RC Willey’s
Lifestyle Wellness Program
Dear Associate,

RC Willey is proud to support a culture of wellness and encourages every associate and spouse to become engaged in living a healthy lifestyle. We understand that maintaining a healthy lifestyle is a personal decision and is usually easier said than done. But it’s important that you become engaged in wellness by doing something, which could be as simple as taking a short walk around your neighborhood or focusing on better nutrition by adding veggies to your dinner plate.

The company’s goal is to encourage a healthier lifestyle by providing you with the right support and resources so you can keep yourself in good condition for your job, your life, and your loved ones at home. In order to help you accomplish this mission, we have designed a comprehensive wellness program which is called the Lifestyle Wellness Program. This program focuses on overall health and wellbeing by highlighting physical activity, nutrition, chronic conditions, pain management, along with healthcare cost savings tips and mental well-being. We understand that in order for you to feel your very best, your overall health must be aligned from physical to mental wellness.

We invite you to join RC Willey’s quest in creating a culture of wellness by participating in the Lifestyle Wellness Program so we can together achieve greatness and a healthy improved life for all.

Thank you for your commitment and for being part of the RC Willey Team!

Sincerely,

Human Resources
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Section 1: Lifestyle Wellness Program is a wellness participation program that promotes a culture of health and encourages all associates, and spouses to enroll. This program was designed to ensure everyone has an opportunity to participate regardless of age, gender or medical condition.

Associates or spouses participation in this program is completely voluntary and is based on an honor system. The program offers three different participation levels to allow for flexibility and a variety of wellness challenges, which are classified within the gold, silver, and bronze level. Associates and spouses will self-select their level based on individual participation goals or comfort level. All wellness activities within the different levels were diligently selected and are based on challenges that will yield the best health outcome, which ranges from physical to mental fitness.

Section 2: Eligibility associates and spouses are encouraged to participate. This program is open to all associates (full-time, part-time, on-call) medical and non-medical plan members.

Section 3: Official Start Date in the Lifestyle Wellness Program is October 1, 2017. Associates will need to complete three simple steps by August 1, 2017 in order to qualify for a $20 monthly HSA incentive and/or quarterly prize drawings (see section 6 & 7).

Section 4: Enrollment for Official Start Date begins during the 2017 Health Fairs, which start April 24th and runs through May 8th (dates/times vary based on individual locations). Associates and spouses will have the opportunity to complete a free biometric health screening along with selecting their preferred participation level, which ranges based on intensity and involvement desired.

Section 5: Early Participation in the program is encouraged for associates and spouses by simply selecting one of the three participation levels (gold, silver, or bronze). In order to reward associates, random gift card drawings will be held monthly between April & September for early participation in the Lifestyle Wellness Program.

New Hires: can start participating in one of the three participation levels (gold, silver, and bronze) immediately. Associates will qualify for monthly HSA incentive and quarterly prize drawings after they complete all needed program steps 1-3 (see section 7).

Important Note: The Lifestyle Wellness Program requires ongoing participation for monthly HSA incentive and quarterly prize drawings. Each quarter associates will be asked if they have met their goal and will need to select a goal for the next quarter. The details and requirements on how to qualify for incentives are covered within Section 6 & 7.
Please note: program partaking will be available all year-round to allow for flexibility and to encourage new hires to participate. Associates will qualify for incentives once required participation steps 1-3 are completed (no retroactive incentives will be awarded, see section 6).

Section 6: Incentives include monthly HSA contribution and quarterly prize drawings. All incentives are for associates only.

Attention: Changes to RC Willey’s current HSA contributions effective October 1, 2017

<table>
<thead>
<tr>
<th>Health Savings Account (HSA) - Monthly Contribution from RCW</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High Deductible 1,300/2,600</strong></td>
</tr>
<tr>
<td>Current $</td>
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<tr>
<td>-----------</td>
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<tr>
<td>Associate Only</td>
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<td>Associate + Spouse</td>
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<tr>
<td><strong>High Deductible 2,000/4,000</strong></td>
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<td>Current $</td>
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<tr>
<td>Associate + Child(ren)</td>
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<tr>
<td>Family</td>
</tr>
</tbody>
</table>

Associates that elect the RC Willey medical plan and who open a HSA account (if they qualify based on IRS rules) receive the “Current $” contribution amount until September 30, 2017.

