

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 55402-0260

New opportunities with Live Well begin January 1, 2022.



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!
- Step 2** **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**.
- Step 5** **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.

	Level 1	>	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						2,500
	First time logging in to mobile app						2,500
	Connect first activity device						200
Daily	Upload steps from your activity tracker (per 1,000 steps)						10
	Do your Daily Cards (2 per day)						20
	Track your Healthy Habits (3 per day)						10
	Complete a step in Journeys®						20
Monthly	Win the promoted Healthy Habit Challenge (4x per month)						200
		20-Day Triple Tracker					400
		Track Healthy Habits 20 days in a month					300
Quarterly	Complete a Preventive Care Screening (2x per quarter)						250
	Choose your eating type						250
	Set your interests						100
Yearly	Download the Anthem Engage app (one time)						5,000
	Complete the Health Check survey						5,000
	Complete a Primary Care Wellness Visit						5,000
	Complete a Health Screening (by 12/1/2022)						5,000

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.