

Network Health Wellness *Ways* Program Information

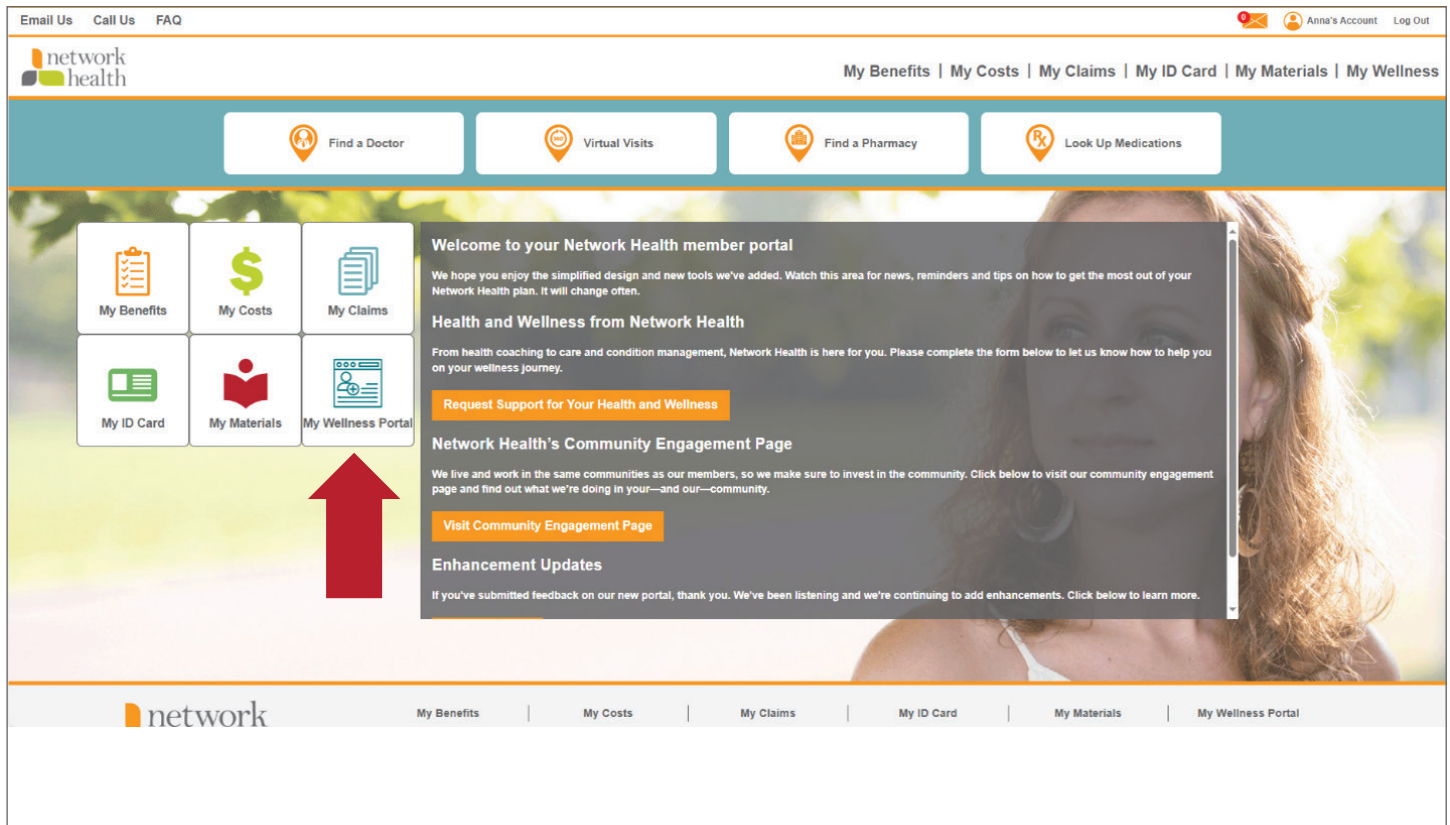
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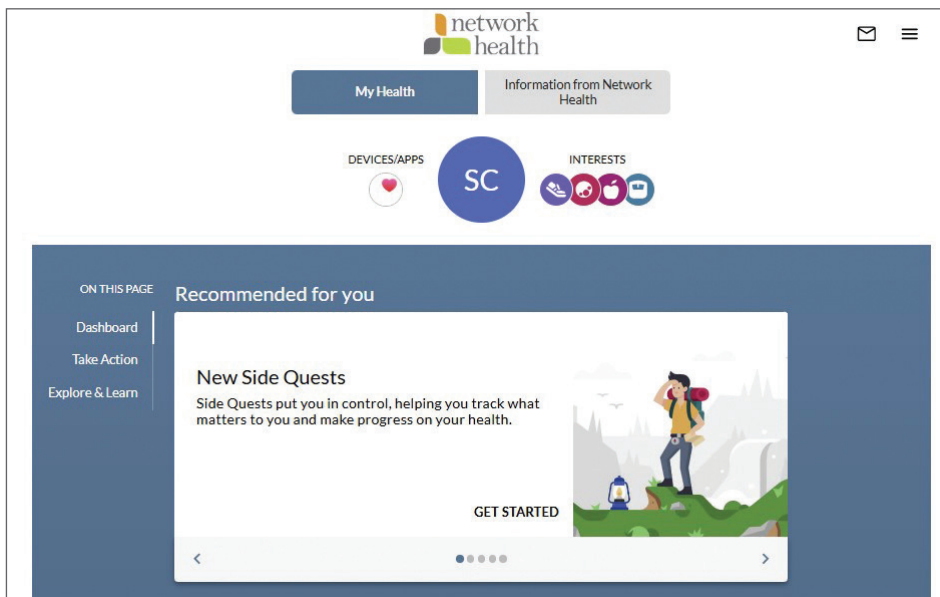
How to Access Your Wellness Portal

