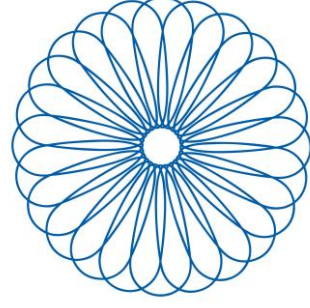
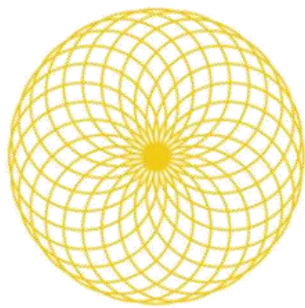




living well



PASSPORT

TO HEALTH™

2024-2025

passport.attentivehealth.com | 855.387.1300 | lb@attentivehealth.com

ATTENTIVE
HEALTH

PASSPORT TO HEALTH™



WHAT IS PASSPORT TO HEALTH™?

The PASSPORT TO HEALTH™ is a voluntary wellness program offered by your employer which awards you points for completing various activities. The program is designed to reward you for your smart decisions and the steps you take toward a healthy lifestyle.

Employees who are enrolled in the Living Branches health plan can earn a **\$30 per pay wellness credit (up to \$780 per year!)** on their health insurance costs from July 2025-June 2026 by reaching the **FINISH LINE** by May 1, 2025.

The **EXTRA MILE** award includes the wellness credit plus a BONUS award. See the chart below for the annual minimum point requirements for each award level.



REWARDS

“FINISH LINE” 100 POINTS

(Step 1: 50 points, Step 2: 50 points)

**\$30 per pay
wellness credit**



“EXTRA MILE” 150 POINTS

(Step 1: 50 points, Step 2: 100+ points)

**wellness credit
+
\$25 Visa Gift Card**

NON-INSURANCE earn 100 points to receive a \$25 Visa gift card



STEPS TO SUCCESS

- **Step 1:** Complete a confidential **personal health survey** and **meet with a health coach** to earn 50 points.
- **Step 2:** Earn **an additional 50 points** from various PASSPORT TO HEALTH™ activities.
- **Step 3:** By **May 1, 2025**, **submit all your documentation** to Attentive Health to ensure you have 100 points total needed for your wellness reward.



SUBMIT AND CONTACT

Receipts for activities such as doctor visits and community events can be turned in:

LOCKBOX: at all Living Branches locations
FAX: 215.359.9639
MAIL: P.O. Box 61, Telford PA 18969
UPLOAD: passport.attentivehealth.com
EMAIL: lb@attentivehealth.com

If you have questions about the program, please call Attentive Health: **855.387.1300**

PASSPORT TO HEALTH™

EVERY JOURNEY BEGINS WITH ONE STEP. START YOURS TODAY!

STEP 1:

Complete introductory activities and earn 50 points

ACTIVITY	POINTS
Personal Health Survey	25
Goal-Setting Meeting with Health Coach	25

ACTIVITY	POINTS
Attentive Health Coaching	20 each (up to 60)
NEW! Clinical Coaching	20 each (up to 60)
Routine Physical since 5/1/2024	25
Biometric Test Results	25
EAP or Other Counseling	20 each (up to 60)
Personal Fitness Program	1 pt each (up to 50)
Wellness Challenge	25 increased points!
Living Well Webinars	10 each (up to 40)
Wellbeing Log	25
Volunteer Log	25
Financial Wellness Activity	10
Other Approved Programs	up to 50

Other Preventive Care Activities since 5/1/2024
(i.e vaccines, dental/vision exams, colorectal cancer screening, mammogram, age/gender screening, etc.)

15 each
increased points!

STEP 3:

Submit documentation by 5/1/2025

FINISH LINE	POINTS
PROGRAM DEADLINE MAY 1, 2025	100 TOTAL

alternate accommodations available upon request

QUESTIONS? | 855.387.1300 | lb@attentivehealth.com

ACTIVITY DESCRIPTIONS

PERSONAL HEALTH SURVEY & GOAL-SETTING –

Take 20 minutes to learn about your overall health. Complete a CONFIDENTIAL survey then follow-up with an Attentive Health coach to discuss your results & next steps. Survey and meeting schedule available online at passport.attentivehealth.com or by calling **855.387.1300**.

ATTENTIVE HEALTH COACHING – Get personalized & confidential support in achieving your health goals. In these 20-minute sessions, our health coach will help you work on your goals and support you in staying on track. Sign up at passport.attentivehealth.com or by calling **855.387.1300**.

NEW! CLINICAL COACHING – Receive individualized support from our Registered Nurse to identify strategies to help manage chronic conditions.

ROUTINE PHYSICAL – Get credit for your routine physical completed since 5/1/24. No results needed...simply submit receipts or other proof of visit like a provider's note or Explanation of Benefits.

BIOMETRIC SCREENING – Attend the onsite screening, use a lab voucher, or submit a Physician Form to include cholesterol, glucose & more. Physician Forms available at passport.attentivehealth.com.

EAP/OTHER COUNSELING – Earn points for participating in counseling sessions. No need to provide details, just proof of visit. For more information on your EAP visit www.pfeap.org or call 215.257.6556.

PERSONAL FITNESS PROGRAM – Earn points for your own personal fitness regimen: give us a report of your visits to the gym (@ Living Branches or offsite) and earn 1 point for every visit, up to 50 points. Or you can document your non-gym activities on a Fitness Log from Attentive Health and earn 1 point on your Passport for each point on the Fitness Log, up to 50 points. Fitness Logs available at passport.attentivehealth.com.

WELLNESS CHALLENGE – Have fun while building new healthy habits & earning rewards in the process! Details will be announced.

LIVING WELL WEBINARS – Take a wellness break and learn a few health tips! A variety of topics will be offered throughout the year. Attend a live session when available or view online anytime: passport.attentivehealth.com.

WELLBEING LOG – Use our Log to track various supportive activities you do to nourish your soul. The log is available at passport.attentivehealth.com.

VOLUNTEER LOG – Use our Log to track various volunteer activities you do throughout the year. Every 2 hours of volunteer work earns 5 points, up to 25. The log is available at passport.attentivehealth.com.

FINANCIAL WELLNESS COACHING – Meet with a financial professional to work on your financial fitness goals.

OTHER APPROVED PROGRAMS – Get credit for participating in community programs such as WW (Weight Watchers), diabetes education, and more! Just get approval from Attentive Health first & find out how many points you can earn.

OTHER PREVENTIVE CARE – Get credit for routine preventive care completed since 5/1/24. No results needed...simply submit receipts or proof of visit like a provider's note or Explanation of Benefits.



LEARN
MORE!

PASSPORT TO HEALTH™ ONLINE

- ✓ check points
- ✓ upload receipts
- ✓ view webinars
- ✓ and more!

[PASSPORT.ATTENTIVEHEALTH.COM](https://passport.attentivehealth.com)