About Live Well

Live Well can help you make small, everyday changes to your well-being that are focused on the areas you want to improve the most. Use Live Well tools to build healthy habits, have fun with co-workers and experience the rewards of better health and well-being.

What's in it for you:

- Co-workers who register a new account by January 31 will be entered into a raffle to win a free Fitbit.
- Earn up to \$200 in 2022.
- Access personalized tools and support to meet your well-being goals.

Who's eligible:

All co-workers eligible for Ameren's healthcare benefit plans can participate in the Live Well program and earn quarterly wellness incentives. Spouses and domestic partners currently enrolled in the Ameren medical plan can also participate in the Live Well program but are not eligible to earn incentives.

Having trouble accessing your account or need to reset your password?

Use your Ameren employee ID (numbers only) as the username and email address.

Have questions? We're here to help.
Check out support.virginpulse.com
Send us an email: support@virginpulse.com
Live chat on Ameren.com/LiveWell | Monday-Friday, 2 am-9 pm ET
Give us a call: 888-671-9395 | Monday-Friday, 8 am-9 pm ET

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at **support.virginpulse.com**.



PO Box 2260 Minneapolis, MN 55402-020



Small steps lead to big changes.

Live Well rewards you in 2022 for healthy choices and habits.

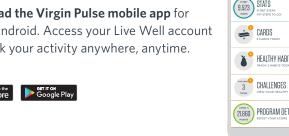






How to get started

- Step 1 **Sign up** for your Live Well account by going to Ameren.com/LiveWell. Already registered? Sign in to start earning rewards!
- Accept the terms and conditions, and choose your email preferences to get the latest tips and information.
- Step 3 **Connect a fitness tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)
- **Step 4** Upload a **profile picture** and add some **friends**.
- **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6 **Download the Virgin Pulse mobile app** for iOS or Android. Access your Live Well account and track your activity anywhere, anytime.





Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Challenges

Rally your co-workers for the latest company step challenge! Or gather a small group of co-workers or friends, and challenge one another to start a new healthy habit.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

My Care Checklist

My Care Checklist is a handy healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place.

Recipes

Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Journeys[®]

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the new Shoutout feature found under the Social tab.

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Rewards

Earn up to \$200 in rewards by completing healthy activities.

	Level1 >	Level 2 >	Level 3 >	Level 4
Points	1,000	5,000	10,000	15,000
Rewards	\$5	\$10	\$15	\$20

Annual incentive total: \$50 x 4 quarters = \$200

		Do healthy things	Points
Getting started		Complete registration	
		First time logging in to mobile app	
		Connect first activity device	
Doily		Upload steps from your activity tracker (per 1,000 steps)	
		Do your Daily Cards (2 per day)	
Daily		Track your Healthy Habits (3 per day)	
		Complete a step in Journeys®	
monning		Win the promoted Healthy Habit Challenge (4x per month)	200
	$\stackrel{\triangle}{\sim}$	20-Day Triple Tracker	
	☆	Track Healthy Habits 20 days in a month	300
Quarterly		Complete a Preventive Care Screening (2x per quarter)	
		Choose your eating type	
		Set your interests	
Yearly		Download the Anthem Engage app (one time)	5,000
		Complete the Health Check survey	5,000
		Complete a Primary Care Wellness Visit	
		Complete a Health Screening (by 12/1/2022)	

Look for **How to Earn** in your account for a **complete list** of all the ways you can earn points.



Bonus points! Get to Level 4 faster by completing bonus activities like these.