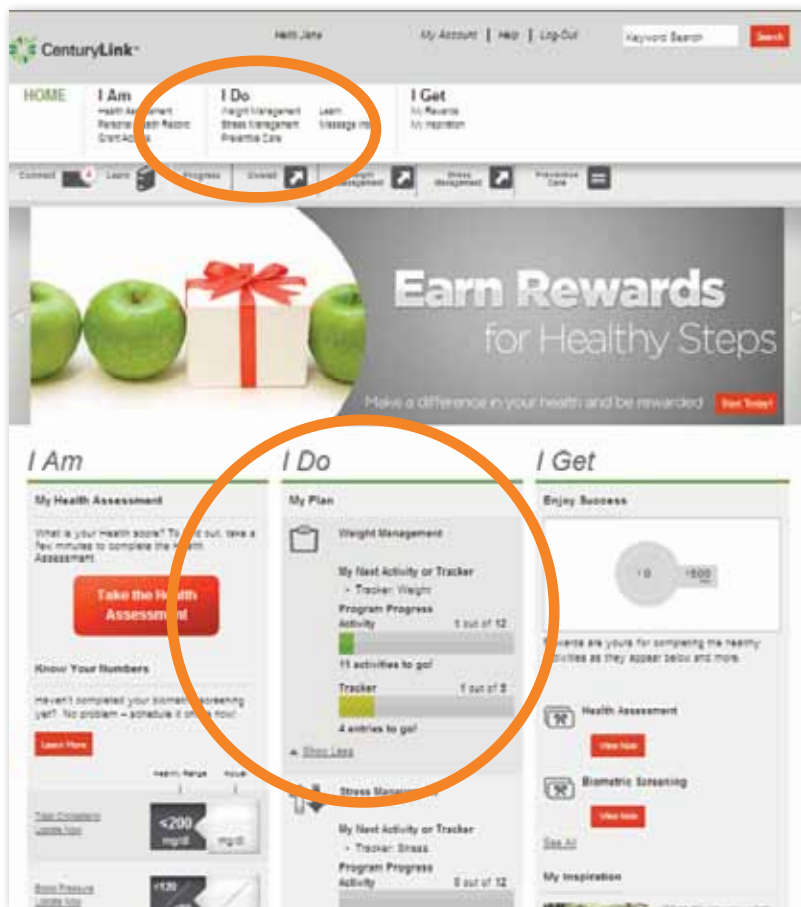


Earn Rewards and Get Healthier — Complete an Online Wellness Program

Enjoy the convenience of online learning by completing an online wellness program to help meet your wellness goals. Each program offers a variety of articles, slideshows, videos, activity trackers, calculators and more to help support and guide you through your health journey. You have the opportunity to earn \$25 for each online program you complete, with a maximum of \$100.

First, register or log on to iamwellconnected.com. Then, follow the instructions below to participate in one of the different Online Wellness Programs that are available.



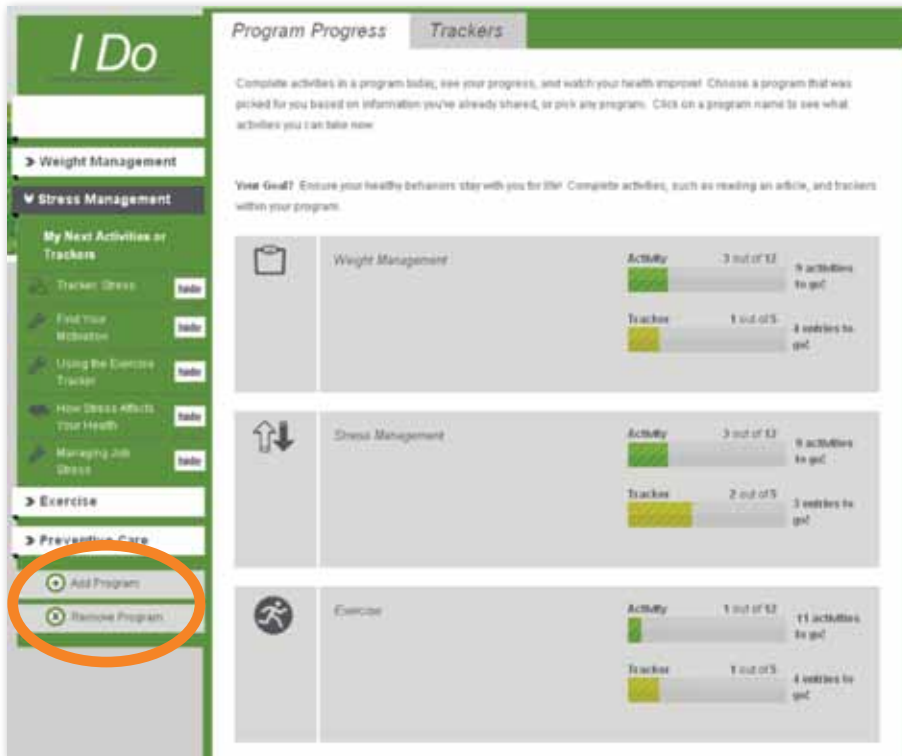
1. Enroll in an Online Wellness Program

- Log on to iamwellconnected.com and click on either of the “I Do” sections.

