

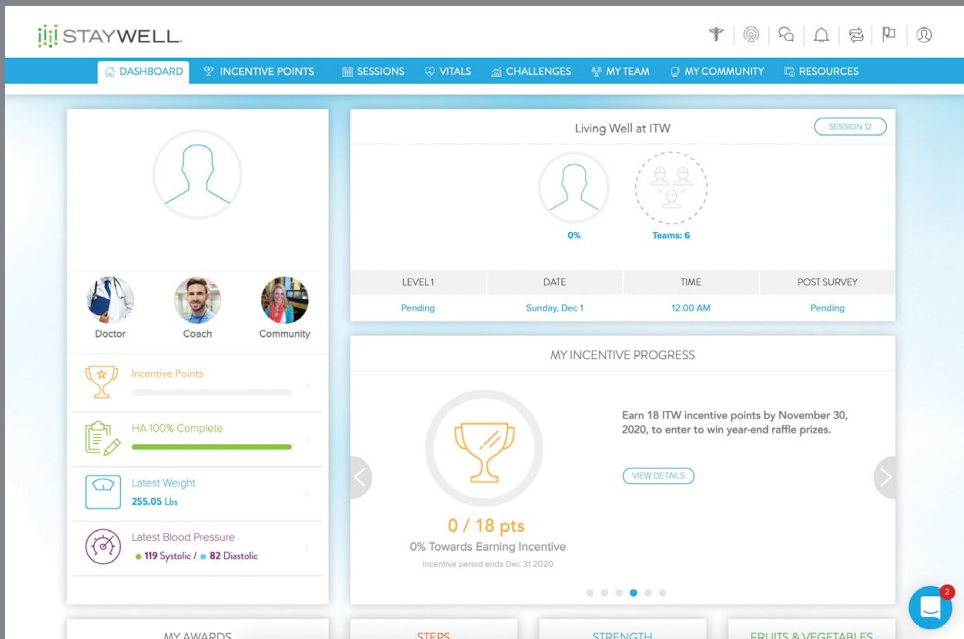
All in.

We're all in this together.
You take care of your health.
We all save on health care costs.
It's win-win. All in.

Your 2020 Living Well at ITW Guide.

Introducing the new online Living Well at ITW portal

Enhanced features. Easier tracking. More fun.



Starting June 1, 2020, the Living Well at ITW portal will be all new — new dashboard, new challenges, and new goal tracking available with a community feel. Form teams with your spouse or coworkers or go it alone. Whichever path you choose, new and exciting features are available:

- Sessions: A new topic, released monthly, to help you be the healthiest you can be
- Device syncing to make activity tracking a breeze
- Games, quizzes, workout videos, and healthy recipes

**To access the Living Well at ITW portal from your phone, download the My StayWell mobile app from the Apple Store® or Google Play™.*

All in on the Living Well at ITW portal

Join in on the fun!

Register your new Living Well at ITW account.

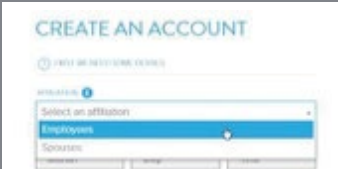
■ **EMPLOYEES:** Visit ITWemployee.com and click the **Wellness** icon. You'll need to provide your first name, date of birth, and 7-digit employee ID.

■ **SPOUSES:** Visit ITW.online.staywell.com. Spouses will use their own first name, their own date of birth, and their spouse's 7-digit employee ID to register.

QUESTIONS? Contact the StayWell HelpLine at **866-543-2053** or email itwlivingwell@staywell.com.

If you've participated in the past, you will need to re-register your account. You will only have to do this once.

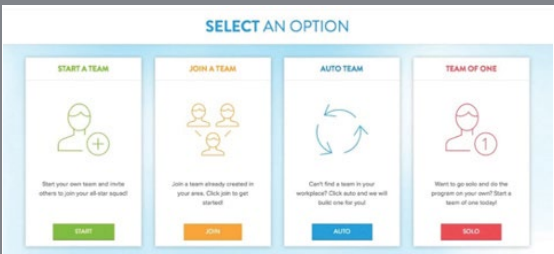
When you sign into the Living Well at ITW portal for the first time, you will select whether you're an employee or the spouse of an employee.



