

WHEN YOU WANT TO LIVE WELL






more support is here

DHL Well Resource Guide
Improving Health and Well-being



DHL
well
delivering more

Table of Contents

	Living well	1
	Learn <u>more</u>: What should I focus on?	2
	Learn <u>more</u>: How do I stay on track?	3
	Be <u>more</u>: What else can I do?	4
	Get <u>more</u>: What resources are available to help me?	5
	Live <u>more</u>: Where do I go from here?	8
	Notes	9

***“Do something today
that your future self
will thank you for.”***

- Sean Patrick Flanery, author

Get more out of your benefits — and more out of life!

Living well

At DHL, we care about your well-being and we want to do all we can to help you live well in all aspects of your life — physical, emotional, social and financial. That's why we offer a wide range of programs and resources to help you meet your goals and live life to the fullest.

And because well-being goes beyond just physical health, so do these programs. From emotional and social wellness to financial wellness to simply making life easier, we're here to support you in many different ways.

In this guide, you'll find information about what it means to live well and steps you can take to be your healthy best no matter what your goals are.

**We hope this guide helps you get more from your benefits — and more out of life!
Let's get started.**

100%

**of DHL employees can benefit
from healthy lifestyle choices.**













Learn more: What should I focus on?

When it comes to living well, simple is often better. Choose a few key actions and make them your priorities — you'll find it's easier to stay focused and improve your overall well-being and quality of life.

Key priorities

-  **1. Get out and walk.** Walking at least 30 minutes a day helps you think more clearly, feel and sleep better and makes it easier to do daily tasks such as climbing stairs, doing yard work or shopping.¹
-  **2. Eat a healthy diet.** Replace high-calorie foods with fresh fruits and vegetables, and avoid processed foods that are high in saturated fat or sugar.¹
-  **3. Maintain a healthy weight.** Body mass index (BMI) and waist size can tell you whether your weight may be putting you at risk for chronic disease and other health issues. Aim for a BMI that's less than 25. As a general rule, waist measurement for men should be less than 40 inches, and for women it should be less than 35 inches.²
-  **4. Avoid tobacco.** You don't have to do it alone — programs are available as part of your DHL benefits to help you quit. See page 7 for details.
-  **5. Drink alcohol only in moderation.** Experts recommend that men should have no more than 2 drinks per day and women no more than 1 drink per day, on average, but even moderate alcohol use isn't risk-free.
-  **6. Get a good night's rest.** Experts recommend getting at least 7 hours of sleep each night.
-  **7. Embrace saving.** Most experts recommend saving 3 to 6 months of income, just in case you are unable to work or need to pay for a major expense.³ Start by creating a monthly budget to identify opportunities to save.
-  **8. Have some fun.** Make time each week for activities you enjoy with people you care about. Research shows that face-to-face interactions help us maintain a healthy mind and body.

Key actions

Staying up to date on preventive care is also important, including:

- **Preventive screenings.** Screening recommendations vary based on age, gender and health history, so talk to your doctor to see which ones are right for you.
- **Annual physical exam with lab work.** Your doctor can help identify any potential health risks before they become serious. Don't have a doctor? Find one on myuhc.com[®].
- **Annual flu shot.** A flu shot is the best way to protect yourself against the flu. If you do get sick, consider seeing a doctor online with Virtual Visits.

HealthCheck Program

Get rewarded when you focus on preventive care. Learn more about HealthCheck, DHL's health incentive program, on page 5.

Keep reading to learn more. >>



Learn more: How do I stay on track?

Making healthy choices isn't always easy, especially when life gets busy. Here are some tips to help you stay on track.

Key steps

- 1. Set S.M.A.R.T. goals.** You're more likely to be successful with goals that are:
 - **S**pecific.
 - **M**easurable.
 - **A**ttainable.
 - **R**elevant.
 - **T**ime bound.
- 2. Be flexible.** Don't be discouraged if you miss an occasional workout or go over budget at the grocery store. Nobody's perfect all the time — the key is to keep moving in the right direction.
- 3. Make it fun.** Focus on doing things you enjoy, like joining a volleyball or softball league, or enrolling in a cooking class.
- 4. Reward yourself.** Celebrate your success by treating yourself to something fun you've been looking forward to.

Key programs

Looking for a great way to make your health goals attainable, fun and rewarding? Get started with Rally® or Real Appeal®. See pages 5 and 6 for details.