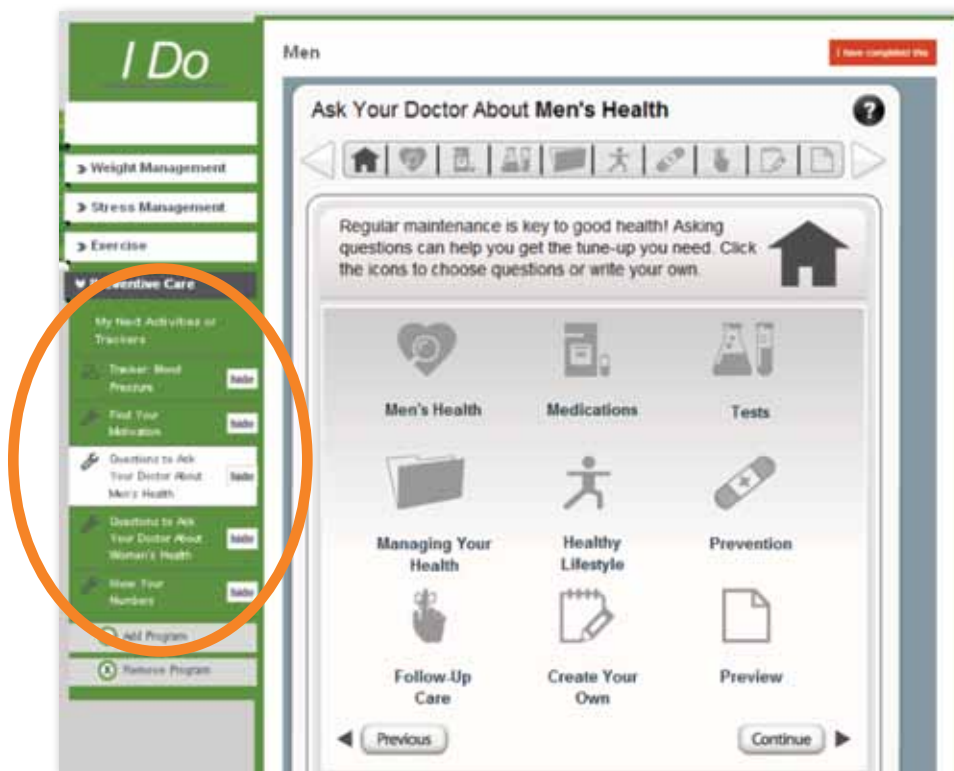
Which web browser should I use?
iamwellconnected works on computers or laptops using Internet Explorer 7–9, Firefox 2–13, Safari 5 and Chrome. Other browsers or tablets may not be 100% compatible.

**Please refer to the website's terms and conditions for more information.*

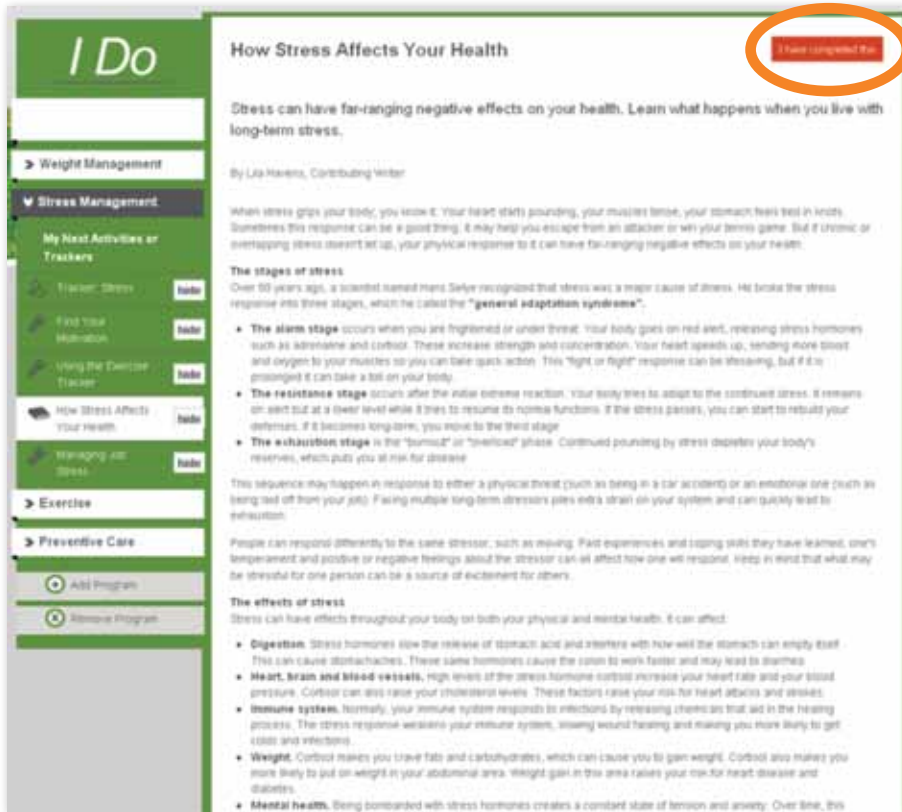
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- Clicking “I Do” will display your enrolled programs and your progress. You may also choose to add or remove a program.
- To add a new program, click “Add Program” on the lower-left of the I Do page.
- To complete activities or make tracker entries in a program in which you are currently enrolled, simply choose the program name, such as “Weight Management.”

