



LOMA LINDA UNIVERSITY
MEDICAL CENTER – MURRIETA



New to the Engaged! Premier Program?

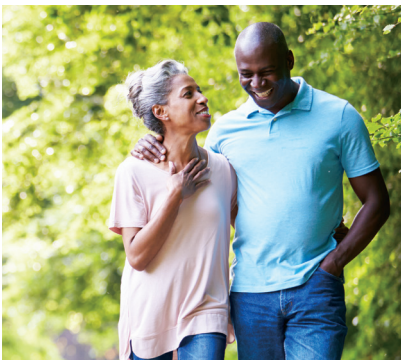
Congratulations! Your commitment to taking an active role in your wellbeing comes with many rewards—increased energy, lower risk of disease, and cost savings. Wherever you are in your wellness journey, LLUMC - Murrieta offers support to help you get healthy, stay healthy and enjoy your life to the fullest.

Free and confidential services include online tools and resources, a biometric screening, wellness assessment, and health coaching through our care management program.

Get started today

► **The employee health plan gives you full access to LivingWell, LLUMC - M's whole-person wellness program.**

- 1 Sign up for LivingWell**, LLUMC - Murrieta's whole-person health and wellness program. Go to LivingWell.ah.org and create a new account by following the prompts. **When asked for the security code, enter *livingwell*.** Spouses enrolled in the plan must create a separate account. Call 1.888.252.8150 if you need website support.
- 2 Start earning LivingWell points.** Want to be eligible to enroll in the Engaged! Premier Program next year and continue to receive cost-saving benefits? If so, you and your spouse need to earn LivingWell points by Sept. 30, 2017 to qualify for the Engaged! Premier Program in 2018. See backside of flyer for details and a prorated points table.



Learn more

- LivingWell.ah.org
- <http://myllumurrieta.org/> under the Employee Services tab
- Questions: Contact your Human Resources department



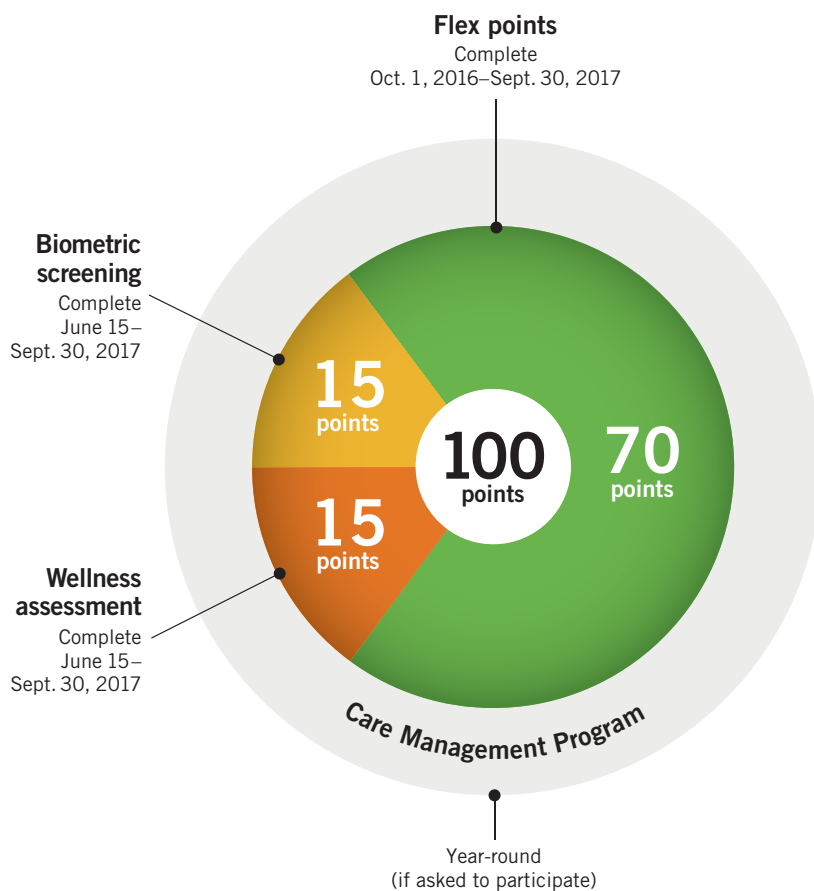
Prorated LivingWell points requirement

Of the total points requirement, 30 must come from completing a biometric screening and wellness assessment between June 15–Sept. 30, 2017. No points are required for those who have enrolled in the Engaged! Premier Program between July–Sept. 2017.

Month enrolled

Points required by Sept. 30, 2017

| | |
|-------------------|------------|
| • Oct.–Dec. 2016 | 100 points |
| • Jan.–March 2017 | 85 points |
| • April–June 2017 | 70 points |
| • July–Sept. 2017 | 0 points |



Engaged! Premier Program eligibility and LivingWell points requirement

When you complete your summer biometric screening and summer wellness assessment, you'll earn 30 points toward your 100 LivingWell points requirement. Earn your remaining points through fitness activities, classes, screenings, vaccinations, volunteering and more. If you are at risk for serious illness, a member of the health plan's care management team will call you.

About care management and health coaching

If you are at risk for serious illness, the Engaged! Plan requires you to take part in confidential care management. This free program provides education and support through one-on-one health coaching. Participants learn how to reduce risk factors and make lifestyle changes to improve their health. If contacted and you or your enrolled spouse choose not to participate, you will be moved to the Base Plan. This phone-based program helps participants set goals, identify and overcome barriers, and find resources.