Visit your Network Health personalized wellness portal at login.networkhealth.com. You can complete your health assessment and access important information about your wellness program.

Log in to the member portal and click **My Wellness**. Select **My Wellness Portal** from drop down menu.



You will be automatically redirected to the WebMD wellness portal home page.



How to Take Your Health Assessment and Navigate Your Wellness Portal

Health Assessment

If it is your first time logging into the wellness portal this year, you will automatically be prompted to complete the Health Assessment.




The Health Assessment is a quick survey that shows you where your health stands. It's simple, convenient and only takes about 10 minutes to complete. You will be asked about your diet, exercise, sleep habits and medical history. Afterward, you'll receive a personalized report on your current health along with steps to improve it—whether you want to lose weight, reduce stress, quit tobacco or something else.

To complete your Health Assessment, **click on the three lines in the upper righthand corner (called a hamburger menu) and select Health Assessment**. You can also **select the Health Assessment link in the spotlight area in the middle of the page** or in the **Recommended for You section**.

The screenshot displays the Network Health Wellness Ways portal interface. At the top, the logo for 'network health' is visible. Below the logo is a navigation bar with four tabs: 'My Health' (highlighted in blue), 'My Sponsor', 'Daily Habits', and 'Health Record'. In the upper right corner, there is a hamburger menu icon (three horizontal lines) and a notification icon (an envelope with a red dot). A dropdown menu is open from the hamburger menu, listing the following options: 'Health Assessment' (highlighted with a green border), 'Resources', 'Sync Devices & Apps', 'Policies', 'Settings', 'Sign Out', and 'Contact Us'. In the center of the page, there is a 'Health Assessment' spotlight card with a red border. The card contains the text: 'Health Assessment', 'Get more out of your experience by completing your assessment.', and two buttons: 'DISMISS' and 'GET YOUR SCORE'. Below the spotlight card is a 'Recommended For You' section with a light blue border. It features three cards: 1. 'Health Assessment' card with a background image of fruit and bread, containing the text 'Health Assessment', 'Get more out of your experience by completing your assessment.', and a 'GET YOUR SCORE' button. 2. 'Work/Life Balance' card with a background image of a laptop, containing the text 'Work/Life Balance', 'Reduce stress and increase satisfaction by finding your perfect balance.', and a 'GET STARTED' button. 3. 'Stress' card with a background image of a woman and child by a lake, containing the text 'Stress', 'Start putting time aside to enjoy more rest and relaxation.', and a 'TAKE FIVE' button. A 'SEE ALL' link is located to the right of the 'Recommended For You' section. At the bottom left, the 'network health WellnessWays' logo is displayed. At the bottom right, a teal bar contains the number '3'.

