



## Wellness Incentive Program

November 1, 2024 - October 31, 2025

*Dear Colleague,*

*Staying healthy affects every part of your life. Sometimes all you need is a little "you" time to refocus and recharge with support and motivation to get the ball rolling. Our wellness program can help you meet your nutritional, physical, and stress management goals, and become a healthier you - at home and at work!*

*BeneFIT Online is our secure online site and your one-stop shop for all things wellness.*

*Here you'll manage your online profile, and have access to educational resources, challenges, and action plans!*



### Wellness Activities to earn Points:

- **Required Activities**
  - Health Risk Assessment
  - Self Care Goal
  - Annual Well Visit
- Preventative Activities
- Healthy Lifestyle Activities
- Hypertension Management
- Cholesterol Management
- Weight Management and Nutrition
- Pre-Diabetes Management
- Diabetes Management
- Workshop and In-Service
- Challenges
- Action Plans

*All activities are worth 1 point*

### Employee Requirements:

Complete 3 required activities plus 6 points of activities of your choice (total of 9 points)

### Spouse Requirements:

Complete the 3 required activities (total of 3 points)

ALL ACTIVITIES MUST BE COMPLETED  
AND SUBMITTED BY **OCTOBER 31, 2025**

Visit the BeneFIT Online wellness portal for more information and to track your progress:

**[www.BeneFITOnlineLogin.com](http://www.BeneFITOnlineLogin.com)**

**New Users:** Select "Register"

**Returning participants :** Please log on using the information you previously registered with or select "Forgot password?" to reset your password

- **Company:** RH
- **Member ID:** Employee ID number (6 digits and is located on the back of your badge)
- **Spouse ID:** Same as member ID + S (example: 123456S)



Questions? Call **1-800-955-6620**,  
**option 2, then option 0.**