TEAMS

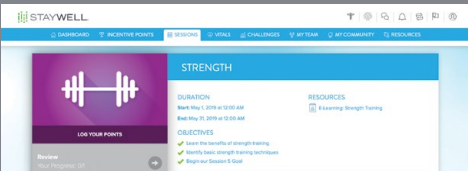
Teams can vary in size from one to 12 people. You can be a member of multiple teams or participate alone.

When you register an account, you can complete the Personal Health Assessment or choose to complete it later. Then, you'll be prompted to join a team. You must select one option — we recommend starting with “Team of One” and once you get familiar with the site, find a team that you like or start your own.

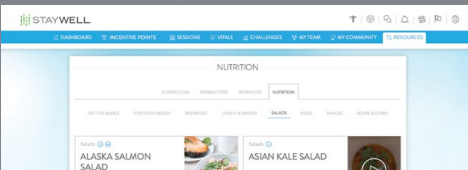


EXPLORE THE SITE

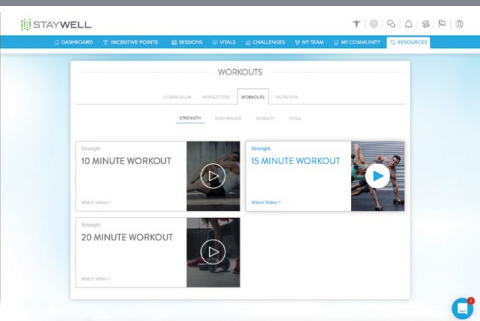
Do the monthly learning sessions



Make a new recipe



Follow along to a video workout



Be healthy and save money

Here's how the Living Well at ITW Program works:

- Complete your Gateway Activities and earn lower medical plan premiums for 2021.
- Participate in wellness activities, called Healthy Actions.
 - Develop healthy habits as you earn incentive points that give you more chances to win prizes in the Living Well at ITW Raffle at the end of the year.

GATEWAY ACTIVITIES

Complete these steps by September 30, 2020, to get lower Living Well medical premiums in 2021:

1. PERSONAL HEALTH ASSESSMENT (PHA): This 10-minute online confidential questionnaire evaluates your current habits and finds areas that may need improvement.

2. SPOUSE PHA: If your spouse is enrolled in an ITW-sponsored medical plan as of June 1, 2020, they are also required to complete a PHA by September 30, 2020.

See page 5 for more information about Gateway Activities. ▶

HEALTHY ACTIONS

These wellness activities offer a variety of ways to help you improve your overall health. For every activity you complete, you earn Healthy Actions points. You are automatically entered into the end-of-year raffle when your Gateway Activities are completed.

The more points you earn, the better your chance of winning prizes in the Living Well at ITW Raffle.

Employees can win \$200 gift cards or free medical premiums for 2021. Spouses can win gift cards, too!

See page 6 for a list of Healthy Actions. ▶

IMPORTANT NOTE ABOUT PRIVACY

Your individual health information, including your Health Screening results and responses to the PHA, are completely confidential and protected by federal law and will never be shared with ITW.

All in on Gateway Activities

Personal Health Assessment: 10 minutes now, better health later

You can use your results to determine where to make healthier choices throughout your day.

Go to **ITWemployee.com** and click the **Wellness** icon.

- If you registered last year, you need to re-register. The instructions to re-register are on page 3.
- Upon registering your new account, you'll first be prompted to complete the Personal Health Assessment. Complete your PHA and click the blue arrow to see your results.
- Or, you can complete your PHA later — look for the Health Assessment link on the left side of the dashboard page.

