

Enjoy the Moment

The **Living >> Well** program can help you enjoy the little moments that add up to greater well-being. Whether you'd like to spend more time exercising, eating healthy, managing stress or working toward another goal—we offer tools that can help. Plus, you can earn rewards!

Living >> Well Promise

Earn up to \$480 a year (\$40 per month) in premium discounts for 2022 for learning about your health. Just complete a health assessment to learn where your health stands and earn 25 points, or get a biometric screening to learn your numbers and earn 25 points. You will earn 50 points if you complete both! Premium discounts are only for those enrolled in health insurance coverage through KEHP, but those who waive health insurance coverage are still eligible to earn points by completing the health assessment or biometric screening.

Living >> Well Engagement rewards

Earn additional points and up to \$200 a year in gift cards and merchandise for taking part in healthy activities from the chart below. For a full list of activities, log into your account and click on the “Rewards” tab.

ACTIVITY	DESCRIPTION	POINTS
Health coaching session	Complete a coaching session via phone call or secure messaging. Get help with weight management, nutrition, stress management, tobacco cessation and more.	10 per session (max 30)
Prevention activities	Complete an annual physical exam, a mammogram, a Pap test, a colonoscopy, a dental exam, a vision exam or a skin cancer screening.	10 each (max 50)
KEHP Benefit Learning Sessions	Take advantage of other programs offered through and in connection with the Kentucky Employees' Health Plan.	5 each (max 25)
Daily Habits	Track a Daily Habits Plan on the wellness portal.	25 each (max 50)
Invitational Challenge	Sync a fitness device and track your activity during a five-week challenge in the spring.	Up to 30

Earn and redeem **Living >> Well** Engagement rewards by **December 31, 2021**. Rewards don't roll over, so be sure to spend them this year!

Living >> Well



Kentucky Employees' Health Plan




Start Enjoying Better Well-Being

Get started with the *Living* ➤ *Well* program in a few easy steps:

- Go to www.KEHPLivingwell.com and click “CREATE ACCOUNT.”
- Enter your registration ID (explained on the site).
- Choose a username and password.
- Enter your birthdate.
- Type and verify your email address.
- Agree to Terms and Conditions and Privacy Policy, and click “GO.”
- Click “START” when prompted to begin a questionnaire.
- Answer some personalized security questions and click “SUBMIT.”
- Click “CONTINUE,” enter your mobile phone number, agree to receive text messages and click “NEXT.”
- Check your mobile phone for the verification code we sent via text message.
- Enter that verification code where prompted on the portal and click “SUBMIT.”

DOWNLOAD THE *Wellness At Your Side* MOBILE APP

Access *Living* ➤ *Well* and work toward your health goals, no matter where you are. Get started in four steps:

1. Search for “Wellness At Your Side” from the Apple App Store or Google Play.
 2. Download the app
- 
3. Enter “KEHP” as the connection code.
 4. Sign in and get started!

Begin your well-being journey
today at KEHPLivingwell.com.

Enjoy the Moment
BE PRESENT. BE WELL.

