

2021 HEALTH MANAGEMENT PROGRAM

Make healthy happen
this year.

Learn about the **new WebMD
portal** to help you take action
and earn rewards in 2022!



**Rockwell
Automation**

A woman with a joyful expression, wearing a green quilted jacket and a textured orange beanie, is sitting inside a light blue tent. She is holding a golden retriever dog, which is looking out of the tent opening with its tongue out. The background is a sunlit forest with tall trees and some autumn-colored foliage. The scene is warm and inviting, suggesting a peaceful outdoor activity.

CHANGE FOR 2021

WebMD is replacing StayWell as the administrator for the Health Management Program. You'll track your activities on the new WebMD portal at webmdhealth.com/ra.

All of the same activities are available, and you'll still be able to earn up to \$500 off your 2022 medical premiums when you participate. But, you need to create your WebMD account before you get started.

WHO

YOU!

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



WHY

Being healthy is not a once-a-year activity. To improve and maintain good health, you must work on it throughout the year. With the Health Management Program, we have made it easier to:

1

Know your risks. By taking the Health Risk Questionnaire (HRQ) and completing a 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

Develop 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

Save money. You can reduce your 2022 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 WebMD portal** to make your participation a snap.

Register

1

Go to the **NEW webmdhealth.com/ra** portal and click **CREATE ACCOUNT** or use single sign-on from *Your Benefits Resources*.

2

Enter your Employee ID, create a username and password, and accept the agreement terms to set up your account.

3

Click **MY INCENTIVES** at the top to get started with the HRQ and Take Action activities.

TAKE

The Health Risk Questionnaire (HRQ)

When you log in to the new portal, webmdhealth.com/ra, the HRQ will appear in the **Recommended For You** section on the homepage. Click on the graphic to begin. Once you complete all four sections, click **GET MY SCORE** for your personalized results. The information is confidential and only seen by you. Feel free to download the report or take the HRQ again anytime.

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.



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 and avoid a \$100 medical premium penalty. Complete the HRQ when you log in to the new webmdhealth.com/ra portal.

Incentives

You can earn up to **\$500** in incentives, which will be applied as a discount off your 2022 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 webmdhealth.com/ra.

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 2022 medical premiums. Find a list of healthy targets at webmdhealth.com/ra.

Timing

Complete the HRQ, Take Action activities and the Health Screening between Jan. 15, 2021, and **Dec. 31, 2021**.

Questions?

Call WebMD at **1.800.721.2696**, Monday through Friday, 7:30 a.m. – 7 p.m. Central Time.

GET A HEALTH SCREENING

To complete a Health Screening with your primary care provider, simply download the Health Care Provider Form from webmdhealth.com/ra and take it to your appointment for your doctor to complete. You'll then upload the completed form at webmdhealth.com/ra by clicking on the **Get a Health Screening** tile.

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 2022 medical premiums. You can view the healthy targets on raquickfind.com or webmdhealth.com/ra.

Check out the new webmdhealth.com/ra portal now!