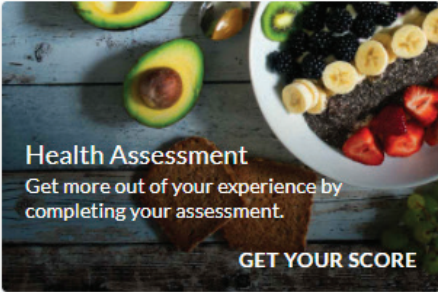
Health Topics

Health Topics are resources that help keep you informed on everything from specific health conditions and healthy eating habits, to mindfulness techniques and more. You'll find a library of valuable resources in the wellness portal. There are articles, webinars and information from Network Health.

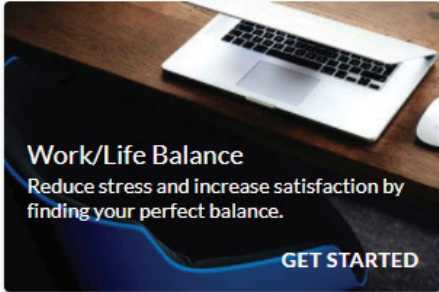


[Home](#) [Diabetes](#) [Exercise](#) [High Blood Pressure](#) [High Cholesterol](#) [Nutrition](#) [Sleep](#) [Stress](#) [Weight](#) [EDIT](#)


Recommended For You [SEE ALL](#)



Health Assessment
Get more out of your experience by completing your assessment.
[GET YOUR SCORE](#)

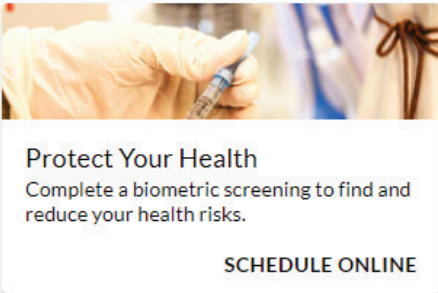


Work/Life Balance
Reduce stress and increase satisfaction by finding your perfect balance.
[GET STARTED](#)

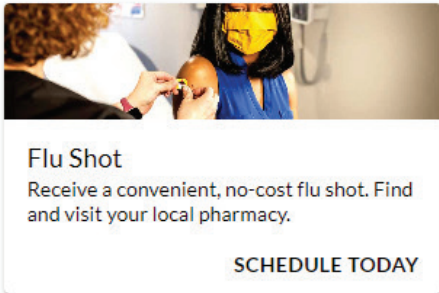


Diabetes
Take steps to prevent diabetes complications.
[PUT A PLAN IN ACTION](#)

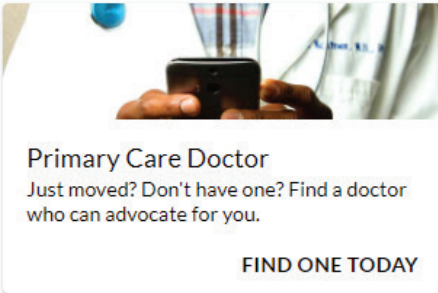
From your Health Plan [SEE ALL](#)



Protect Your Health
Complete a biometric screening to find and reduce your health risks.
[SCHEDULE ONLINE](#)



Flu Shot
Receive a convenient, no-cost flu shot. Find and visit your local pharmacy.
[SCHEDULE TODAY](#)



Primary Care Doctor
Just moved? Don't have one? Find a doctor who can advocate for you.
[FIND ONE TODAY](#)

Click on any of the health topic cards/images for more information on that topic.

Daily Habits

Daily Habits is a fun, easy-to-use tool to help you achieve your well-being goals. Use it to track progress, see real results and be confident your health is headed in the right direction. Access the Daily Habits area for help with everything from losing weight and managing stress, to quitting tobacco, improving asthma and more.

