

REWARDS GUIDE

Small steps lead to big changes.

Live Well rewards you

Live Well rewards you for making healthier choices and habits. Earn up to a maximum of \$200 during the 2022 Live Well Program year, which runs January 1, 2022, through December 1, 2022. Earn up to \$50 each quarter by reaching Level 4 in points.

	Level 1	Level 2	Level 3	Level 4	Total	Keep going!
Points	1,000	5,000	10,000	15,000		
Incentive	\$5	\$10	\$15	\$20	\$50	
Annual Incentive Total: \$50 x 4 quarters =					\$200	

Earn \$20 for a visit to your PCP

Earn \$20 (10,000 points) for visiting your primary care physician (PCP) and having your PCP complete the **health screening form**, which is found under **How To Earn** on the **Rewards** page in your Live Well account.

How you'll be rewarded

Incentives can be added to your paycheck or health savings account (HSA). To select the HSA incentive option, you must make the election through the annual enrollment process—otherwise, the payroll incentive will be automatically selected.

Incentives will be paid out 30 days after each quarter ends.

See ways to earn points on the next page >



Get rewarded

Earn points for completing recommended activities. Here is a snapshot of available activities and the points associated with them. For a complete list of ways to earn, look for **How to Earn** under the **Home** tab at [Ameren.com/LiveWell](https://www.ameren.com/LiveWell).

	Do healthy things	Earn points
Getting started	First log in to mobile app	2,500
	Complete registration	2,500
	Add a profile picture	100
	Add 5 friends	250
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
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Daily calorie tracking	20
	Browse healthy recipes	10
Monthly	Join the company challenge	2,500
	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Take validated measurements	250
Quarterly	Participate in the Ameren Mentoring Community	500
	Set your interests	100
	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Complete the Health Check survey	5,000
	Complete a primary care wellness visit	5,000
	Download the Anthem Engage app (one-time)	5,000
	Complete a health screening (by December 1, 2022)	5,000

How to get started

Step 1 Sign up for your Virgin Pulse account by going to [Ameren.com/LiveWell](https://www.ameren.com/LiveWell).

Step 2 Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Garmin, Apple Watch, Fitbit, etc.)

Step 3 Download the **Virgin Pulse mobile app** for iOS or Android. Access your Live Well account and track your activity anywhere, anytime.

