



# Healthy Living Programs

Introducing 2 great ways to get Healthy and make Money!

January 2019

## NEW Program: HL Preventative Card

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Name <input type="text"/>	Well-Being Profile Date <input type="text"/> <b>\$25</b>
Location <input type="text"/>	<b>REQUIRED</b>
<b>MUST provide proof (receipt) for ALL.</b>	
<b>Annual Checkup</b> <b>\$10</b> Date: <input type="text"/> <b>REQUIRED</b>	<b>Dentist Visit</b> <b>\$10</b> Date: <input type="text"/> <b>REQUIRED</b>
<b>Flu Shot</b> <b>\$10</b> Additional Date: <input type="text"/>	<b>Cancer Screening</b> <b>\$10</b> Additional Date: <input type="text"/>
<b>Nutritional Visit</b> <b>\$10</b> Additional Date: <input type="text"/>	<b>Gym Membership/ Joining a Gym</b> <b>\$10</b> Additional Date: <input type="text"/>

When you use the enclosed card over the next year, you will receive a minimum reward of **\$45** for completing the basic requirements, including the wellness profile on the IBC website and then your annual Doctor's visit, along with your Dental Visit. After those are complete, your reward increases in **\$10** increments for each additional activity completed, including Preventative Cancer Screening (mammogram, PAP, colorectal, skin, etc.) Flu Shot, and Nutritional Visits and Gym Membership.

You must provide a receipt for each activity (remember you can always call the provider to request the receipt).

This card goes into effect upon completing the new IBC Wellbeing Profile and expires within one year from that date. For example, if you complete the Wellbeing Profile on 6/20/2018, all activities must take place by 6/20/2019. Simply log into your personal portal at IBXpress.com and complete the Well-being Profile. This Jumpstarts your rewards with **\$25!**

As an added bonus, if you fulfill the entire card, you will receive an additional **\$15** reward, totaling **\$100!**

<b>IT'S BETTER AT</b> <b>Fred Beans</b> <b>FAMILY OF DEALERSHIPS</b>
<b>FRED BEANS HEALTHY LIVING</b>
<b>Instructions</b>
<ul style="list-style-type: none"><li>• Card goes into effect upon completion of the Well-Being Profile and expires one year from the date.</li><li>• Well-Being Profile, annual checkup and dentist appointment are <b>REQUIRED</b> to receive any type of reward.</li><li>• Must have all receipts for each activity attached in order to receive reward. (See list of activities on other side)</li></ul>
<b>Rewards</b>
<ul style="list-style-type: none"><li>• Must complete the <b>REQUIRED</b> sections to receive any type of reward.</li><li>• Basic reward for completing required activities totals <b>\$45</b> and moves up in <b>\$10</b> increments for each additional activity completed.</li></ul>
<b>BONUS:</b> If every activity is completed on the card, you will receive an additional <b>\$15</b> reward, totaling <b>\$100!</b>



## HL Activity Card

Another reward provided by the Healthy Living Committee that provides you with the opportunity to earn some additional income and become more involved in your health is our HL Activity Card!

If you do not already have an Activity Card, you can request one at your first on-site activity to start earning! This card is pictured to right and rewards you for participating in Company Sponsored activities consistently throughout the year.

Each quarter, your goal is attend 3 activities. If you complete 3 activities, you will receive **\$25** for that quarter. If you complete each quarter successfully, your last quarter will be a reward of **\$75!** Totalling yearly earnings of **\$150!** Complete rules are printed on the card.

Important notes: Activities cannot be transferred to different quarters and you will only receive one reward per quarter, even if you complete more than 3 activities. Remember to be consistent each quarter and keep your card to get the final reward!

If you have any additional questions, please reach out to your healthy living coordinator or [avolm@fredbeans.com](mailto:avolm@fredbeans.com).

Name <input type="text"/>		Location <input type="text"/>	
<b>LUNCH &amp; LEARNS</b> Start Date <input type="text"/>			
Q1	1	2	3
Q3	1	2	3
Q2	1	2	3
Q4	1	2	3
<b>EVENTS</b>			
Q1	Event 1 <input type="text"/>	Date <input type="text"/>	Validation Stamps <input type="text"/> 1 <input type="text"/> 2
	Event 2 <input type="text"/>	Date <input type="text"/>	
Q2	Event 1 <input type="text"/>	Date <input type="text"/>	Validation Stamps <input type="text"/> 1 <input type="text"/> 2
	Event 2 <input type="text"/>	Date <input type="text"/>	
Q3	Event 1 <input type="text"/>	Date <input type="text"/>	Validation Stamps <input type="text"/> 1 <input type="text"/> 2
	Event 2 <input type="text"/>	Date <input type="text"/>	
Q4	Event 1 <input type="text"/>	Date <input type="text"/>	Validation Stamps <input type="text"/> 1 <input type="text"/> 2
	Event 2 <input type="text"/>	Date <input type="text"/>	

## Upcoming Activities to Earn Points!

The Healthy Living Committee offers many opportunities to earn your rewards, such as; lunch and learns, blood drives, health fairs, maintain don't gain, 30 day fitness challenges, and weight watchers, or on site fitness classes like Yoga, etc.

Please stay aware of these events across the company through the Site Wide Emails, FBTv, and Employee Portal under healthy living.

Together we can develop a plan to take action and become BETTER at BEANS. Let's commit to become our BEST self, with the BEST health now!!!

### Earn as much as \$150

IT'S BETTER AT

## Fred Beans

FAMILY OF DEALERSHIPS

### FRED BEANS FITNESS INITIATIVE

#### Instructions

- Start date is the date of the first punch/stamp. The card will expire exactly one year from the date listed
- Quarters are defined by the standard calendar year (Q1-January-March, etc)

#### Goals Per Quarter

- Any combination of attending Lunch & Learns and/or participating in events to total 3.
- Lunch & Learns stamps will only be provided during the Lunch and Learn. Events include Healthy Living company sponsored events (i.e. Pilates, 5K's/Walks, etc.)

#### Rewards

\$25 Gift Card is dispersed for the combination of 3 activities per quarter completed. Based on your start date if each quarterly goal is completed, you will qualify for a \$75 total reward in your last quarter.