Are you married? If your spouse is enrolled in an ITW-sponsored medical plan as of June 1, 2020, they will need to complete the PHA by September 30, 2020. Have them:

- Visit **ITW.online.staywell.com**.
- Your spouse will need to re-register too. Instructions to re-register are on page 3.
- If they complete their PHA by September 30, 2020, you'll earn the lower medical premium incentive in 2021.

Gateway Activities done!

Complete your Gateway Activities by September 30, 2020, and just like that, you've earned lower medical plan premiums for 2021, plus one point.

To check your Gateway Activity status, go to **ITWemployee.com** and click the **Wellness** icon. On the StayWell home page, click the My Incentive tab.

Due to the coronavirus (COVID-19) pandemic, **THE HEALTH SCREENING IS NOT A GATEWAY ACTIVITY** this year. However, we will make screenings available so that you may learn your health numbers. Earn 2 Healthy Actions points for completing a screening.

All in on Healthy Actions

More points, better health

Each choice is an investment in your health, and each of the below Healthy Actions activities can help you along the way. Most activities are open to spouses too! Complete these activities by November 30 to be entered into the end-of-the-year raffle.

BRAND NEW THIS YEAR!

COMPLETE UP TO 11 ONLINE WELLNESS LEARNING SESSIONS

Earn 1 point per session.

VOLUNTEER

Earn 1 point for donating your time to an organization of your choice.

TAKE PART IN OUR CHALLENGE

Earn 1 point for participating in the ITW competition this fall — details to come.

WHAT OTHER HEALTHY ACTIONS ARE THERE?

HEALTH SCREENING

You'll earn 2 points for getting a screening at your doctor's office or by making an appointment at a Quest lab.

(Sorry, no points are available for spouses for this action.)

HEALTH VALUE: Body Mass Index (BMI) between 18.5–24.9

or a 5% weight improvement from 2019 Health Screening

You'll get 2 points for making this health commitment.

(Sorry, no points are available for spouses for this action.)

PARTICIPATING IN WW (WEIGHT WATCHERS)

You'll earn 1 point for being enrolled in the program in 2020 for 3 months or more.

COMPLETE THREE TELEPHONE CALLS WITH A HEALTH COACH

Three calls with a health coach earns you 1 point.

DO AN ONSITE ACTIVITY LIKE: • Lunch and Learn • Challenge • Mindfulness Activity • Exercise Class • BU Sponsored Walk/Run

Get 1 point per session for a total of 10 points (max of 2 points per activity)

(Sorry, no points are available for spouses for this action.)

HEALTH SCREENING: A quick snapshot of your health

Taking this simple step provides you with the information you need to identify which wellness steps you may need to take. After a quick screening, you'll get your numbers for BMI, weight, blood pressure, cholesterol, triglycerides, and glucose.

Your options to complete a screening are:

YOUR DOCTOR: Download the Health Care Provider Form to complete with your doctor.

LAB APPOINTMENT: Schedule an appointment at your local Quest facility.

About those points (and rewards!) ...

Here's the deal:

- You're encouraged to participate in as many Healthy Actions activities as you'd like.
- You may earn a maximum of 18 raffle points — 1 for Gateway Activities and 17 for Healthy Actions activities.
- Spouses may earn a maximum of 14 raffle points — 1 for Gateway Activities and 13 for Healthy Actions activities.
- The more points you earn, the better your chances of winning end-of-year raffle prizes.

YEAR-END RAFFLE PRIZES

Employee

Free medical premiums for 2021

Gift cards: \$200 each

Spouse

Gift cards: \$100 each

Remember: The deadline to complete Healthy Actions is November 30, 2020.



LOG ON TODAY! ITWemployee.com

EMAIL US: itwlivingwell@staywell.com

QUESTIONS? Call 866-543-2053



P.O. Box 21427 St. Paul, MN 55121-0427

HELPLINE HOURS (Central time)

Monday – Thursday 8 a.m. – 8 p.m.

Friday 8 a.m. – 6 p.m.

Saturday 8 a.m. – 1 p.m.