The screenshot shows the Network Health Daily Habits interface. At the top, the Network Health logo is centered, with an envelope icon and a menu icon to the right. Below the logo are two buttons: "My Health" and "Information from Network Health". The main heading "Daily Habits" is prominently displayed, followed by the sub-heading "Take control of your well-being today!". A navigation bar contains "To-Do", "Calendar", and "Plans", with "To-Do" being the active tab. The main content area features a large heading "Start a Plan to start building Daily Habits!" and a sub-message "You have no active Plans." Below this is a blue "START A PLAN" button. The bottom of the interface is decorated with an illustration of a city skyline and three people: two runners and one person walking a dog.

Your Well-Being Within Reach

At work, at home and everywhere
in between.

With Wellness At Your Side, the
WebMD app, you can access **your
wellness portal** no matter where you
are.



Download the app today.

Download and open the Wellness At Your Side app,
then enter your Connection Code: **NETWORKHEALTH**
and sign in.



Already using the app?

Make sure it's updated! If you have automatic updates on,
you'll be notified when the app has been updated. If not,
you'll receive a notice with the option to make the update.
Use the Connection Code: **NETWORKHEALTH**.

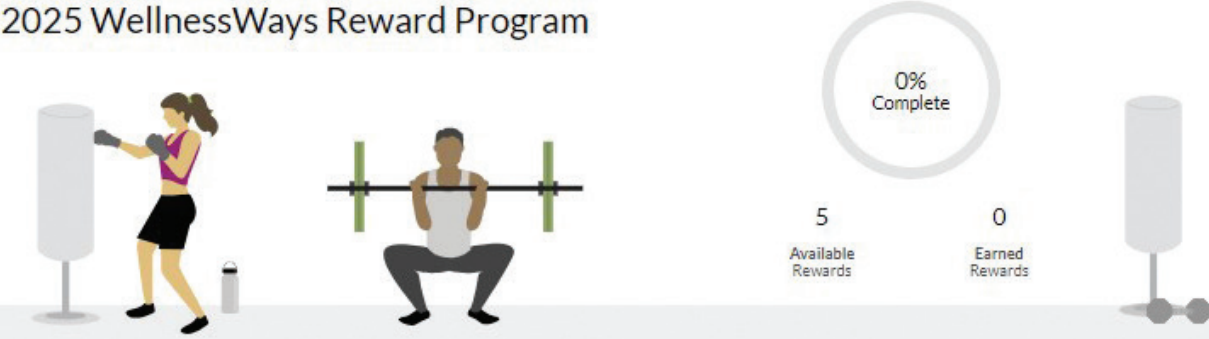
How to Submit Wellness Activities

WellnessWays Rewards Program lobby.

1. Choose which of the five categories you want to start—Behavior Change, Community Involvement, Lifestyle, Prevention or Well-being.
2. Complete five activities in the category to earn a \$50 gift card.
3. Complete all five categories to earn up to \$250 in rewards.

WellnessWays Rewards Program

2025 WellnessWays Reward Program



0% Complete

5 Available Rewards 0 Earned Rewards

[LEARN MORE](#)