PLEASE NOTE: Effective October 1, 2017 RC Willy’s HSA Contribution to associates’ accounts will be reduced by $20 per month if associates do not complete three simple steps by August 1, 2017.

- Associates can earn back the $20 per month HSA contribution (tobacco free or enroll in a quit program) or $10 (tobacco user) by completing three simple steps highlighted in section 7.

Important Note: No cash payout incentives for HSA contributions and no retroactive deposits will be made. HSA contributions are limited to associates enrolled in RC Willey’s medical plan only and eligibility must meet IRS guidelines (excludes Medicare or Tricare members). In order to start receiving contributions, associates must open a Health Savings Account with a qualified administrator such as a bank or credit union.
Attention: Quarterly Prize Drawings effective October 1, 2017

Quarterly Prize drawings are for associates only (spouses are strongly encouraged to participate), including medical and non-medical plan members. RC Willey has purchased a great selection of prizes which range from apple watches to gift cards and are based on different participation levels. The quarterly prizes will be randomly selected as giveaways to associates who participate in the Lifestyle Wellness Program.

Current associates that complete step 1-3 (see section 7) by August 1, 2017 will be automatically entered for the kickoff drawing on October 1, 2017. Every quarter thereafter, prize drawings will be held once that quarter ends. Associates will be asked each quarter if they have met their selected participation goal and then they will need to select a new goal for the next quarter.

Important Note: Associates that have completed the required steps 1-3 to qualify for monthly HSA incentive are also automatically entered for quarterly prize drawings.
Section 7: Steps to Complete for Incentives

**Required steps 1-3 for HSA contribution and quarterly prize drawing**

1. **Complete a Health Risk Assessment (HRA):**
   - To complete your Health Risk Assessment, you will need your blood pressure, cholesterol, and glucose numbers which can be obtained:
     - By attending one of our Health Fairs (look for flyers at your location) OR
     - From your doctor as part of a physical exam (exam must be between April 1, 2016 – August 1, 2017)
   - Associates on RCW’s medical plan need to take Cigna’s Health Risk Assessment.
   - Associates not on RCW’s medical plan need to take a different Health Risk Assessment provided by GBS (results have the same confidentiality as Cigna).

2. **Declare that you are tobacco-free:**
   - If you use tobacco, you can still be considered tobacco-free for this program by enrolling in a tobacco quit program.

3. **Select a Wellness Activity level:**
   - Choose a level of activity or action to fit your goal and comfort level, from the very simple and basic that anyone can do (Bronze), to a more robust and aggressive level for those that want to take their health and fitness to a higher level (Gold). Each quarter you will be asked if you met your goal and to select a goal for the next quarter.

**Current Associates:** Step 1-3 must be completed and confirmed by August 1, 2017. A simple confirmation of “yes” or “no” will be collected in a survey format via Google Docs, which can be found on the Corporate Portal at [https://hr.rcwilley.com](https://hr.rcwilley.com) (select Benefits tab and then Wellness). Participation in the Lifestyle Wellness Program must be confirmed quarterly in order to continue receiving monthly HSA contribution (any level qualifies) and to be entered in quarterly prize drawings.

**New Hires:** can qualify for monthly HSA contributions and/or quarterly prize drawings once they have completed steps 1-3. Associates on RC Willey’s medical plan must wait until their insurance begins to complete step 1 (previous physical exams within 18 months of hire date can be used to satisfy step 1). All RC Willey non-medical plan associates need to confirm with their insurance carrier if they qualify for a free preventive physical exam to complete step 1. All associates can begin participation in step 3 immediately.
Section 8: Quarterly Confirmation of Active Participation associates need to select one participation level at the beginning of the quarter and a final confirmation needs to be submitted at the conclusion of that quarter in order to qualify for monthly HSA contribution and/or to remain eligible for quarterly prize drawings.

The quarterly confirmation will be collected during the following time periods:

- **Start**
  - Lifestyle Wellness Program starts officially on October 1, 2017
  - Confirmation to participate in Q1 due by August 1, 2017

- **1st Q**
  - Q1 program runs from October through December
  - Final Q1 participation level and Q2 selection due by January 10, 2018

- **2nd Q**
  - 2nd quarter program runs from January through March
  - Final Q2 participation level and Q3 selection due by April 10, 2018

- **3rd Q**
  - 3rd quarter program runs from April through June
  - Final Q3 participation level and Q4 selection due by July 10, 2018

- **4th Q**
  - 4th quarter program runs from July through September
  - Final Q4 participation level due by October 10, 2018.

