



## 2023 Wellness Activities at Piedmont

By participating in the following wellness activities, you can earn points to apply towards rewards and sweepstakes. To check your points balance, go to your Castlight app. You can also select 'see rewards' to redeem points for sweepstakes drawings. Points will reset at the end of the calendar year, so be sure to redeem before they expire!

**Please Note:** You can earn points by participating in wellness activities that can be applied towards rewards and sweepstakes. However, regardless of your medical plan enrollment, you cannot earn HRA dollars. Existing HRA dollars earned from a prior year can be used on eligible out-of-pocket medical, prescription drug, dental and vision expenses for you and your covered dependents, until HRA dollars are depleted or medical plan termination occurs.

LEARN		
Points	Activity	Details
100	Hello Heart	Learn about this digital hypertension program developed for individuals living with a blood pressure over 140/90. See if you are eligible and earn points!
100	Omada	Learn about this digital lifestyle change program developed for individuals living with risk factors that could lead to diabetes or heart disease and also for those managing type 1 or 2 diabetes. See if you are eligible and earn points!
100	Omada for Joint and Muscle Health	Learn about this virtual physical therapy program that can help you build muscle to prevent aches and pains or connect you with a licensed physical therapist to help you treat current muscle or joint pain. See if you are eligible and earn points!
100	Behavioral Health Resources	Piedmont provides all employees with access to important behavioral health benefits to help you and your family receive the necessary support during challenging times. Learn about these resources and earn points!
100	Family Wellness Resources	Piedmont provides resources and assistance to support you and your family members at every stage of life. Learn about these resources and earn points!
100	Financial Wellness Resources	Navigate the financial maze with confidence and support from a number of great resources. Learn about these resources and earn points!
ACT		
Points	Activity	Details
Up to 10 points every day	Steps Tracking	Track your daily steps and earn. Track your activity manually or weekly sync a tracking device (wearable or smart phone application) to capture your steps. Users must access their Castlight App every 30 days to ensure a proper sync with compatible devices. <ul style="list-style-type: none"> <li>• 5,000 steps = 5 points</li> <li>• 7,000 steps = 7 points</li> <li>• 10,000 steps = 10 points</li> </ul>
10 points every day	Nutrition Tracking	Track your calories manually or log your food intake in the Castlight compatible application of your choice. You must log at least 800 calories to earn 10 points. Remember to sync weekly.
5 points every day	Sleep Tracking	Track your sleep manually or use a tracking device to automatically capture your time asleep (or you log your sleep into the Castlight compatible application of your choice). You must track at least 2 continuous hours of sleep to earn 5 points. If using a tracker, remember to sync weekly.

## ACT (continued)

Points	Activity	Details
5 points every day	Healthy Habits	Choose a habit that you'd like to add to your routine. Take small steps practicing it, and earn 5 points each day you practice the new habit.
Up to 250 points	Explore and Earn	First-time users register in the Castlight application and activate your account. Explore Castlight to understand your medical plan, see your claims, search for care, rate a doctor and build your care team. Note that this earning opportunity may be completed only once upon the initial registration and is not available for completion each year.
Up to 500 points	Challenges	Piedmont hosts activity challenges to motivate you through movement. You can earn up to 500 points for registering and completing each of two annual challenges.
Up to 500 points	Online Appointment Scheduling	Earn up to 400 points for learning about Piedmont's online scheduling, and then earn an additional 100 points for scheduling an appointment online through the PiedmontNow application, MyChart or <a href="http://piedmont.org">piedmont.org</a> .
50 points per referral	Refer for Rewards	Share the Castlight app with your Piedmont colleagues, and earn points for each referral. Max number of referrals per year is 12.

## MANAGE

Points	Activity	Details
2,000	Know Your PCP	Get to know your Primary Care Physician and stay on top of your health by scheduling an appointment. Seeing a doctor every year can help detect – and prevent – health issues before they become more serious. Earn points with an on-demand video visit, urgent care visit, a visit to your ob/gyn, a sick office visit and/or well check (Specialist visits outside of ob/gyn do not apply).
2,000	Health Risk Assessment	Answer a series of questions to better understand your overall health and wellbeing. Your responses are completely confidential and align your Castlight experience to personal needs and health goals. <b>Note:</b> Piedmont receives aggregate data on overall population health – not individual information – from health assessments.
Up to 2,000 points: 500 for enrollment, 1,500 for completion	Health Care Management Programs	<b>Care Management Program</b> A team of clinicians provides advice to help you manage your medical condition through a personalized plan. Speak to your primary care provider to find out if you meet the criteria to qualify for these free programs.
Up to 2,000 points: 500 for enrollment, 1,500 for completion	Healthy Pregnancy Healthy Baby Program	<b>Healthy Pregnancy Healthy Baby Program</b> You're going to be choosing a name. Looking for a doctor for your baby. And seeing big changes – to your body and your life. Sign-up for this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth. Enroll today by calling the number listed on your Cigna insurance card.



### Support

- **HRA Balance:** If you have any questions about your HRA balance, call HealthEquity (WageWorks) at **877-924-3967**, or login to your profile at [www.healthequity.com/wageworks](http://www.healthequity.com/wageworks).
- **Online:** Visit [www.mypiedmontbenefits.com](http://www.mypiedmontbenefits.com) to review all details regarding Castlight, Registration, Points tracking, and more.
- **Call:** HR Service Center, **678-503-1900** (Monday – Friday, 8:30 a.m. – 5 p.m.)