**It's important to talk to your doctor before trying any new medical service, changing your diet or starting a new exercise program.*

Keep reading to learn more. >>





Be more: What else can I do?

Wellness isn't just about exercise and eating right. Taking care of your emotional health can help you live better.

Key priorities

- 1. Find your happy place.** Relieve stress and anxiety by taking part in relaxing activities you enjoy, such as yoga, meditation, reading, listening to music or walking outdoors to calm your mind and body.
- 2. Ask for help.** If your daily demands get to be too much, don't be afraid to reach out to family, friends or support resources for help.
- 3. Practice gratitude.** You can help maintain a positive outlook by writing down what you're thankful for.
- 4. Plan ahead.** When it comes to financial wellness, the best way to reduce anxiety is to set financial goals and a budget to keep yourself on track. Need help? See page 7 to learn about available resources.

Key program

Support for all forms of wellness — physical, emotional, social and financial — is available through DHL. Stay balanced with the Employee Assistance & Work/Life Program. Learn more on page 7.

Keep reading to learn more. >>





Get more:

What resources are available to help me?

Get the support you need to improve your health and well-being with these programs and resources, available as a part of your DHL benefits. Go to **DHLWell.com** to learn more about any of the resources listed here.

HealthCheck Program

Your good health is too important to take for granted. Take control of your health by taking advantage of HealthCheck, DHL's health incentive program. When you complete your annual physical exam with lab work and take the Rally Health Survey each year, you can avoid paying a surcharge on your medical contributions and increase your odds of living as healthy as possible. Your annual physical and lab work:

- Help identify any potential health risks.
- Give you key numbers for your overall health, including blood pressure, cholesterol and glucose.
- Get you updated on any immunizations you need, including the flu shot.
- Are covered at 100 percent in-network.
- Help you build a relationship with your doctor.

Complete the Rally Health Survey at **myuhc.com**.

Call your doctor to schedule your annual physical exam and screenings.

Don't have a doctor? Find one on **myuhc.com**. Or call an advocate at **1-844-651-3829**.

Questions? Call **1-877-DHL-9455**

Rally Health and Wellness

Get personalized recommendations to help you stay on track and achieve your health goals.

- 1. Take the Health Survey.** Complete the Rally Health Survey and get personalized results to help you improve your diet, fitness and mood. You'll also find out your Rally AgeSM — a measure of your overall health.
- 2. Pick your Missions.** Get recommended Missions based on your Health Survey results and choose from fun activities to help you move more, eat healthier and get a better night's sleep.
- 3. Earn your rewards.** Every Rally activity earns you Rally Coins that you can use to enter sweepstakes for extra rewards.
- 4. Join a challenge.** To add a little bit of fun to being healthy, Rally offers two types of wellness challenges: company-wide and individual. Grab a coworker and compete against other DHL employees in two company-wide challenges during the year. Keep your momentum going by participating in individual challenges.

Download the Rally app for health support on the go.

myuhc.com | **1-877-818-5826**

From time to time, you may receive a phone call from UnitedHealthcare or other health and wellness resources. Be sure to pick up the phone so they can help connect you with programs and services that may be meaningful to you.

Turn the page for more resources. >>



Living with a health condition?

Visit [DHLWell.com](https://www.dhlwell.com) for additional resources provided as part of your DHL benefits.

Virtual Visits

See a doctor online, anytime. Virtual Visits are a fast, convenient way to be seen for non-emergency medical conditions such as a cough, cold, flu, allergies, bladder infection or sinus problems, or non-emergency mental health concerns like anxiety, ADD/ADHD, addiction, depression or stress.

- Access care 24 hours a day, 7 days a week.
- Get care from the comfort of home; no driving to a provider's office.
- Get a prescription, if needed, that you can pick up at your local pharmacy. Prescription services may not be available in all states.

Medical visits: [uhc.com/virtualvisits](https://www.uhc.com/virtualvisits)

Mental health visits: [liveandworkwell.com](https://www.liveandworkwell.com)

(Select a virtual provider group and register.)

Telephonic Wellness Coaching

Get personalized, one-on-one support from a wellness coach who understands the value of prevention as well as online learning and tools to reach your wellness goals. Topics include exercise, weight management, healthy heart, sleep well, family wellness, meditation, financial wellness and stress.

