

2020 HEALTH MANAGEMENT PROGRAM

Make healthy happen
this year.

Learn about the **new**
StayWell portal to help
you take action and
earn rewards in 2021!



**Rockwell
Automation**



A photograph of a man with glasses and a mustache carrying a young child on his shoulders. Both are wearing winter clothing, including hats, scarves, and gloves. The background is filled with warm, glowing string lights, suggesting a festive winter or holiday setting. The overall mood is joyful and family-oriented.

WHO

YOU!

If you're a Rockwell Automation employee enrolled in the UHC medical option, you can participate.



CHANGES FOR 2020

The Health Management Program is a comprehensive wellness program. In 2020, you can still earn up to \$500 off your 2021 medical premiums when you participate, but there are some changes:

1

You can track your progress with the **NEW StayWell portal**

2

All incentives roll up toward the \$500 total — so if you don't complete a Health Screening, you can do more Take Action activities to earn the \$500 total rewards

3

HRQ completion is required to earn any incentive

WHY

Rockwell Automation offers the Health Management Program to help you stay engaged in your health throughout the year. The program helps you identify areas of improvement and rewards you for taking steps to improve your health. In addition, you're supported by:

1

Knowing your risks. By taking the Health Risk Questionnaire (HRQ) and completing the Health Screening, you gain a better understanding of your health status. You may discover health risks that are easier to manage when you catch them early. Plus, the information can help you set your health goals for the year.

2

Developing healthy habits. The program helps you stay motivated by rewarding healthy behaviors. Whether you need to lose weight, eat better or move more, there are Take Action activities to support your health goals.

3

Saving money. You can reduce your 2021 medical premiums when you participate. And both you and Rockwell Automation can save money if you catch health issues early.

LET'S GET STARTED

Use the **NEW StayWell portal** to make your participation a snap.

Register

1

Go to the **NEW rastaywell.com portal** [NOTE: new website address] or continue to use single sign-on from *Your Benefits Resources*

2

Click **SIGN UP** in the upper right corner

3

Select **Rockwell Automation** and enter your first name, Employee ID and date of birth and fill out the rest of the fields to set up your account

4

Watch the site tour video on the home page to learn about all of your new opportunities on the new **StayWell portal**

TAKE

The Health Risk Questionnaire (HRQ)

The HRQ pops up as soon as you first log in to the new site, rastaywell.com. Click “Start” in the middle of the page to begin. The HRQ is finished once you reach “Your Health Assessment Results.” The information is all confidential and only seen by you. When you finish reviewing your results, click “Done” at the bottom of the page. Make sure you reach the end and see your results before closing your browser or navigating away from the page.

YOU MUST COMPLETE THIS short health survey before you can earn incentives for your Take Action activities. Complete it right away, so you can start earning rewards.

TAKE ACTION ACTIVITIES

You have several options to choose from. You can earn up to \$500 toward your medical premium discount. Each activity equals 100 points (\$100). You may complete some activities more than once. Find details at [raquickfind.com](https://www.raquickfind.com). And then track your progress at [rastaywell.com](https://www.rastaywell.com).

Physical Activities	One-on-One Health Coaching	Weight-Loss Programs
<ul style="list-style-type: none">• 10K-A-Day• Rockwell Automation Walking Challenge• Community Athletic Events	<ul style="list-style-type: none">• AWARE• Phone Coaching	<ul style="list-style-type: none">• Real Appeal• Weight Watchers• Jenny Craig• Choose to Lose*• And More!

* Milwaukee and Mequon only

Learn more about how to participate in the programs and link your wearable tracking device by going to [rastaywell.com](https://www.rastaywell.com).

2020 PROGRAM AT A GLANCE

Gateway

The online HRQ gives you an overall picture of your health and how your lifestyle habits now may affect your future health. The HRQ is the gateway activity you must complete to earn incentives. Complete the HRQ when you log in to the new rastaywell.com portal.

Incentives

You can earn up to **\$500** in incentives, which will be applied as a discount off your 2021 Rockwell Automation medical premiums.

Take Action Activities

You can earn up to **\$500** through Take Action activities alone or by combining them with the Health Screening incentives. So, if you don't achieve all of the Health Screening healthy targets, you can do more Take Action activities to earn the total \$500 incentive. Complete activities, such as Real Appeal, 10K-A-Day and coaching programs. Find details about your options and sign up at rastaywell.com.

Health Screening

The Health Screening measures four healthy targets—blood pressure, cholesterol, blood glucose and body mass index (BMI)—that can help identify health risks early and track improvement year over year. Complete the screening to earn up to **\$200** (\$50 for every healthy target you meet) off your 2021 medical premiums. Find a list of healthy targets at rastaywell.com. Watch for more information about onsite Health Screenings that will be held at certain locations in the fall.

Timing

You must complete the HRQ, Take Action activities and the Health Screening between Jan. 16, 2020, with a deadline of **Dec. 31, 2020**.

Questions?

Call StayWell at 1.800.721.2696, Monday through Thursday, 8 a.m. to 8 p.m.; Friday, 8 a.m. to 6 p.m.; Saturday, 8 a.m. to 1 p.m. (Central Time).

GET A HEALTH SCREENING

In 2020, you have two options to get a free, confidential Health Screening:

1

Download the Health Care Provider Form on rastaywell.com or the downloads section on raquickfind.com and take it to your health care provider when you get your annual physical exam at any time during the year.

2

Onsite screenings will be held at certain locations this Sept. and Oct.

Please note: The home test kit will no longer be a Health Screening option in 2020.

You can earn \$50 for every healthy target you meet based on your Health Screening results. If you meet all four targets, you can earn a total of \$200 off your 2021 medical premiums. You can view the healthy targets on raquickfind.com or rastaywell.com.

Check out the new rastaywell.com website now!