**Important Note:** Associates will continue to receive their monthly HSA contribution as long as they continue to participate regardless of level elected. RC Willey’s Human Resources department will email a quarterly Lifestyle Wellness Program survey that will allow associates and spouses to confirm their participation level going forward (*the survey can also be found on the Corporate Portal at hr.rcwilley.com* under the Benefits tab and then select Wellness).

Section 9: Three Participation levels allow associates and spouses to self-select from different levels, which are classified as gold, silver, and bronze. The different Lifestyle Wellness Program levels are structured to allow everyone to partake in the program by simply selecting a level they feel comfortable with. The intensity does increase from Bronze to Gold by requiring more involvement from the Silver and Gold level.

**Important Note:** The type of level associates elect does not impact the monthly HSA incentive. On the other hand, the quarterly prizes are structured based on the three different levels, which impacts the associate’s chance of winning a specific prize (*see section 6*).
Please review the following three program levels:

**Gold Level**

Participants electing the gold level must select **three** options from the below list numbered 1-8 to engage in. **Select from list below:**

1. **Intense physical activity 150 minutes per week:** (Examples include: race walking, jogging, running, hiking, swimming laps, tennis, aerobics)
2. **Healthy Eating:** (Examples include: staying within daily calorie count, no junk food, no soda, grilling or baking food, 5-9 servings of fruit or veggies daily)
3. **Participate in a race:** (Examples include: 10K, marathon, half marathon, spartan race, cycling 40 to 100 miles)
4. **Stay engaged with your overall health:** (Complete preventive physical exam or cancer screening (verify with your insurance if you qualify for a Free Preventive Screening))
5. **Cigna’s Health Coaching:** Enroll and engage telephonically or online. (Cigna members only)
6. **Cigna’s Healthcare Savings Tips:** Learn how to save money on healthcare expenses with Cigna’s Total Cost Comparison Tool. (Cigna members only)
7. **Tobacco Free Living:** Enroll and engage in one of the two Tobacco Quit Programs, telephonically or online.
8. **Aetna EAP (All FT Associates):** Try Aetna’s Employee Assistance Program connect with a general counselor in-person (up to three free sessions), telephonically or online.

**Important Note:** Steps 5-8 are the same across all three levels, gold, silver, and bronze. Please see section 10 for more detailed information and how to engage in those specific steps.
Silver Level

Participants electing the silver level must select two options from the below list numbered 1-8 to engage in. Select from list below:

- **#1** • Moderate physical activity 75 minutes per week: (Examples include: walking, water aerobics, bicycling, tennis, lifting weights)
- **#2** • Healthy Eating: (Examples include: eat healthy breakfast every morning, eat one apple every day, add vegetables to every dinner plate, limit vending machine food to once a week)
- **#3** • Participate in a race: (Examples include: 5K, cycling 10 to 25 miles, run for a cure of your interest such as the breast cancer, diabetes or alzheimer wellness race)
- **#4** • Stay engaged with your overall health: (Complete preventive physical exam or cancer screening (verify with your insurance if you qualify for a Free Preventive Screening)
- **#5** • Cigna’s Health Coaching- Enroll and engage telephonically or online. (Cigna members only)
- **#6** • Cigna’s Healthcare Savings Tips- Learn how to save money on healthcare expenses with Cigna’s Total Cost Comparison Tool. (Cigna members only)
- **#7** • Tobacco Free Living (All Associates)- Enroll and engage in one of the two Tobacco Quit Programs, telephonically or online.
- **#8** • Aetna EAP (All FT Associates)- Try Aetna’s Employee Assistance Program connect with a general counselor in-person (up to three free sessions), telephonically or online.