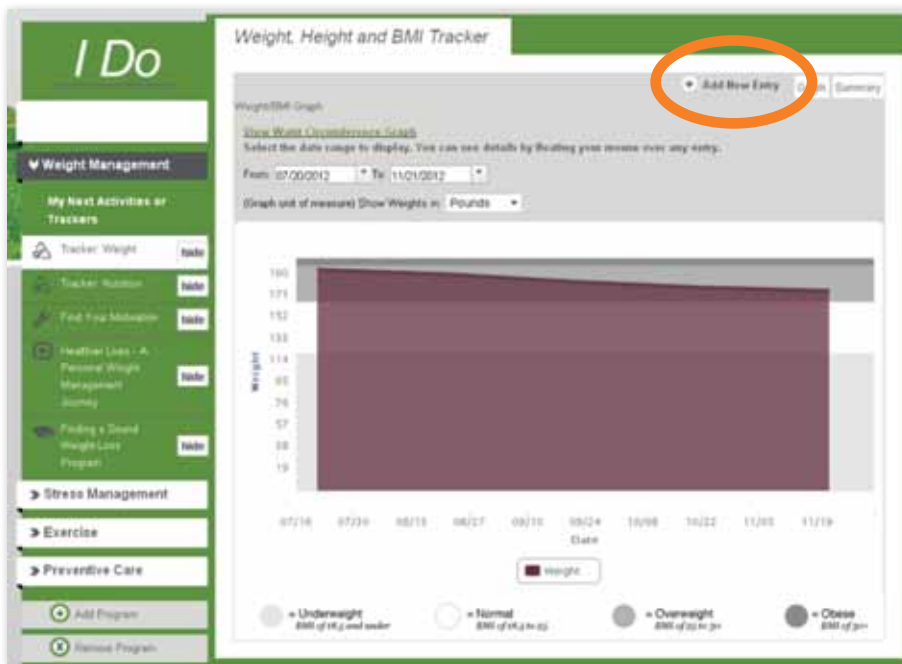


- To finish a program, you must first complete 12 Activities and make 5 weekly Tracker entries.
- Click and complete the individual Activities or Trackers listed.

