

RESOURCES

to support your wellbeing!



HEALTH EVALUATION & HEALTH ASSESSMENT

Learn your key health numbers, what they mean and what steps you can take to improve them. The health evaluation consists of a brief health questionnaire, blood pressure screening and comprehensive blood test that evaluates your risk for cardiovascular disease, diabetes, kidney disease, anemia, liver disease and much more. Watch for details on how to register.



HEALTH CLUB REIMBURSEMENT

Full and part-time non-union employees are eligible for reimbursement up to a taxable annual amount of \$180 (\$15/month) for a health club membership. Employees will only be reimbursed for months of actual payments verified from provided statements, receipts and/or documentation.



PERSONALIZED HEALTH COACHING

Health coaches are available by phone and online to assist you with setting goals, creating a unique plan that works for you, and putting your plan in action. Based on your health risks, you may even receive a call from a health coach.



WEBSITE

The website (www.myinteractivehealth.com) is personalized just for you. View your lab results and your Personal Health Action Plan. Use the site to track points earned toward incentives as you participate in challenges, complete workshops, create exercise plans, develop healthy meals, track food intake and much more.



TOBACCO CESSATION

Ingredion will reward non-tobacco users by offering them a reduced premium for medical coverage. Full-time and part-time salaried employees and eligible spouses/domestic partners may be reimbursed up to \$300 per calendar year for tobacco cessation services that are not currently covered under an Ingredion medical plan.



IDENTITY THEFT PROTECTION

ID Watchdog offers identity theft protection for you and your family at a discounted rate via payroll deduction. ID Watchdog rapidly alerts you as soon as new or updated information associated with your identity is detected, allowing you to catch fraudulent activity right away!
P (866) 513-1518 / www.idwatchdog.com



MERCER FINANCIAL WELLNESS

This tool gives you access to an online, mobile-enabled portal that provides you with tools and service providers who can assist you with concerns that may arise in your financial life. Mercer Financial Wellness brings together services, including budgeting, retirement transition guidance, student loan refinancing, and an investment adviser. www.moneyhabits.co



EMPLOYEE ASSISTANCE PROGRAM

This benefit provided by Magellan Health Services can help you navigate both personal and professional life challenges by utilizing online resources, referrals and free, confidential counseling.
P (800) 523-5668 / www.magellanhealth.com/member



INVEST IN YOUR **TOTAL WELLBEING**
WITH OUR **WELLNESS PROGRAM**

This is your opportunity
START EARNING REWARDS NOW!

HOW TO REGISTER

Visit www.myinteractivehealth.com to register. First time participants should use sponsor code **LPYJS**.

WHO IS ELIGIBLE?

All non-union employees are able to use all the benefits and tools included in Ingredion's wellness program at no cost. The only difference between those on an Ingredion medical plan and those who are not is the incentive amount. **This is your opportunity to START EARNINGS REWARDS now!** On the next page, you'll find ways you can earn points to qualify for your incentive.

QUESTIONS?

Go to www.myinteractivehealth.com or call (800) 840-6100 for more information on programs and services available to you! Incentives under this wellness program are available to all eligible employees.

Points =  Dollars 

HEALTH
EVALUATION

200
POINTS

+

HEALTHY
ACTIVITIES

150
POINTS

=

 200 
DOLLARS

+

 150 
DOLLARS

=

\$350
DOLLARS

KNOW YOUR NUMBERS! ELIGIBLE EMPLOYEES COMPLETING THE HEALTH EVALUATION AND HEALTHY ACTIVITIES CAN EARN UP TO \$350!

200
POINTS

COMPLETE HEALTH EVALUATION (Biometric Screening + Health Assessment)*
Understand what your health risks may be! Watch for details later this year to help you sign-up for your 2018 Health Evaluation. It's fast, easy and no cost to you! Employees and spouses/domestic partners on the Ingedion medical plan are eligible for 200 points each for completing the health evaluation. Employees not currently on the Ingedion medical plan may earn a \$100 cash incentive for completing the health evaluation. They are not eligible for any additional incentives. Spouses/domestic partners of employees not on an Ingedion medical plan are not eligible for any incentive.

60
POINTS

ACHIEVE PERSONAL HEALTH GOAL (year 2+ participant)
If after your Health Evaluation, you achieve your Personal Health Goal, 60 points will be awarded to your total points earned.

60/20
POINTS

PERSONAL HEALTH GOAL IS IN THE LOW (-20 to ZERO) or MODERATE (1 to 25) RISK RANGE

If after your Health Evaluation, your Personal Health Score falls into the:
- LOW Risk category, 60 points will be awarded to your total points earned.
- MODERATE Risk category, 20 points will be awarded to your total points earned.

20
POINTS

FINANCIAL WELLNESS: REGISTER FOR MERCER FINANCIAL WELLNESS TOOL OR FIDELITY PLANNING AND GUIDANCE TOOL
Mercer and Fidelity are here to help you on your financial journey. With the Mercer Financial Wellness tool, you'll discover insights to help guide you along your personal financial roadmap. The Fidelity Planning and Guidance tool can assist you in mapping out and reaching your financial retirement goal.

25
POINTS

HAVE INTERACTIVE HEALTH FAX YOUR BIOMETRIC RESULTS TO YOUR PHYSICIAN
You can fax your results at the time of your screening or view your results from the member website and click "Send to Doctor" to fax your results securely to your physician. Completion of the Health Evaluation is required.

25
POINTS

COMPLETE PREVENTIVE EXAM
Complete an annual physical exam or preventive screening as recommended by your physician between November 1, 2017 - October 31, 2018. Preventative services provided by an in-network doctor are free. You won't have to worry about a deductible or coinsurance.

25
POINTS

COMPLETE CHALLENGE*
Your Ingedion wellness program will offer a variety of choices for Challenges this year! Each challenge is worth 25 points (max 3 challenges for 75 points).

20
POINTS

COMPLETE ONLINE WORKSHOPS
Enroll in a workshop that interests you and upon completion of all workshop tasks your points will be awarded. Each workshop is worth 20 points (max 2 workshops for 40 points).

20
POINTS

COMPLETE A LOCAL ACTIVITY
Your local Wellness Champion will be promoting special activities in your area. You can self-report after completion. Login to www.myinteractivehealth.com for activity details (max 3 activities for 60 points).

1
POINT

LOG EXERCISE VIA CARDIO LOG ON MEMBER WEBSITE
Register a cardio activity tracker on the website, and minutes of activity will be automatically uploaded! Don't have a tracker? It's easy to log from the website. One (1) point for every 30 minutes of exercise logged per day, up to two (2) points daily. (Earn a total of 25 points in this campaign period.)

Our 2018 Wellness Program begins on February 12 and continues through October 31. All activities, with the exception of your preventive exam, must be completed within this timeframe.

* Unable to meet your health goals? If you are unable to participate, which is required for you to earn an incentive under this wellness program, you may qualify for an opportunity to earn the same incentive through an alternative course of action (that, if you wish, will be developed with your doctor). This alternative course of action must be completed by **October 31, 2018**. Please contact Interactive Health at least 2 weeks prior to this date at (800) 840-6100 or at rasrequest@interactivehealthinc.com to ask our health management team about a reasonable alternative standard to qualify for the incentive.