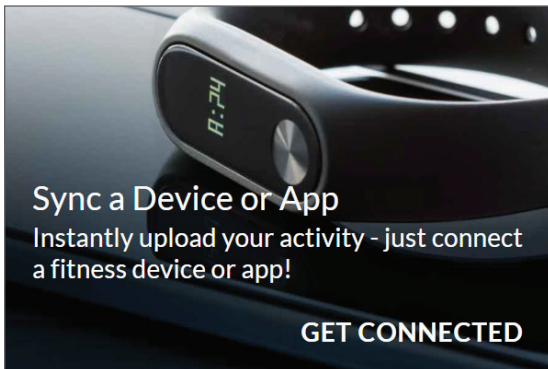
YOUR REWARDS

Available **5**

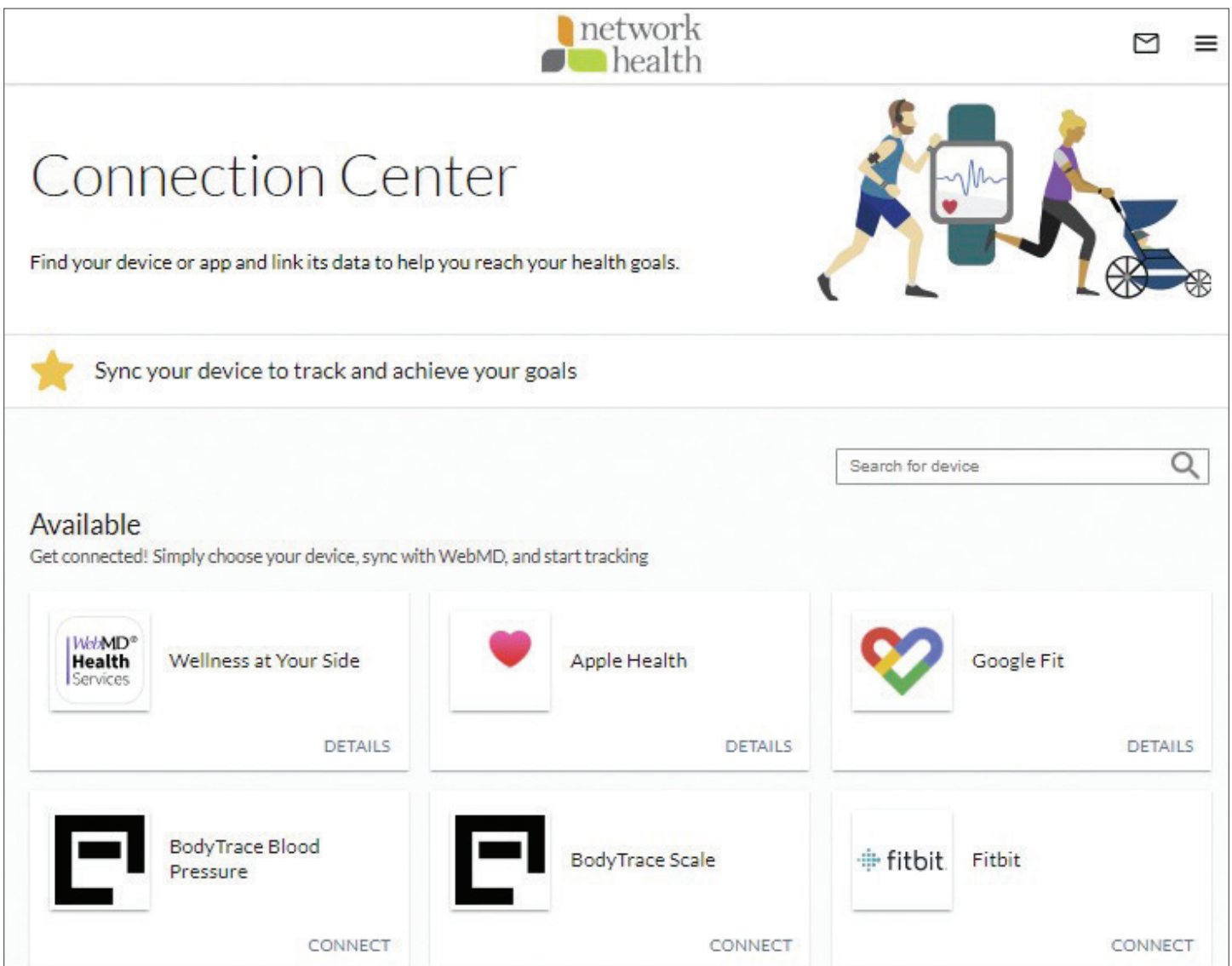
<p>Behavior Change Click here for more information Expires 12/31/2025</p> <p>VIEW DETAILS \$50</p>	<p>Community Involvement Click here for more information Expires 12/31/2025</p> <p>VIEW DETAILS \$50</p>
<p>Lifestyle Click here for more information Expires 12/31/2025</p> <p>VIEW DETAILS \$50</p>	<p>Prevention Click here for more information Expires 12/31/2025</p> <p>VIEW DETAILS \$50</p>
<p>Well-Being Click here for more information Expires 12/31/2025</p> <p>VIEW DETAILS \$50</p>	

How to Sync Your Device

Click on the Sync a Device or App Health Topic card.



