# PASSPORT to HEALTH

Make progress on your journey to a happier, healthier life AND earn big rewards by staying involved in the **PASSPORT** to **HEALTH**<sup>™</sup> - a voluntary wellness program offered to benefits eligible employees at United Zion Retirement Community.

### HERE'S HOW IT WORKS...

- Each quarter, earn at least 5 points on quarterly activities by the due date(s) to earn your rewards.
- To be eligible for rewards, you must be employed at United Zion Retirement Community when the reward is paid.
- Turn in receipts for your physical, preventive screenings & outside programs via:
  - online at passport.attentivehealth.com
  - email to <u>uzrc@attentivehealth.com</u>
  - fax to 215.734.2333
  - mail to Attentive Health @ P.O. Box 61, Telford PA 18969



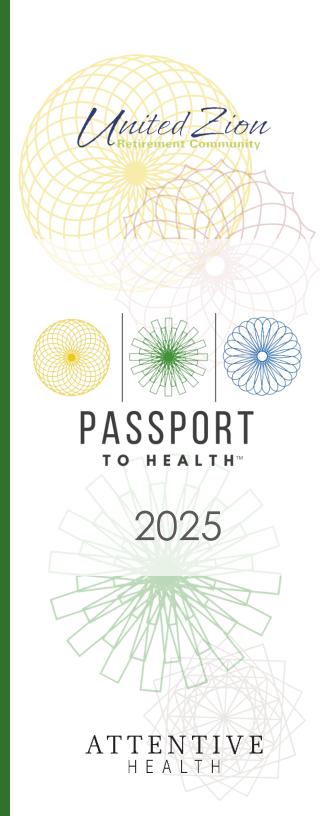




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GET STARTED APR-MAY-JUN

### STAY ACTIVE JUL-AUG-SEPT

#### PREVENT OCT-NOV-DEC



POINTS	Q1 ACTIVITIES	POINTS	Q2 ACTIVITIES	POINTS	Q3 ACTIVITIES	POINTS	Q4 ACTIVITIES
2	health survey	3	wellness challenge	2 each	preventive screenings since Oct 2023	3	routine physical exam since Jan 2024
2	goal setting meeting with health coach	1	health coaching	1	health coaching	1	health coaching
1	webinar	1	webinar	1	webinar	1	webinar
2	personal fitness activities	2	personal fitness activities	2	personal fitness activities	2	personal fitness activities
	wellbeing log	1	wellbeing log	1	wellbeing log		wellbeing log
1-3	EAP/other counseling	1-3	EAP/other counseling	1-3	EAP/other counseling	1-3	EAP/other counseling
2	other approved programs	2	other approved programs	2	other approved programs	2	other approved programs

## CONTACT US

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core activities are listed; refer to the quarterly passports for additional activities