[myuhc.com](https://www.myuhc.com) | 1-844-651-3829

Real Appeal

Losing just a little weight can make a big difference to your overall health. This digital weight-loss program is designed to help you achieve a healthy weight by making long-lasting lifestyle changes. Participate in up to 52 weeks of engaging, intensive, customized lifestyle support.

This program offers:

- Group sessions with a live virtual coach & videos
- Customized digital coaching
- 24/7 access to the secure portal
- Tips and tools for healthier living
- Online tracking tools (syncs with the Real Appeal app, Jawbone, Fitbit®)
- Success kit, which includes a blender, food scale, portion plate, session guide, nutrition guide and workout DVD

[dhl.realappeal.com](https://www.dhl.realappeal.com) |

1-844-344-REAL (1-844-344-7325)



Questions?

You can speak with a registered nurse any time, day or night, by calling **1-844-651-3829**.

NurseLine

Talk to a registered nurse 24/7 to:

- Get help deciding where to go for care.
- Get answers to health-related questions.
- Make sense of a new diagnosis or health condition.
- Discover treatment options available to you.
- Learn more about medications you may be taking, including if there are less expensive alternatives that can save you money.

1-844-651-3829

YouDecide

Get discounts on products and services, including:

- Apparel and accessories
- Auto purchases and insurance
- Books and movies
- Home mortgage
- Cell phone and wireless
- Pet insurance
- Education and testing
- And more

youdecide.com/DHL337 | 1-800-211-6077

Health Savings Account (HSA)

If you're enrolled in the DHL Well Choice plan, set money aside in your HSA for eligible health care and services for you and your family. You can change your pretax contribution at any time at **DHLWell.com**.

DHL 401(k) Plan

The DHL 401(k) plan helps you save and invest for retirement. Use the online tools to help you reach your retirement goals, or change your contribution at any time at **DHLWell.com**.

netbenefits.com/dhl | 1-866-354-5522

Tuition Assistance Program

Advance your career by advancing your education with help from the Tuition Assistance Program (TAP). Eligible employees can receive:

- Reimbursement for qualified courses
- Coverage of additional eligible expenses, including technology, course and distance learning fees

There's no income tax on money from TAP, up to \$5,250, so it's a great way to continue your education.

edassist.com/client-company/dhl | 1-877-238-5150

Quit4Life Tobacco Cessation Program

Smoking can take a big toll on your health, your quality of life and your budget. According to the Surgeon General, quitting tobacco is the single most important thing smokers can do to improve life expectancy and quality of life. The six-week Quit4Life program lets you work with a certified coach for one-on-one support to stay on track so you can stop using tobacco for good.

quitnow.net | 1-844-651-3829

Employee Assistance & Work/Life Program

Find support for some of life's biggest challenges, including:

- Help finding child care
- Legal consultations
- Mental health and substance use
- Financial concerns

Get up to 5 confidential consultations per event each year for you and your family — at no cost to you.

liveandworkwell.com (access code: DHLWell) | **1-866-242-4448**



Live more: Where do I go from here?