Then search for/find your device and follow the instructions to sync your device.

A screenshot of the 'network health' website's 'Connection Center'. The page has a white background with a teal header. The 'network health' logo is in the top left, and there are icons for email and a menu in the top right. The main heading is 'Connection Center' with the subtext 'Find your device or app and link its data to help you reach your health goals.' To the right is an illustration of a man running, a woman pushing a stroller, and a large bandage with a heart rate line. Below this is a yellow star icon and the text 'Sync your device to track and achieve your goals'. A search bar labeled 'Search for device' is on the right. Under the heading 'Available', there is a subtext: 'Get connected! Simply choose your device, sync with WebMD, and start tracking'. There are six device cards arranged in a 2x3 grid. The top row includes 'Wellness at Your Side' (WebMD Health Services), 'Apple Health' (red heart icon), and 'Google Fit' (heart icon). The bottom row includes 'BodyTrace Blood Pressure' (black square icon), 'BodyTrace Scale' (black square icon), and 'Fitbit' (fitbit logo). Each card has a 'DETAILS' or 'CONNECT' button at the bottom.

How to Redeem Your Rewards

Complete five activities in a category to earn a reward. Once you have completed the required activities in a category, you will automatically receive your reward. You will receive an email asking you to confirm whether you want a digital or physical gift card.

The screenshot displays the Network Health user interface for the 2023 WellnessWays Reward Program. At the top, the Network Health logo is visible, along with navigation buttons for 'My Health' and 'Information from Network Health'. Below this, there are tabs for 'My Rewards' and 'FAQ'. The main heading reads 'Rewards 2023 WellnessWays Reward Program'. A large circular progress indicator shows '100% Complete' and '5 Completed Rewards'. An illustration depicts two people practicing yoga on mats. A notification banner states: 'YOU'VE EARNED A REWARD Lifestyle This reward was completed on 9/12/2023 \$50 1 of 2'. At the bottom, the 'Your Rewards' section shows 'Available 0'.

How to Redeem Your Rewards (continued)

The email will come from notification@mypaymentvault.com. When the email is received, select **Access Your Card** to select a virtual or prepaid physical card.

Your Healthy Reward Has Arrived!



notification@mypaymentvault.com
To



Hello

Your **USD 50.00** payment is ready!

CONFIRM YOUR PAYMENT

If the button does not redirect you, visit our payment [website](#) and enter your token: **EFE5-4E87EC-9941**.

Save this email! Click the button above again to view your balance, access your transaction history or return to your payment details. Please note, access to your payment expires on 2024-December-31.

See product terms on the website for additional details. Please do not reply to this message. Replies are routed to an unmonitored mailbox.

Need help? Contact us.

Wellness Rewards Frequently Asked Questions

Q: What are the options for rewards?

A: Rewards are in the form of a gift card. When you earn \$50 in a category, you will receive an email from notification@mypaymentvault.com to confirm whether you want a digital or physical gift card.



Q: Can I give the gift card as a gift?

A: Yes, you can give these as gifts, however, your name will be listed on the card. You can redeem one earned category at a time or multiple earned categories at the same time. Gift cards are sent in increments of \$50.

Q: My email address is incorrect through WebMD. How do I update my email address?

A: To update your email address, hover over the three dots in the upper righthand corner of your WebMD page. In the dropdown menu that appears, select **Settings**. On the settings page, your email must be updated under the **General**, **Messaging** and **Social** tabs. Once you have updated your email address in all three spots, click **Save**.

Q: I ordered my card a couple of weeks ago and have not received it. What should I do?

A: If you have questions on the status of your gift card, please contact Network Health at wellnessways@networkhealth.com or call 855-212-5327. Our business hours are 8 a.m. to 5 p.m. Monday - Friday.

Q: Does my gift card expire?

A: Yes, all gift cards expire. The expiration date will be listed on your card.