**Important Note:** Steps 5-8 are the same across all three levels, gold, silver, and bronze. Please see section 10 for more detailed information and how to engage in those specific steps.
**Bronze Level**

Participants electing the bronze level must select **one** option from the below list numbered 1-8 to engage in. **Select from list below:**

- **#1** • Light physical activity 30 minutes per week: *(Examples include: casual walking, water aerobics, bicycling slower than 10 miles per hour)*

- **#2** • Healthy Eating: *(Examples include: drink 8 glasses of water daily, add vegetables 2-3 times a week to dinner plate, bring homemade lunch 2-3 times a week, once a week go without sweets)*

- **#3** • Participate in a race: *(Examples include: 5K, cycling 10 to 25 miles, walk for a cure of your interest such as the breast cancer, diabetes or alzheimer wellness race)*

- **#4** • Stay engaged with your overall health: *(Complete preventive physical exam or cancer screening (verify with your insurance if you qualify for a Free Preventive Screening)*

- **#5** • Cigna’s Health Coaching- Enroll and engage telephonically or online. *(Cigna members only)*

- **#6** • Cigna’s Healthcare Savings Tips- Learn how to save money on healthcare expenses with Cigna’s Total Cost Comparison Tool. *(Cigna members only)*

- **#7** • Tobacco Free Living (All Associates)- Enroll and engage in one of the two Tobacco Quit Programs, telephonically or online.

- **#8** • Aetna EAP (All FT Associates)- Try Aetna’s Employee Assistance Program connect with a general counselor in-person (up to three free sessions), telephonically or online.

**Important Note:** Steps 5-8 are the same across all three levels, gold, silver, and bronze. Please see section 10 for more detailed information and how to engage in those specific steps.
Section 10: Information on Lifestyle Wellness Program Steps 5-8

Step 5

Members on Cigna’s Medical Plan Only- If associates or spouses have a chronic health condition such as diabetes, asthma, heart failure or more, they can engage in free health coaching with a Cigna health coach. A health coach is a trained nurse, health educator, or behavioral health specialist that provides free coaching telephonically or online.

Call Cigna 1-800-244-6224

Cigna’s Health Coach can help:

- Manage chronic health conditions and a personal care plan.
- Assist with understanding medications or doctor’s orders.
- Identify health risks that affect conditions.
- Make educated decisions on possible treatment options.
- Help you understand what to expect if you need to spend time in the hospital.

Additional health coaching material available on:

- Weight management
- Stress
- Tobacco use

Online resources available at mycigna.com include:

- Articles and podcasts on hundreds of health topics.
Step 6:

SAVINGS AT YOUR FINGERTIPS

Members on Cigna’s Medical Plan Only - CIGNA has designed a Healthcare Cost Comparison Tool that helps eliminate financial surprises by estimating the cost of doctors, hospitals and prescription drugs.

This cost comparison tool covers more than 200 common procedures - from delivering babies to knee replacement surgery. Cigna members can even compare doctor’s costs for performing a procedure at different hospitals. Services performed at various facilities can vary significantly both in terms of quality and price. The tool can be accessed on Cigna’s website at myCigna.com and by clicking on the “Find Doctors and Services” tab.

It pays to plan ahead.

Integrating cost and quality information into our online directory makes it easier for you to get the care you need.

For example, did you know that an MRI can cost anywhere from $400 to $1,400*, depending on where you go? It’s okay if you didn’t know, because we do. And we’ll tell you, even if you don’t think to ask before you start searching.

Get the information you need to make the right decisions about your health care. Visit myCigna.com or download the myCigna mobile app today.*
Free Tobacco Living can help associates or spouses quit tobacco and achieve a healthier lifestyle. Enrollment and help is available through two different Tobacco Quit Programs:

- **Cigna** for RC Willey medical plan members (1-800-244-6224 or mycigna.com)
- **National Quitline** for all non-medical plan members (1-800-784-8669 or Smokefree.gov)

**Cigna- Tobacco Quit Program**

- Program education letter and program kit
- Program is tailored to meet individual's needs
- Includes home delivery of over-the-counter nicotine replacement therapy, at no additional cost to the employee*
- Condition-specific educational materials (as appropriate)
- Post graduation follow-up calls

24/7 access to:
- Educational tools and resources
- Trackers
- Includes home delivery of over-the-counter nicotine replacement therapy, at no additional cost to the employee*
- Personalized programs tailored to fit employee needs and preferences
Continued- Cigna’s Tobacco Quit Program

To enroll online follow these steps:

1. Go to mycigna.com and select “My Health” tab

myCigna.com online enrollment

Select “My Health” Tab

OVERCOME NEGATIVE THOUGHTS, STRESS & LIFE’S CHALLENGES

Cigna is proud to bring you Happify. A new way to shift your mindset and conquer your challenges—while taking action toward your goals and activities. Try it now.