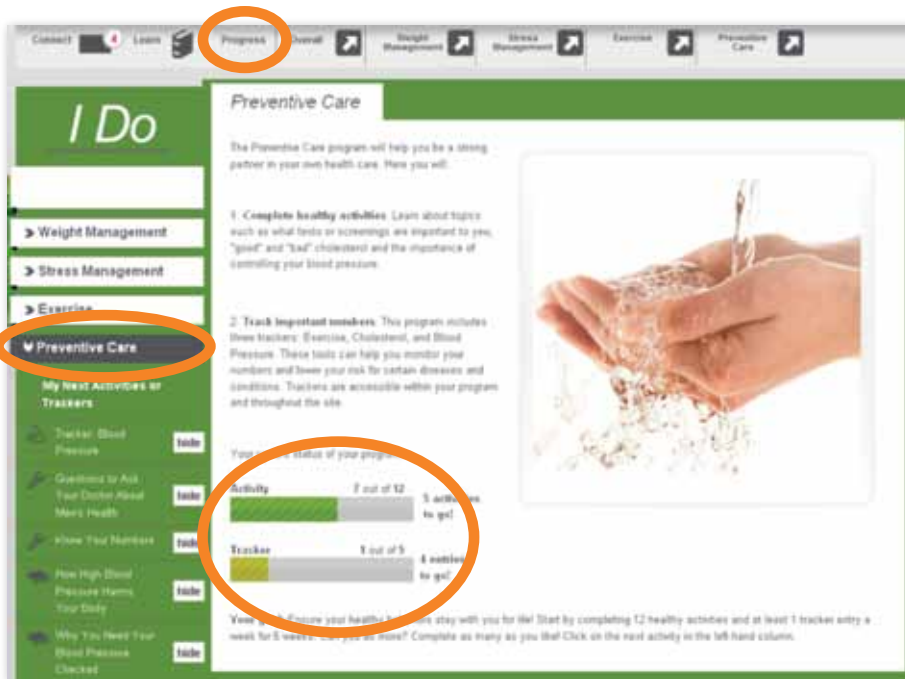


2. Complete an Online Wellness Program

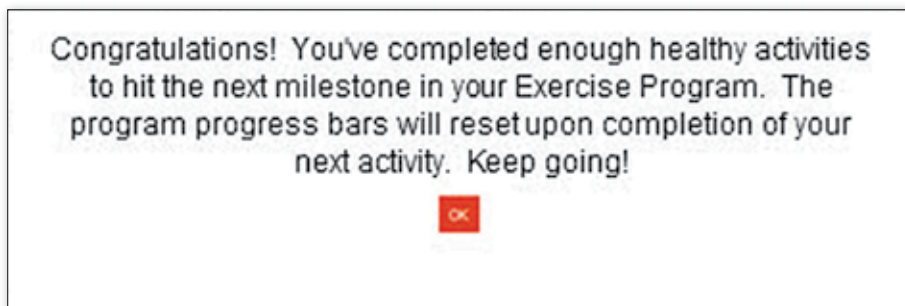
- Once you've finished an activity, click on "I have completed this" in the upper-right corner.



- Once you've finished a Tracker entry, your entry will be automatically saved.
- To finish an Online Wellness Program, you must complete at least 12 Activities and make 5 weekly Tracker entries. Weeks do not need to be consecutive.



- You can check your progress toward completing Online Wellness Programs using the Progress page, or clicking on a Program name (example: Preventive Care).

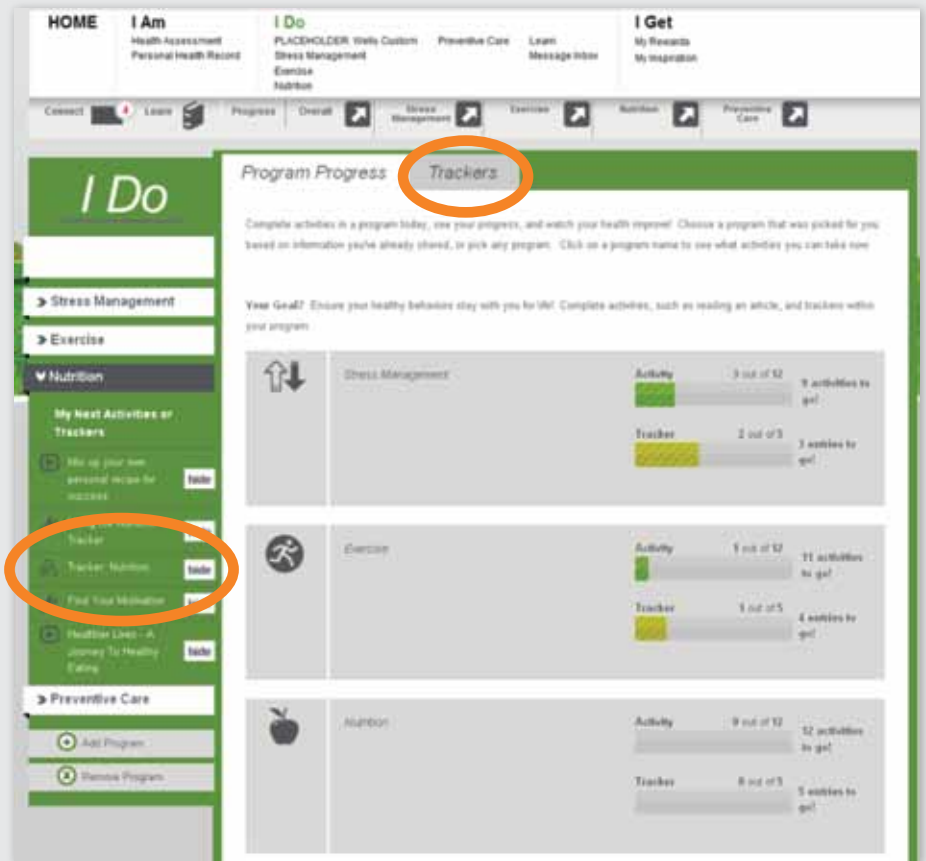


- When you finish a Program, including 12 Activities and 5 Tracker entry weeks, a milestone message displays.
- If you are eligible for a reward, be sure to check your status in "I Get."

When you use the Nutrition Tracker or Exercise Tracker, keep these helpful tips in mind.

