



# Amentum *Live Well*

## Wellness Program

### 2021 MarCom Awards

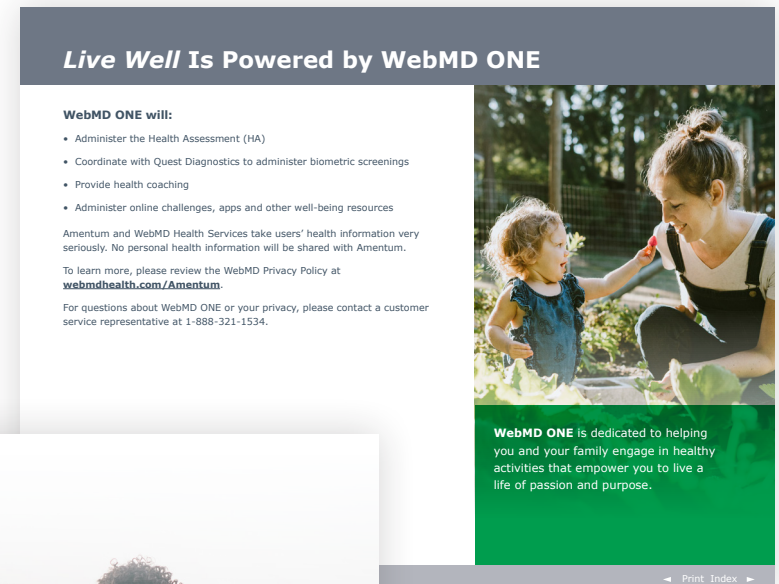
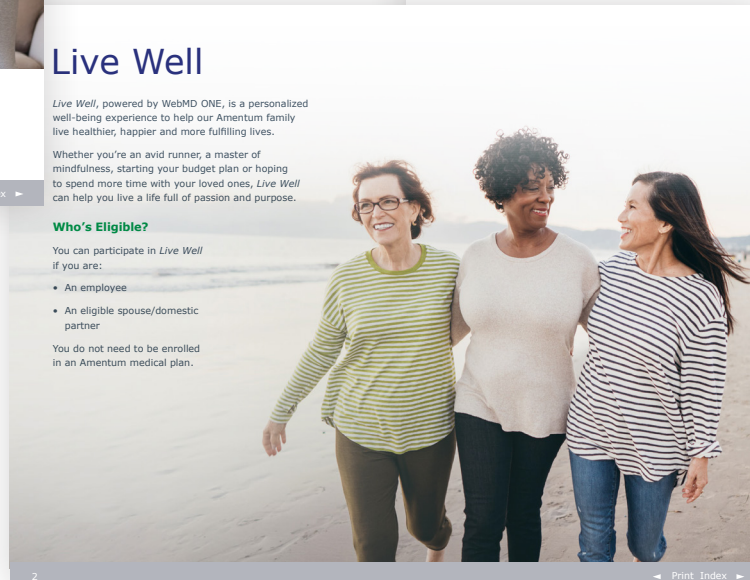
Amentum is a leading provider of operations and maintenance, engineering, technology and mission support services for some of the most complex government and commercial clients worldwide. Their experience, passion and purpose drive mission success.

*Live Well*, powered by WebMD ONE, is a personalized well-being experience to help Amentum employees and their families live healthier, happier and more fulfilling lives.



# Live Well Well-Being Guide

The *Live Well* Well-Being Guide includes basic information around the new well-being program for Amentum employees and their families. Within the pages of the guide, employees can learn how to set up their account through WebMD ONE, see a list of quarterly themes and activities, view instructions for receiving rewards and more. The guide was posted on Amentum's intranet — Javelin — and distributed through email.



# Home Mailer

The printed mailer was sent to homes to introduce *Live Well*. The mailer outlined the *Live Well* program — how to earn rewards, sign up for an account and download the WebMD ONE app.



**Live Well**  
Live your life with passion and purpose

If you can dream it, you can achieve it. *Live Well* and achieve personal and professional excellence by embracing a healthy lifestyle.



## Earn Rewards

To help you live a balanced life, we will focus on a different area of well-being each quarter, so you can be well — physically, emotionally, financially and socially.

Employees can complete the activities listed below and earn up to \$100 in quarterly rewards, which will be credited in \$25 increments into your *Live Well* account to purchase well-being merchandise, products and services from Online Rewards or in your Health Savings Account (HSA) if you are enrolled in an Anthem high deductible health plan (HDHP).

Activity*	Reward
Complete the online Health Assessment (one-time activity)	\$25
Attend two Health Coaching sessions	\$25
Download the Wellness At Your Side app (one-time activity)	\$5
Opt into sharing your health data (one-time activity)	\$5
Receive an annual physical exam (one-time activity)	\$10
Complete up to three self-assessments per quarter	\$10
Get a biometric screening (one-time activity)	\$25
Attest that you are tobacco-free once per year	\$10
Practice at least twenty minutes of physical activity per day	\$20
Complete a financial well-being activity (e.g., save on taxes, create a budget plan, improve your credit, save money, manage debt)	\$5
Complete Daily Habits Plans to create healthy habits and reach your well-being goals	\$25
Activate your 2nd.MD account (medically enrolled employees only) (one-time activity)	\$15
Participate in seven on-demand eMindful sessions per quarter	\$15
Take one Total Brain assessment and earn up to 5,000 brain points per quarter	\$15
Enroll in Livongo, activate a device and complete at least five blood glucose checks per month (medically enrolled employees only)	\$15
Complete quarterly well-being challenges	\$25

\*Well-being activities and rewards may vary by quarter.

