

My Life.

My Choice.

My Health.

My Wellbeing.

My Health program guide

Earn 100 points between Jan. 1 and Oct. 31, 2015, to receive your 2016 incentive reward dollars.

HERE'S HOW TO EARN 100 POINTS:

COMPONENT 1

Obtain your “Know Your Numbers” lab values - 25 points.

Associates have two options for obtaining lab values related to the biometric measures that are used in the program; spouses and domestic partners must have their physician submit their lab values:

- a. Get your numbers as part of your annual preventive care physical, which is covered at no cost for those enrolled in Nationwide health plan(s). Your doctor will need to complete a Health Provider Screening Form and submit your results on that form to OptumHealth.

Note: This is the only option available to spouses and domestic partners.

- b. Participate in an onsite screening where available. This option allows your numbers to be directly uploaded to your portal at nationwidemyhealth.com.

COMPONENT 2

Complete your annual Health Assessment - 25 points.

This confidential health questionnaire, available at nationwidemyhealth.com, takes only 15 minutes to complete. This component of the program will help you learn more about your health risks and how you can maintain or improve your health.

COMPONENT 3

Evaluate your results - 50 points.

Lab values will give you important information about five key measures of health.

a. Meet the biometric maximums?

If your lab values are at or below the biometric maximums established for the 2015 *My Health* program, you have earned 50 points toward your incentive reward dollars for all of 2016.

Nationwide 2015 biometric maximums:

Body Mass Index (BMI)Less than or equal to 29.9
Blood pressureLess than or equal to 140/90
LDL (Bad) CholesterolLess than or equal to 160
Blood sugarLess than or equal to 130
Tobacco useNo tobacco use is permitted

b. Above one or more biometric maximum?

If your lab values exceed one or more of the biometric maximums, you'll need to complete one Personalized Health Coaching program between Jan. 1 and Oct. 31, 2015 to earn your missing points up to the maximum value of 50 points for this component. The deadline to enroll for coaching is Aug. 1 of each year.

Once you've completed the three components of the program, you can review your accumulated points in the **I GET** section of nationwidemyhealth.com. To receive your incentive reward dollars in 2016, you need to **complete all three components** (in any order) which will earn you the required 100 total points, between Jan. 1 and Oct. 31, 2015.

PERSONALIZED HEALTH COACHING

In 2015, Personalized Health Coaching is enhanced to be even more individualized and focused on completing key actions that are proven to make a difference to your health. If you miss one or more biometric maximums, completing a coaching program can help you earn your incentive reward dollars.

Personalized Health Coaching involves working one-on-one with a nurse or health coach over the phone for help with issues such as losing weight, quitting tobacco, increasing exercise, improving eating habits, reducing stress, managing diabetes and more. The coaching program is tailored to you, based on your individual needs and goals. The nurse or health coach will help create a personalized plan and guide you through until you have successfully completed your agreed upon goals.

Enrolling in Personalized Health Coaching is easy; just call 888-688-4030.

HOW TO EARN YOUR INCENTIVE REWARD DOLLARS

Participation in the *My Health* program is voluntary and open to all associates and their spouses/domestic partners. Completion of all three components of the program allows associates to earn *My Health* incentive reward dollars, specifically:

- Associates can earn a \$260 deposit in their WageWorks account, deposited in Jan. 2016.
- Associates and spouses/domestic partners enrolled in the Nationwide health care plan(s) may each earn a *My Health* Completion Credit towards the 2016 cost of health care contributions reflected bi-weekly, in their paycheck.
- Associates and spouses/domestic partners not currently enrolled in the Nationwide health care plan(s) are encouraged to complete the three program components, so in the event they do enroll in the Nationwide health care plan(s) anytime in 2015, they will earn a *My Health* Completion Credit towards the 2016 cost of health care contributions.

ADDITIONAL RESOURCES

All associates, spouses, domestic partners and adult dependent children can participate in Personalized Health Coaching, even if completing a program is not needed to earn points for the *My Health* program.

Additionally, **education programs and resources** are available for all associates and family members. **These programs do not earn points towards incentive reward dollars**, but are available to help improve or maintain wellbeing.

MyBrainSolutions - Check out MyBrainSolutions to improve your mental wellbeing and performance. Visit www.mybrainsolutions.com/nationbrains to complete a brain assessment and then complete brain-health activities online. When you're done, take another assessment to compare your performance and see how you've improved.

Associate Assistance Program - Available 24 hours a day to all Nationwide associates and their household members, the Associate Assistance Program can help you with depression, stress and much more. Program counselors are also onsite at 10 Nationwide locations. Call 866-319-4476 or visit www.liveandworkwell.com and use the access code: Nationwide.

Questions?

Call the *My Health* NurseLine at **888-688-4030**.