2. Under “Programs and Resources, click on Health Assistant

INCENTIVES

Under “Programs and Resources, click on Health Assistant
Continued- Cigna’s Tobacco Quit Program

3. Click on “manage my goals” at the bottom of page

4. Enroll by clicking on “Quit Tobacco”
**National Tobacco Quitline** is available for all associates and spouses.

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**Smokefree.gov tools can help you or someone you care about quit smoking**

The Smokefree.gov website has information you need on the best ways to quit smoking and the tools to make it happen. You can build a quit plan, read articles, take quizzes, and get quick links to other resources.

The SmokefreeTXT text message program provides daily encouragement, advice, and tips to quit smoking successfully. It will send you texts for 6 to 8 weeks, depending on when you set your quit date.

QuitGuide is a free smartphone app that teaches you the steps to quit and the skills you need to become and stay Smokefree. You can tag the times and places that make it hard for you to stay Smokefree, and the app will give you extra support when you need it most. You can also track your Smokefree progress, cravings, triggers, and smoking slips.

There is no one-size-fits-all approach to quitting. These resources will help you during your quit journey by providing tools that work for you. **After all, when it comes to quitting smoking, it doesn’t matter where you start. Just start.**

Get more information at [www.Smokefree.gov/QuitWithUs](http://www.Smokefree.gov/QuitWithUs)
Step 8:

**Aetna Resources For Living**

**Aetna EAP (All FT Associates)** - Associates and spouses are encouraged to try Aetna’s Employee Assistance Program which can provide support with everyday challenges such as daily stress at work or home. The program provides unlimited over-the-phone advising and online or if the situation is more advanced than general in-person counseling sessions are available (up to three free sessions).

**Kids, job, bills, health, world events...**

Life — it happens to all of us

Some days it can be tough to manage the competing priorities in our lives, and keep it all running smoothly. If you are enrolled in an Aetna Long-Term Disability plan and need help with an everyday issue that’s becoming a little hard to handle, your Employee Assistance Program (EAP) is here for you.

Aetna Resources For Living, our comprehensive Employee Assistance Program, is there for you when you need it. This confidential and round-the-clock service offers support and resources, whether your issues are parenting, work situations, a troubled relationship, substance abuse or even just a desire for self-improvement. And, this program is available to you and others in your household as an Aetna Long-Term Disability plan member.

**Everyone needs a little help sometimes**

Your Aetna Long-Term Disability insurance policy includes three face-to-face counseling sessions a year with an EAP network provider. That’s up to three visits a year for you and also for members of your household.

Just a call or click away, we can confidentially discuss your situation and help you get information and education, as well as referrals to local counselors if you want face-to-face visits.

**Common issues:**

- Mental health and well-being
- Personal and professional relationships
- Substance abuse
- Family life
- Daily stress

**Online worklife resources: there when you need them**

Visit [www.mylifevalues.com](http://www.mylifevalues.com) for free webinars, online child care, eldercare, education searches; concierge database; and discount programs. You'll also have access to thousands of articles, videos, and tools on worklife and behavioral health topics.

**Ready when you are**

We're available whenever you are. We're here 24 hours a day, 7 days a week, either by phone or online. If it's not convenient to call, you can find resources and self-help tools for your personal, family and work-related concerns on the EAP website.

There is no charge to you or your family for using the program. However, if you choose to use any referrals to additional resources, their charges, if any, would be your responsibility. Check your company benefits plan for coverage of those additional services.

Contact the Aetna EAP anytime, toll-free **1-855-283-1915**.
Or visit [www.mylifevalues.com](http://www.mylifevalues.com), (Log in user name and password: RESOURCES)

**Aetna is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC.**
Section 11: 2017 Health Fair (April 24 – May 8, 2017)

Free Biometric Health Screening for All Associates & Spouses

Effective October 1, 2017 RCW’s HSA contribution to associates’ accounts will be reduced by $20 per month if associates do not complete three simple wellness steps by August 1, 2017. Please see RCW’s Lifestyle Wellness Program Kickstart flyer for details at hr.rcwilley.com.

