green, Pack your Lunch, etc.</p>	<b>5/20</b>
<b>Wellness Challenges</b>	<p>Compete with coworkers while improving your health. Stay tuned for challenge dates and details!</p> <p><i>Points for completion will be awarded if you track your activity each week of the challenge.</i></p>	<b>10/30</b>
<b>Wellness Workshops</b>	<p>Complete a 6-week self-guided online Wellness Workshop.</p> <p><i>You may have one workshop in progress at a time.</i></p>	<b>10/30</b>
<b>Don't Weight, Make a Change</b>	<p>Complete this 12-week online weight loss program and learn long-term strategies to help you lose weight and keep it off!</p>	<b>20/20</b>

**Keep reading for more ways to earn points! >>**

# Get points for tracking healthy behaviors

Activity Name	Activity Details		Points
<b>Health Trackers</b>	Earn points for tracking healthy behaviors. Compatible with nearly 100 fitness devices and apps! <i>See the chart below for a list of points-eligible trackers. There are many other trackers available on the wellness site for your use that are not eligible for points.</i>		1-10 each, <b>20 max</b>
Measurement	Amount	Daily/Weekly/Monthly	Points
<b>Sleep</b>	Sleep 7-9 hours	daily	1
<b>Steps</b>	Walk 10,000 or more steps	daily	1
<b>Time Exercised</b>	Exercise for 150 or more minutes	weekly	5
<b>Resistance Training</b>	Perform 2 or more days	weekly	5
<b>Resilience Tracker</b>	Perform at least one activity on 5 separate days	weekly	5
<b>Charity Work</b>	Perform 2 or more hours	monthly	10
<b>Ounces of Water</b>	Drink 64 ounces	daily	1
<b>Fruits and Vegetables</b>	Eat 5 or more servings	daily	1
<b>Grams of Fiber</b>	Eat 25 grams or more	daily	1
<b>Milligrams of Sodium</b>	Eat 1,500 mg or fewer	daily	1
<b>Weight</b>	Participation	weekly	5
<b>Distance Exercised</b>	Participation	daily	1
<b>Stretching</b>	Perform 10 or more minutes	daily	1



# How Your Wellness Program Can Help

The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.



**Wellness Coaching** Unlimited access to a Wellness Coach by telephone or secure web messaging to help you lose weight, get fit, quit tobacco, reduce stress and more.



**Personal Health Profile (PHP)** Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.



**Nutrition Support** Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.



**Wellness Resources** Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.



**Interactive Challenges** Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.



**Health Trackers** Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.



**Wellness Workshops** Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.



**Gym Discounts** Access discounted memberships to thousands of fitness centers nationwide.

**It's easy to get started! Follow these simple steps to register:**

1. **Visit [HealthAdvocate.com/members](https://HealthAdvocate.com/members)**
2. **Register** for the website and enter the required information, **then log in**
3. **Browse** the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.

**We're not an insurance company.** Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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