Nutrition Tracker

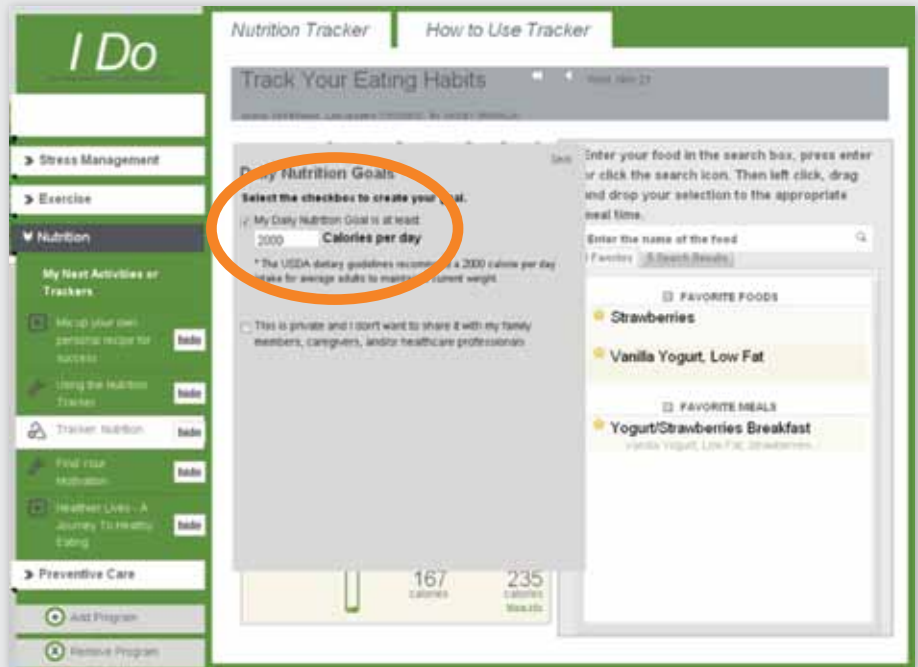
1. Access the Nutrition Tracker from your automatic list of I Do activities on the homepage, or the I Do page's activity list on the left-hand side. You can also access Nutrition Tracker any time from the I Do page's "Trackers" tab.



2. Set a Nutrition Tracker goal. Why? Because setting a calorie count for the day will help you plan. Just click the "Goals & Settings" link at the bottom of the Tracker.

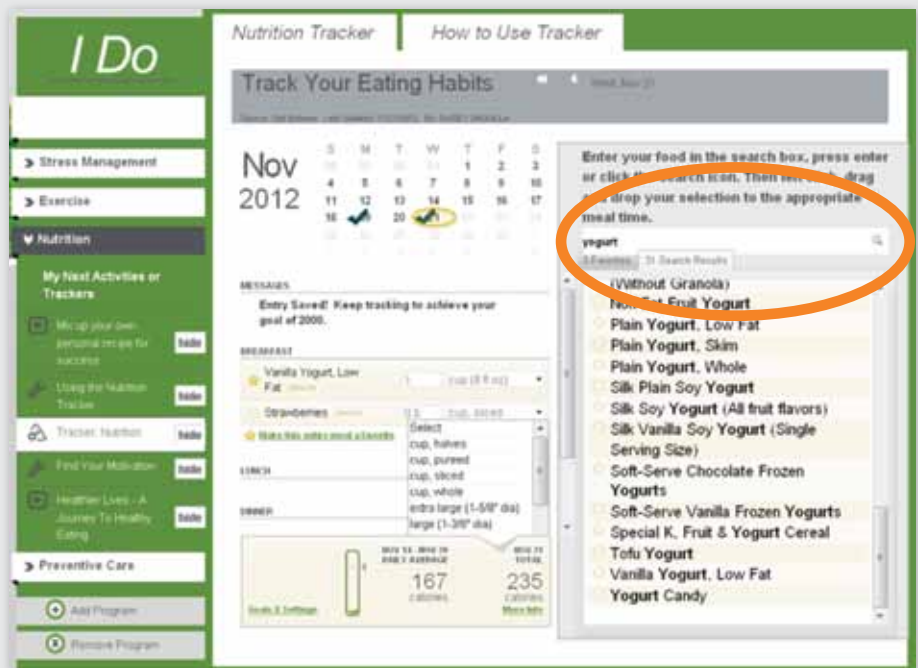


3. Get specific. Click the checkbox under Daily Nutrition Goals and enter your daily calories goal. Don't worry – you can change it later as needed. Then just click "Save" to save your goal and return to tracking your nutrition.



4. Find your foods. Type the name of the food you ate into the search box and click the magnifying glass. Remember to always click the magnifying glass to get the full Search Results to display in the Search Results tab.