Biometric Health Screening

- Blood Pressure
- Waist Circumference
- Height & Weight
- Body Mass Index
- Cholesterol
- Glucose

Screening Appointment Required!
Contact Your Locations Office Manager or
HR Rep. for Dates & Times

Vendor Booths

- Aetna
- Cigna
- EyeMed
- GBS
- RCW Wellness Advocates
- Tobacco Quit Program

Complete your biometric screening and visit all vendor booths to be entered for prize drawings!

RC Willey is proud to promote a culture of wellness by offering free biometric health screenings at all of our locations this spring along with a new Lifestyle Wellness Program.
Taking a health assessment is a quick and easy way to determine the current state of your overall health, and to figure out what steps you need to take now to improve your health in the future. After all, when you’re healthy, you have the strength and confidence to be your true self.

Before you start taking your health assessment, be prepared to have the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight and waist circumference. If you don’t know these, you can answer “I’m not sure,” but answering all questions produces the best results.

Use the instructions below to access and register for my health & wellness center (the name of the webpage where the health assessment is located). If your spouse or child (age 18 or older) needs to take the health assessment they will need to register and take the assessment using the same instructions – they must register, create a personal account and complete their own health assessment to be counted toward completion.

Please note: A spouse or dependent will need to use the subscriber’s Social Security Number (SSN) when registering - not their own SSN. They will also need to enter the subscriber’s ZIP code. (The subscriber is the person who enrolled in the health plan). Reading all instructions carefully when registering will ensure the right information is being provided.

1. Go to myCigna.com
   - If you have not previously registered for my health & wellness center or myCigna, select the “Register” button and complete the registration process.
   - If you have previously registered for my health & wellness center or myCigna, log in with your User ID and Password.

2. Select the “Take My Health Assessment!” link on the homepage.
   Just look for the big red apple in the center of the screen. The health assessment link will be one of the rotating options on the homepage.

3. After selecting “Take My Health Assessment!” you will be transferred to the my health & wellness center homepage where you can take the health assessment.
Section 13: Preventive Physical Exam Option

Preventative Screening Exam
(Use this form in order to replace your biometric health screening)

In order to complete your Health Risk Assessment, you will need to know your biometric numbers. If you are not able to attend RC Willey’s 2017 Health Fair to receive your biometric health screening then you can complete a preventive physical exam instead.

Instructions for Associates/Spouses:
Please collect the following data from your health care provider: You will use this information to complete your online Health Risk Assessment (HRA). Please ask your health care provider for a printout with the following information or enter information in the blanks.

```
Total Cholesterol: _______mg/dl  HDL: _______mg/dl  Glucose: _______mg/dl

Blood Pressure: _______ / _______ mmHG
              Systolic         Diastolic

Height: _______ft. _______in.  Weight: _______lb.  Waist Circumference: _______in.
```

Privacy Policy:
Information reported on the Health Risk Assessment is confidential and is only reported to RC Willey in de-identified format, which means that any personal information identifying a specific member is removed. RC Willey will receive only an aggregate data report which is a summary of results. This information will be used to analyze health trends in order to design wellness programs that will help us improve our overall health score.

Associates/Spouses: Enter the information above in your HRA (medical plan members go to MyCigna.com and non-medical plan members go to hr.rcwilley.com to take GBS’s assessment).

*This Form is for your record purposes only and do not return to RC Willey*
Section 14: Privacy Information is a top priority to RC Willey and we have implemented security safeguards to protect your wellness information. All information collected during the Lifestyle Wellness Program is kept confidential and is only handled by HIPAA trained team members.

The Lifestyle Wellness Program is voluntary and participation based only. This program does not track or require any specific health outcomes to be attained. RC Willey is only collecting member participation information for incentive purposes. The information collected is in a basic survey format, administered via Google Docs and does not request any specific health information.

It’s important to note, that the Health Risk Assessment is managed by a third party HIPAA administrator, which are Cigna and GBS. During the assessment, associates/spouses will be asked to provide individual health information, but only de-identified (no names, DOB, SS#) and a group summary report is provided to RC Willey.

If associates or spouses have any privacy questions, please contact RC Willey’s Human Resources department directly at 801-464-2349.
Famous Wellness Quotes

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” - John F. Kennedy

“Time And health are two precious assets that we don’t recognize and appreciate until they have been depleted.” - Denis Waitley

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” - Thomas Edison

“The part can never be well unless the whole is well.” - Plato

THE END