

2023 Wellness Incentive Guide

How to activate your account:

- All employees and spouses must activate their OWN account.
- Go to portal.peopleonehealth.com and click on "Don't have a company email address? Create your account with Member ID or SSN, Name and Birthdate instead."
- Enter the last 6 digits of your social security number and follow the onscreen prompts to set up your account.
- Sign in to access your wellness program, complete your non-nicotine/tobacco attestation, monitor your fitness activity by syncing your device and search through health and wellness resources!


CUSTOMER SUPPORT

Locked out? Forgot your password?

We're here to help you quickly gain access to your PeopleOne account so you can get back to focusing on your goals and improving your health.

 EMAIL
support@peopleonehealth.com

 PHONE
+1 (888) 330-6891

 HOURS
Mon-Fri 9AM to 5PM EST
(excluding holidays)

Tobacco/Nicotine Free Attestation or Cessation Program

To receive your HRA deposit for being Tobacco/Nicotine Free, or completion of Cessation Program, employees and covered spouses **must sign into their OWN individual portal to complete this step.** There will be a \$550/\$1050 HRA Deposit for non-tobacco employees/families and \$160 for eligible spouses who are non-tobacco users. You are only eligible to complete either the attestation or the cessation program, but not both. See the deadlines below for upcoming deposit dates

| Deadline to Complete | HRA Deposit Date |
|----------------------|-------------------|
| December 28, 2022 | January 6, 2023 |
| January 22, 2023 | January 27, 2023 |
| March 31, 2023 | April 15, 2023 |
| June 30, 2023 | July 15, 2023 |
| September 30, 2023 | October 15, 2023 |
| December 10, 2023 | December 15, 2023 |

Token Options

Make this program your own and choose options from the 4 areas of wellness listed below.

- Emotional Well-being
- Financial Well-being
- Physical Well-being
- Social Well-being

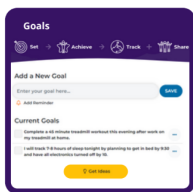
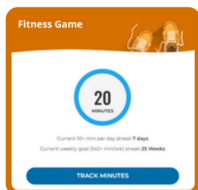
HRA - Token Values

If you are enrolled in the Smithers HRA medical plan, completing certain Token milestones equates to HRA deposits. The milestones are as follows:

- 10-19 Tokens = \$200 deposit
- 20-34 Tokens = \$200 deposit
- 35-49 Tokens = \$400 deposit
- 50+ Tokens = \$400 deposit
- Annual Maximum = \$1,200 deposit

Tools & Trackers

Explore all of the tools and trackers that you have available at your finger tips! Your PeopleOne portal has tools readily available to set goals, track your physical activity, track mood, sleep, and so much more! Download the app to take your wellness on-the-go!



2023 Raffles!

All Smithers team members, regardless of medical coverage may complete Healthy Menu Options to earn Tokens. There will be raffle opportunities for covered and non-covered employees, as well as spouses! Every 25 Tokens you earn will equal one raffle entry for a \$200 Gift Card! So come on, join in on the FUN of living healthy and maybe win a cool prize along the way! Be sure to earn your Tokens by **December 10, 2023.**

Important Dates:

| | Deadline to Complete | HRA Deposit Date |
|---|----------------------|-------------------|
| <i>Early Deposit:</i> Tobacco/Nicotine Free Attestation or Cessation program | December 28, 2022 | January 6, 2023 |
| <i>Early Deposit:</i> Tobacco/Nicotine Free Attestation or Cessation program | January 22, 2023 | January 27, 2023 |
| Quarter 1 | March 31, 2023 | April 15, 2023 |
| Quarter 2 | June 30, 2023 | July 15, 2023 |
| Quarter 3 | September 30, 2023 | October 15, 2023 |
| Quarter 4 | December 10, 2023 | December 15, 2023 |