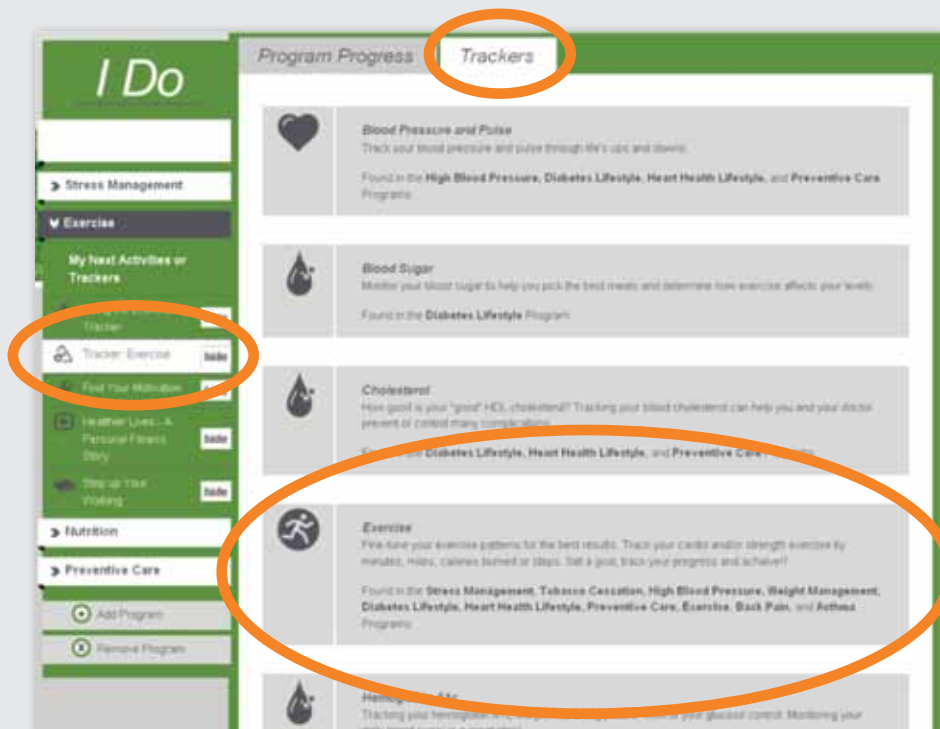
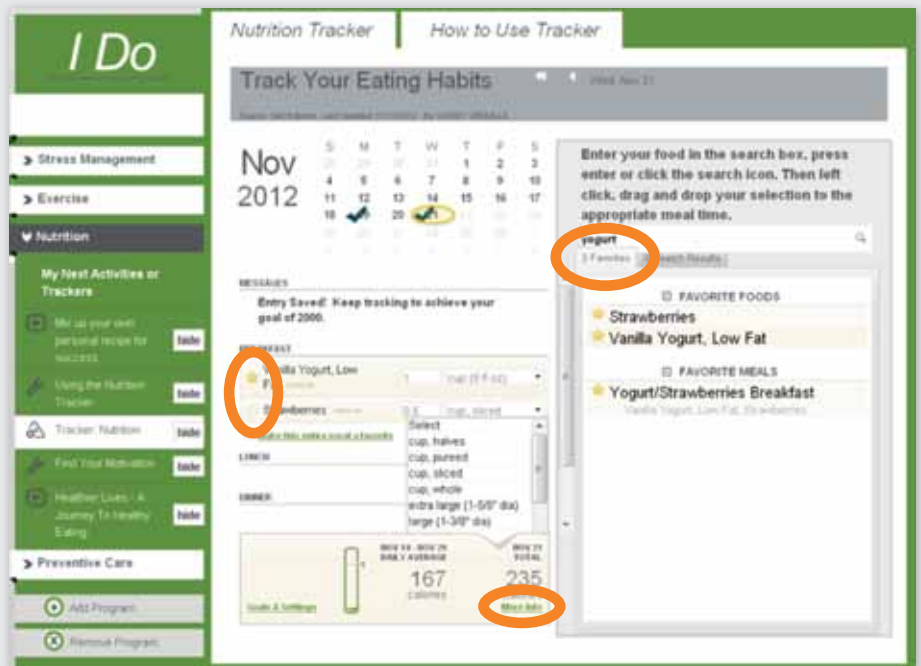
From the Search Results tab, click and drag the food from the Search Results to the meal on the left side (Breakfast, Lunch, Dinner, Snack). Then choose the number and size (cups, ounces, servings) using the drop-down list.



5. ‘Star’ your favorites. If you find a favorite food or meal that you’re likely to track frequently, click the star next to the food and it will always be available from the Favorites tab of Nutrition Tracker.

BONUS! If several foods make a favorite meal, click “Make this entire meal a favorite” for a great way to save time when tracking your meals.

6. Track over time. Daily nutrition tracking provides weekly averages and detailed analysis using the “More Info” link under daily calories count. Remember, to reach the next milestone in your online program, you’ll need to track for at least 5 weeks total, but they don’t need to be consecutive weeks.

