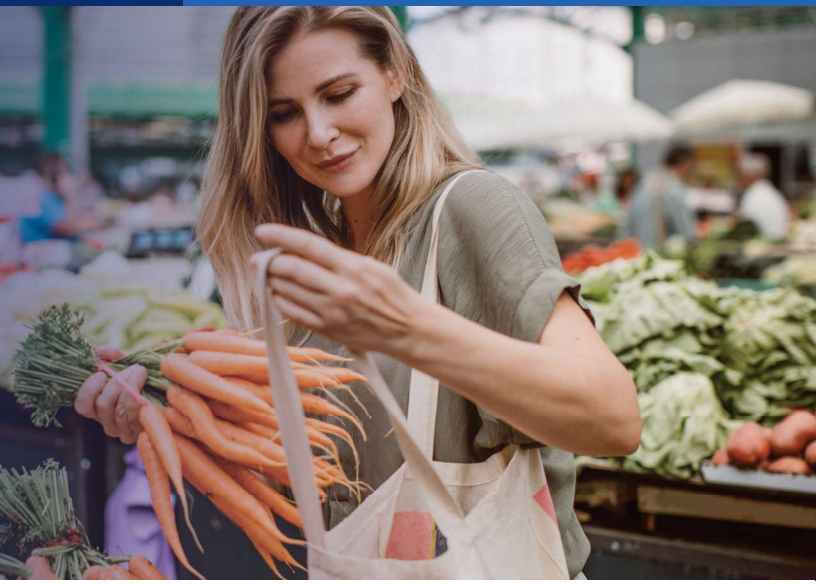


# Rewarding healthy habits



A healthy lifestyle has plenty of benefits – better physical and mental health – and can help improve your quality of life. Your employer’s wellness program lets you earn rewards for making healthy choices.

## How it works

Earn up to \$100 in rewards by doing one, two, or all three of these activities:

- Take an online health assessment - earn a \$25 reward.\*
- Complete recommended preventive care based on age and gender - earn a \$25 reward.\*
- Meet a physical activity goal through an online challenge - earn a \$50 reward.\*

As you earn a reward, you can redeem it for an e-gift card to one of hundreds of popular online and retail locations. It’s that easy!

## Participating brands include:

Apple Music	Crate & Barrel	Hulu	Petco
Barnes & Noble	eBay	Lowe’s	Sephora
Bed, Bath & Beyond	Foot Locker	Nike	Target
Boscov’s	Gap	Overstock	Ulta

## Support for increasing your physical activity

Your wellness program includes a physical activity challenge. Participating in this challenge is good for your health and will help build or increase your exercise habits. WellSpark Health encourages you along the way with education, milestones, and a social wall, where you and other participants can post supportive messages. You can even connect a smart device to help you stay motivated.

[Continued →](#)

## To reach the WellSpark Health website



- Sign in to the secure member website at [my.connecticare.com](https://my.connecticare.com). Complete the Two Step Account Verification.
- Click “Health and Wellness” in the top navigation bar to access the WellSpark website.

Note: Please have your ConnectiCare member number located on your member ID card ready to complete your one-time registration, if needed.

You can also visit Google Play or iTunes store to download the WellSpark app. Use registration code “WELLSPARK” the first time you sign in.

## About WellSpark Health

WellSpark Health, an affiliate company of ConnectiCare, has powerful, proprietary tools and programs to help individuals find what will spark them to healthier habits and healthier lives. Visit the WellSpark portal for personalized tips and information on ways to improve your health.



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\*Wellness rewards are available for subscribers (employees) and eligible spouses and dependents age 18 and older enrolled in this employer’s ConnectiCare plan. Members redeem rewards as e-gift cards through the WellSpark website. The maximum reward for each plan member is \$100 per plan year. You have 11 months from the date your plan begins to finish all three steps.

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