

# 2025 WELLNESS PROGRAM GUIDE



[www.portal.peopleonehealth.com](http://www.portal.peopleonehealth.com)



# SMITHERS

PRESENTED BY:  
 **PEOPLEONE**  
HEALTH

# YOUR WELLNESS PORTAL

## GETTING STARTED

In order to login to the portal for the first time, please follow the directions below:

- All employees and spouses must activate their OWN account
- Go to [portal.peopleonehealth.com](https://portal.peopleonehealth.com)
- On the right-hand side, under “Create Account” and “Don’t have a company email address?” click “Create your account with Member ID or SSN, Name and Birthdate instead.”
- Enter your last name, date of birth and last 6 digits of Social Security number, check “I’m not a robot,” and then click “Create Account”
- You will create a new username and password for future sign-ins.

**You’re all set!** Go to [portal.peopleonehealth.com](https://portal.peopleonehealth.com) and log-in using your email address and password.

*Note: If you would like to add a personal email to receive emails from PeopleOne Health, after you have reset your password, in the top right corner, click your name, then "Account/Settings". Delete the email listed in the "Email" box, enter in your personal email and click "Update My Account." If you did not change the default email to your personal email address, you will use [firstname.lastname@peopleonemember.com](mailto:firstname.lastname@peopleonemember.com).*

## Download the PeopleOne Health App:

- Take your wellness program on-the-go!
- Scan the QR code on the right with your smartphone to download - or- check the App Store or Google Play to find your version.
- Downloading the app is not required to participate.



## Questions?

For questions regarding the portal, logging in or device connectivity, contact Customer Support at [support@peopleonehealth.com](mailto:support@peopleonehealth.com) or 1(888)-330-6891 from 9AM to 5PM EST.

Please note that this wellness program is voluntary. We are committed to helping you achieve your best health. Rewards for participating in this wellness program are available to all covered employees. If you think you might be unable to meet the standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Please see Human Resources as we will work with you (and your doctor, if you wish) to establish an alternative goal with the same reward that is right for you in light of your health status.

# WELCOME TO YOUR 2025 WELLNESS PROGRAM



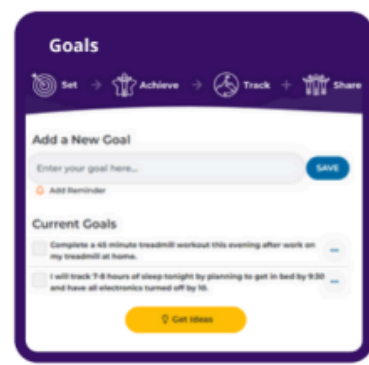
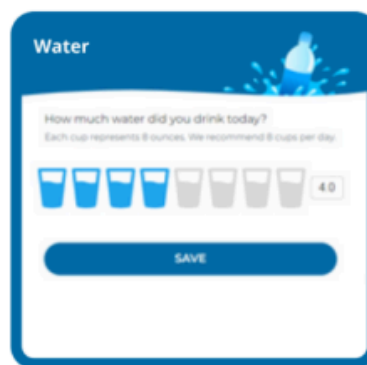
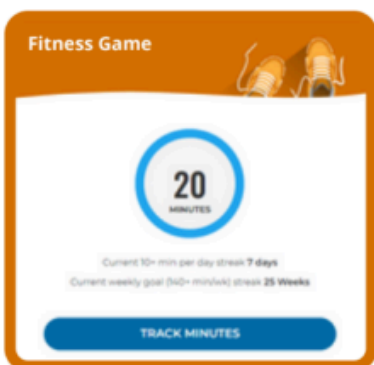
Within the portal, you can monitor your fitness activity by syncing your device, search through health and wellness resources, complete tobacco/nicotine attestation or cessation program, and so much more! Explore some of the tools and trackers that you have available at your finger tips below. Full details in Portal!

**We encourage you to have fun with this program & make it your own!**

Choose options from the 4 areas of wellness below:

- 1. Your Emotional Well-being**
- 2. Your Financial Well-being**
- 3. Your Physical Well-being**
- 4. Your Social Well-being**

## TOOLS & TRACKERS



# HRA ELIGIBILITY

## Tobacco/Nicotine-Free Attestation and Important Dates

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. You are only eligible to complete either the attestation or the cessation program, but not both.

There will be a **\$550/\$1,050 HRA Deposit for non-tobacco employees/families** - and - **\$160 for eligible spouses who are non-tobacco users.**

### Those Enrolled in Smithers HRA Medical Plan are Eligible

Deadline	HRA Deposit
December 27, 2024	January 8, 2025
January 22, 2025	January 29, 2025
March 31, 2025	April 15, 2025
June 30, 2025	July 15, 2025
September 30, 2025	October 15, 2025
December 10, 2025	December 15, 2025

## HRA Token Values

Earn more HRA deposits by completing Token Milestones in the PeopleOne Health Portal.

Receive your deposits of money along the way as you earn!  
Potential Earnings = up to 50 Tokens & \$1,200 HRA deposit



### Token Milestones

10-19 Tokens = \$200

20-34 Tokens = \$200

35-49 Tokens = \$400

50+ Tokens = \$400

**HRA \$**