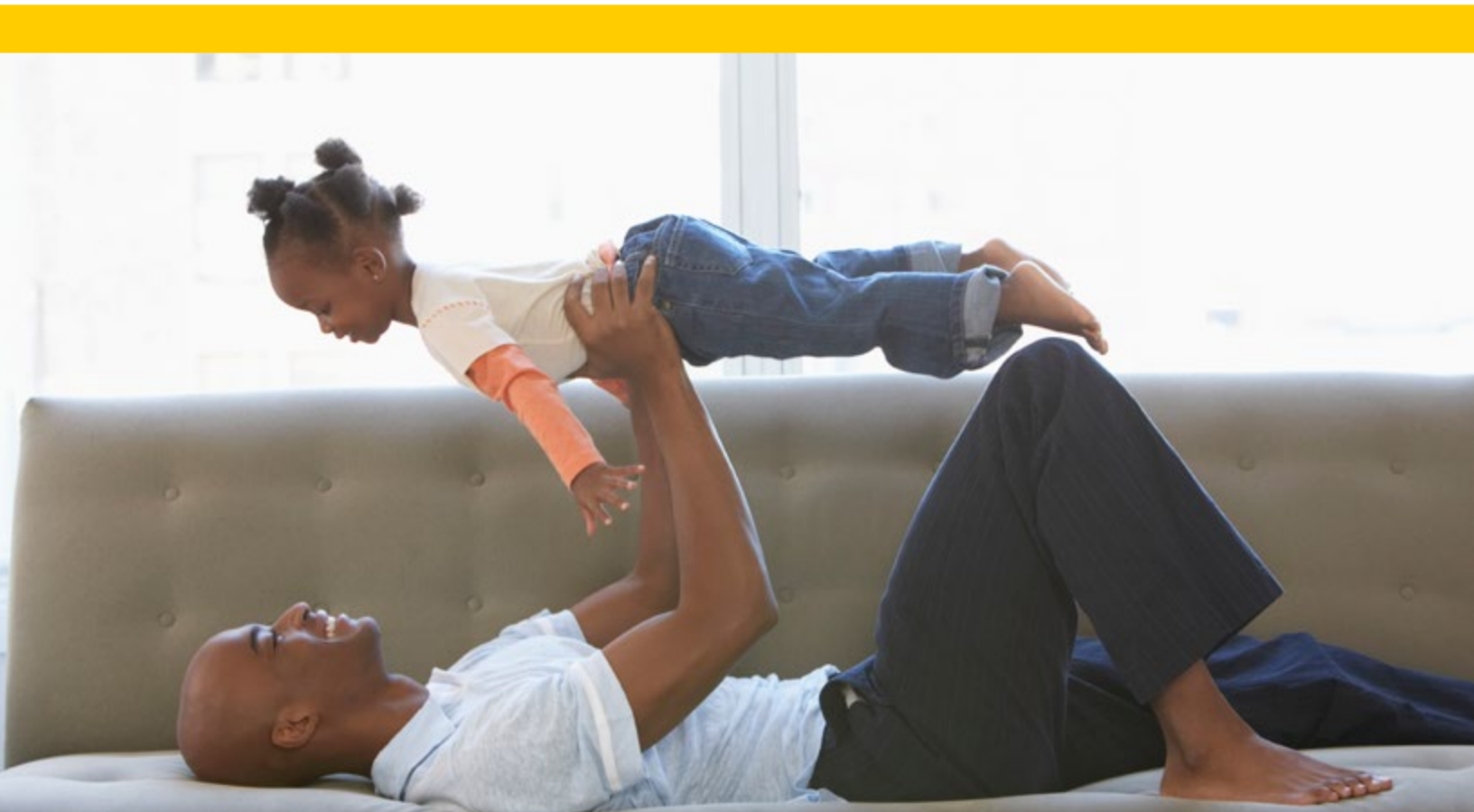
At DHL, we're committed to helping you get more out of your benefits — and more out of life. We hope this guide helps you take the steps you need to live well.

Here are a few more resources you might find helpful, including a place for you to write down contact information for your care team and record important notes to help you stay on track with your wellness goals.

Well-being Checklist

- Schedule your annual physical and lab work.
- Register for Virtual Visits so you're ready the next time you need care.
- Put the NurseLine phone number in your phone so you have it when you need it.
- Find a workout partner that will help you stay on track with a regular routine.
- Get a journal to write down your S.M.A.R.T. goals and record your daily results.
- Identify potential stressors in your life and ways to manage them.
- Pick a time each day for a stress relief activity such as meditation or music.
- Cut back on your screen time — especially an hour before bedtime — to sleep better.
- Review your finances and create a monthly budget.

The information provided is for general informational purposes only and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs and to determine whether making a lifestyle change or decision based on this information is appropriate for you. Some treatments mentioned may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.



Your care team:

✂ Cut out to carry with you or keep here with your other notes and information.

Primary Care Physician's Name: _____ Facility: _____ Address: _____ _____ Phone: _____	Dentist's Name: _____ Facility: _____ Address: _____ _____ Phone: _____
Wellness Coach's Name: _____ Facility: _____ Address: _____ _____ Phone: _____	Real Appeal Coach's Name: _____ Facility: _____ Address: _____ _____ Phone: _____

**Take steps to be as healthy as possible.
There's never been a better time to get started!**

Notes:



- 1 American Heart Association
- 2 Centers for Disease Control and Prevention
- 3 Forbes

The services described here are for informational purposes only and should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. UnitedHealthcare representatives cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Your personal health information is kept private in accordance with your plan's privacy policy.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Real Appeal is a voluntary weight-loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

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