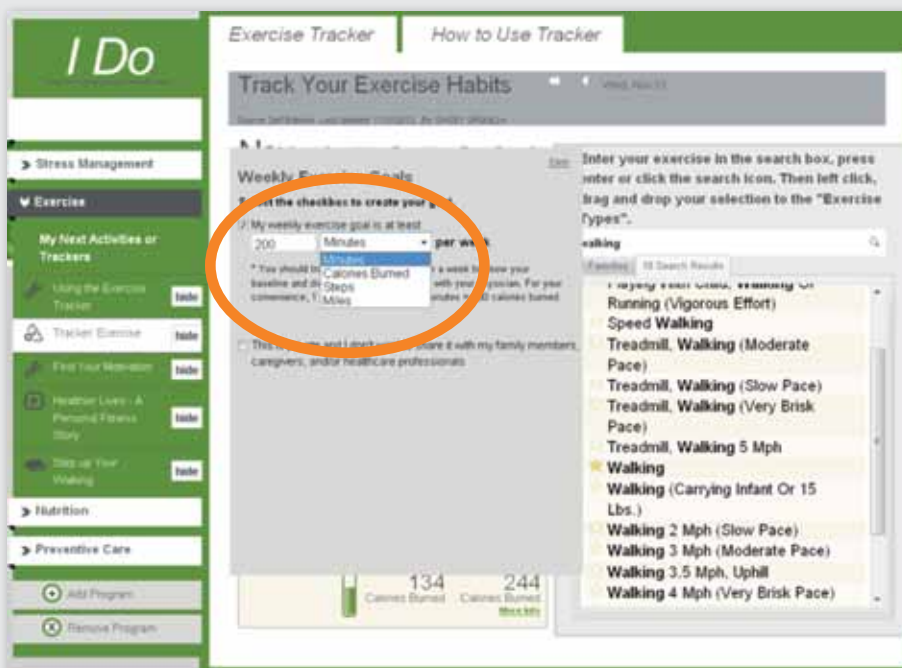


Exercise Tracker

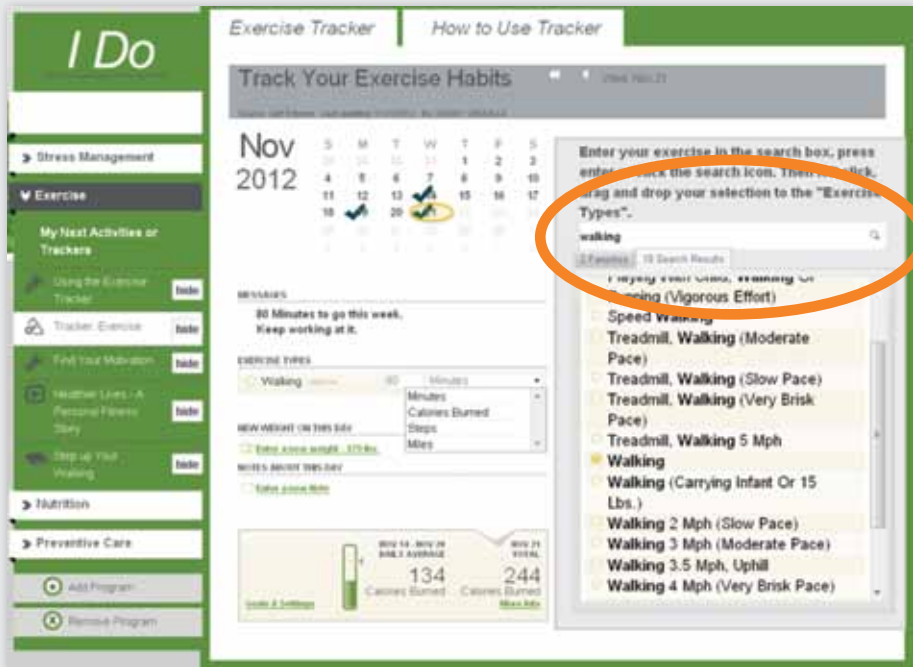
1. Access the Exercise Tracker from your automatic list of I Do activities on the homepage, or the I Do page’s activity list on the left-hand side. You can also access Exercise Tracker any time from the I Do page’s “Trackers” tab.



2. Set a goal. Why? Because it will make your progress even more satisfying. Just click “Goals and Settings” at the lower-left of the Exercise Tracker.

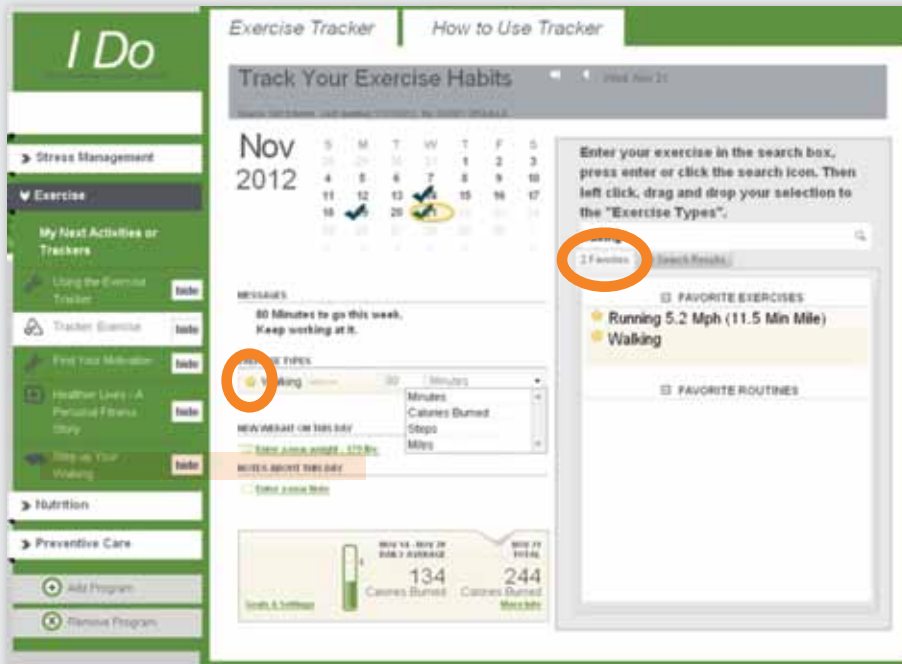


3. Get specific. Click the checkbox under Weekly Exercise Goals and enter your exercise goal in Minutes (recommended), Calories, Steps or Miles. Don't worry – you can change it later as needed. Then just click “Save” to save your goal and return to tracking your exercise.