Up to \$400 in well-being rewards can be earned each year. If you are not enrolled in a high deductible health plan, you will have until March 31, 2022, to use your well-being dollars to purchase items from Online Rewards.

## Quarterly Programs

Receive personalized resources, complete activities and earn rewards in accordance with this quarterly well-being program schedule:

- **January 1–March 31:** Emotionally Balanced
- **April 1–June 30:** Socially Connected
- **July 1–September 30:** Clinically Managed
- **October 1–December 31:** Physically Fit

### Q1 Challenges

Find ways to reduce stress, increase energy and find better balance between your work-life responsibilities with these two new well-being challenges.

#### eMindful's 1% Challenge

Practice mindfulness for 1% of the day — just 14 minutes — for 30 days between January 4 and March 1 to develop healthy habits, give back to charity and earn exciting rewards through eMindful. Activate your eMindful account and register for the challenge at [vibe.emindful.com/signup/amentum](http://vibe.emindful.com/signup/amentum).

#### Stressless Challenge

From February 17 through March 16, learn new and creative ways to alleviate stress and earn \$25 in well-being rewards by practicing and logging stress-reducing activities, such as stretching, meditating, journaling and asking for help, for just 5 minutes per day for 21 of 28 days. Registration begins on February 3 at [webmdhealth.com/amentum](http://webmdhealth.com/amentum).

#### Privacy Notice

Amentum and WebMD Health Services take your health information very seriously. No personal health information will be shared with Amentum or the Reta Trust.

If you have questions about WebMD ONE or how your privacy is protected, please contact a customer service representative at 1-888-321-1534.

## Many More Ways to Be Well

### 2nd.MD (medically enrolled employees and spouses/domestic partners)

Get a second opinion on your medical diagnosis and a treatment plan that's right for you by connecting with board-certified, elite specialists from top institutions for a virtual expert medical consultation via phone or video from the comfort of your home. Visit [2nd.md/Amentum](http://2nd.md/Amentum) to activate your account or call 1-866-841-2575 to get started.



Earn a \$200 Visa gift card for completing a consultation for a musculoskeletal, hysterectomy, gastrointestinal, cardiovascular or oncology condition by December 31, 2021.

### eMindful

Find ways to be fully present in your life by completing live and on-demand eMindful sessions to reduce stress and emotional eating, develop healthier sleep habits and increase the quality of your relationships. Go to [vibe.emindful.com/signup/amentum](http://vibe.emindful.com/signup/amentum) to activate your account.

### GuidanceResources Employee Assistance Program (EAP)

Access confidential counseling, financial assistance, legal support and work-life support resources through the GuidanceResources EAP. Visit [guidanceresources.com](http://guidanceresources.com) (Access ID: AMENTUM) to register for an account.

### Livongo (medically enrolled employees and spouses/domestic partners)

Take control of your health and manage your diabetes by enrolling in Livongo. Livongo provides FREE supplies (unlimited test strips and lancets), a smart meter and health coaching to help you monitor, manage and improve your health and well-being.

### Total Brain

Improve your mental health, cognitive skills and overall well-being by participating in the online brain health assessments and interactive exercises. Total Brain helps you improve your brain skills and make healthier decisions so that you can live a longer and more fulfilling life. Register for a new account or use your existing credentials to log in to an existing account at [totalbrain.com/amentum](http://totalbrain.com/amentum).

### Questions?

Contact your local HR representative to learn more about *Live Well*.



## Employee e-Card

The e-card, which was emailed to employees to launch the new program, included live links to access more information, download the WebMD ONE app and create a *Live Well* account.



### ***Live Well*, powered by WebMD ONE, can help you navigate your way toward better health.**

Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting new tools that can help you and your family enjoy better well-being and experience more feel-good moments in life. Plus, you can earn up to \$100 in quarterly rewards!

[Register Now](#)

### ***Live Well* provides a personalized well-being experience based on your interests and clinically-proven resources.**

Here are some the activities you can complete to earn rewards:

- **Health Assessment** — Complete a 10-minute health questionnaire to receive a personalized report on your health along with steps to help improve it.
- **Daily Habits** — Set and track health goals through a personalized, mobile-first experience.
- **Health Coaching** — Work one-on-one with a trained health professional for free.
- **Content Library** — Watch videos and listen to podcasts on well-being topics.
- **Device and App Connection Center** — Connect a fitness device or app to automatically upload your activity.
- **Personal Health Record** — View all of your health information in one place.

### **Download our app, *Wellness At Your Side*.**

Work toward your well-being goals anytime, anywhere.

1. Visit the [Apple App Store](#) or [Google Play Store](#) and search for "Wellness At Your Side."
2. Download and open the app, then enter your connection code: AMENTUM

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Experience | Passion | Purpose



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## Poster

Posters were placed in break rooms and other common areas, as well as on Amentum's intranet, to help raise awareness and generate excitement around the new *Live Well* program.