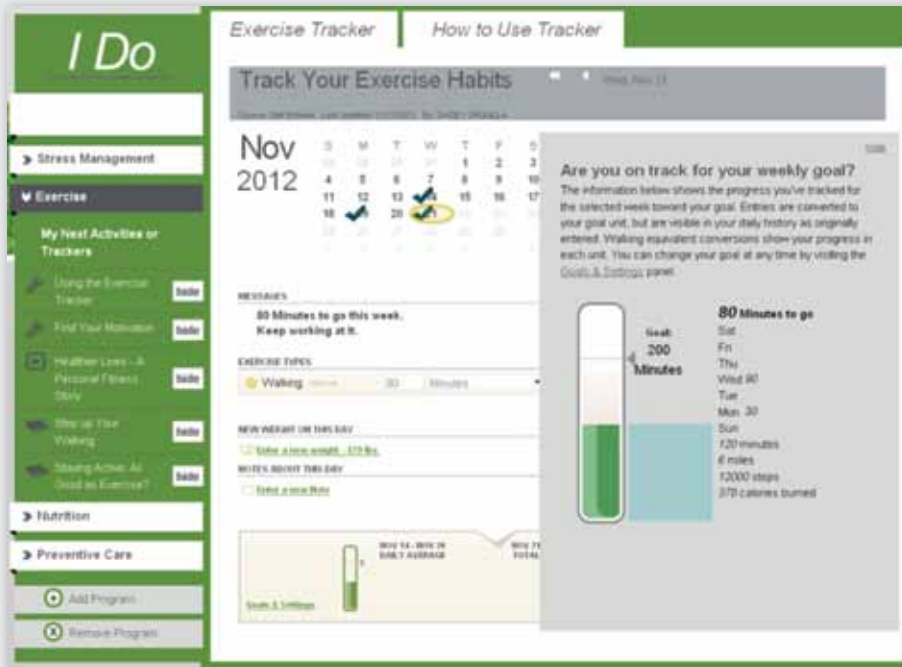
4. Find your exercise. Type the name of the exercise you've done into the search box and click the magnifying glass. Remember to *always click the magnifying glass* to get the full Search Results to display in the Search Results tab.

From the Search Results tab, click and drag the exercise from the Search Results to your Exercise Types list on the left side. Then choose the number and metric (we recommend minutes) using the drop-down list.



5. Update your weight. Your day's calorie count uses your current weight to display more accurate results. If your weight has changed since your last entry, click "Enter a new weight" to update. Note, only update your weight once per day.

6. 'Star' your favorites. If you find a favorite exercise that you're likely to track frequently, click the star next to the exercise and it will always be available from the Favorites tab of Exercise Tracker.



7. Track over time. Regular Exercise tracking provides weekly averages and detailed analysis using the “More Info” link under daily calories burned count. Remember, to complete your online program, you’ll need to track for at least 5 weeks total, but they don’t need to be consecutive weeks.

How to check the status of your rewards.

- Log on to iamwellconnected.com.
- Click on “I Get,” then “My Rewards,” then “Earn Rewards.”
- Once you’ve completed all program requirements in a single program, a check mark will appear and the appropriate reward amount will show.

The screenshot displays the CenturyLink 'I Get' My Rewards interface. At the top, the user is logged in as 'Hello Jane' with options for 'My Account', 'Help', and 'Log-Out'. A search bar is also present. The navigation menu includes 'HOME', 'I Am' (with sub-links for Health Assessment, Personal Health Record, and Care Access), 'I Do' (with sub-links for Weight Management, Stress Management, and Diabetes Care), and 'I Get' (with sub-links for My Rewards and My Inspiration). Below the navigation, there are icons for Contact, Learn, Progress, Connect, Health Management, Stress Management, and Preventive Care. The main content area features a large green header with 'I Get' and a sub-header 'My Rewards'. The primary message is 'Actions get results! Earn rewards here.' Below this is a circular progress gauge showing '0' and '\$500 MAX'. A sidebar on the left contains 'My Rewards' (with sub-links for Earn Rewards, Personal Rewards, Program Overview, and FAQs) and 'My Inspiration'. The main content area also includes a 'Welcome!' message and a paragraph: 'Everything is at your fingertips: program rules, eligible activities, your personal account statement, frequently asked questions, rewards and more! Remember, the more you participate, the more rewards will come your way.' A red 'Earn Rewards' button is located at the bottom right of the main content area.



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The information and therapeutic approaches in this article are provided for educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services.

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