

April 3, 2017

(Exhibit #1)



# How to Guide

## How to Purchase a Device

1. Log in to <https://healthycounty.provantone.com>
2. There are two ways to access the device storefront:
  - a. There is an announcement banner at the top of the screen that says **Devices** in the top left corner, click on **Learn More** at the bottom of this banner.
  - b. On the **Home Page**, you may scroll down to the bottom of the page, and you will see a section titled **General Information**. Under the **My Resources** section click the link that says **Order Your Device**
3. Once at the device storefront you will see all of the products we are offering at a discounted price than traditional retail pricing. You may use your \$30 subsidy to get an additional \$30 off the prices featured in the storefront.
4. Click **Shop Now** for the device you would like to purchase
5. Click **Add to Cart**
6. **\*\*\*If you would like to use your \$30 subsidy on your purchase, enter in your BCBSTX health benefits ID number (903#) in the Vouchers section and click OK\*\*\***
7. Scroll down the page and click on the **Guest Checkout** or **Create an Account** options to enter in shipping information
8. Proceed further down the page to fill out your billing information
9. To finalize your order, click **I confirm my order** at the bottom of the page

## How to Register

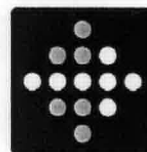
1. Go to <https://healthycounty.provantone.com>
2. Click **Sign Up**
3. Enter in your **903#** from your BCBSTX health benefits card (leave out the letters)
4. Enter in your **Date of Birth**
5. Follow the **CAPTCHA** (check the box that says I am not a robot)
6. Click **Terms of Use**
7. Scroll down and **accept** the **Terms of Use**
8. After you accept the **Terms of Use**, you should be redirected to a screen with your name that asks you to **set up your password and security questions**

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## How to Sync Your Device

1. Register your device to the manufacturer's app or web portal, according to the directions supplied by the manufacturer
2. Log in to <https://healthycounty.provantone.com>
3. Select **Track** from the Header Menu links
4. Click **Device Manager**
5. Click the red **Connect Now** button
6. A new window will open, select **Choose Source**. You will see a list of API's that include the following API icons. Choose the one that corresponds to your device and follow the directions.

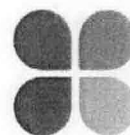
FitBit



Garmin



Withings



Polar



MapMyFitness



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

## Take Wellness on the Go with the Well onTarget Mobile App

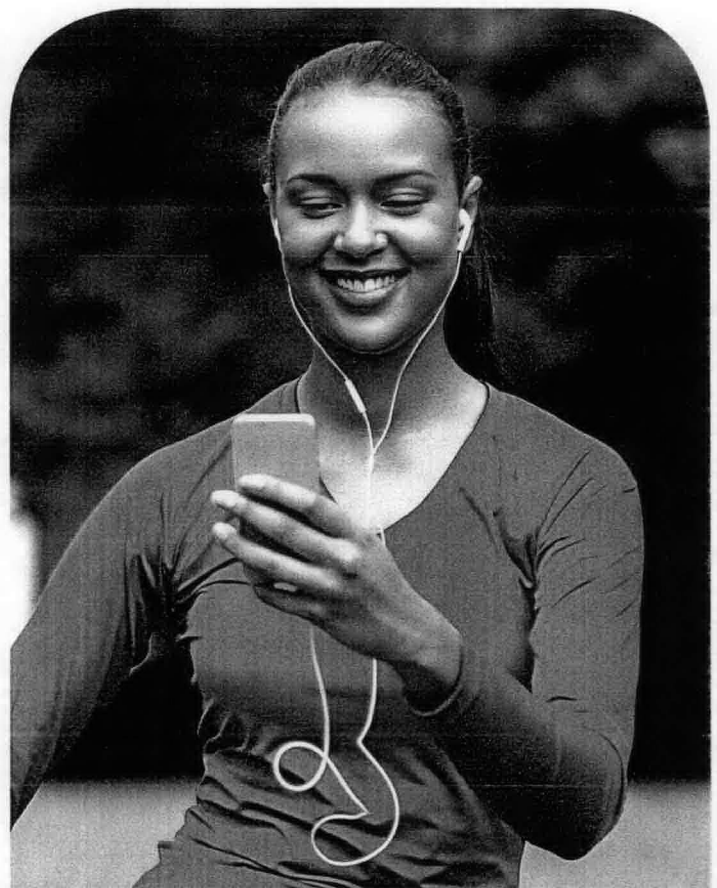
You may prefer to engage in health and wellness activities on your own terms, and at times and places that are most convenient to you. Well onTarget makes it easy to fit wellness into your schedule by offering the AlwaysOn® wellness app.

We live in an increasingly mobile society. That's why we developed the Well onTarget mobile app. Available for iPhone® and Android™ smartphones, this app can help you regularly connect with your wellness program, work on your wellness goals and stay inspired — anytime and anywhere.

### Features to Meet Your Wellness Needs

The Well onTarget app has a wide variety of easy-to-use, intuitive features that allow you to:

- Take your Health Assessment
- Set personal health and wellness goals and track your progress
- Connect with a wellness coach through secure messaging\* or by using the click-to-call feature
- View your Blue Points<sup>SM\*\*</sup> balance
- Track data synced from more than 80 fitness devices and apps



Whether you're trying to lower your cholesterol, manage stress, fit more exercise into your daily routine or find other ways to reach your wellness goals, the Well onTarget mobile app can help.

\* Standard rates may apply. Check with your carrier.

\*\* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com) for further information.



Well onTarget

ANNOUNCEMENT: If you're a tobacco user, participate in the Great American Smokeout this month! Tobacco use remains the single largest pr...

Settings | (0) Messages | Log Off

COLLAPSE

HEALTH ASSESSMENT

0% Complete

START ▶

CONNECTED DEVICES AND APPS

0 No Devices or Apps Connected

ADD / REMOVE VIEW ACTIVITY ▶

BLUE POINTS<sup>SM</sup>

0

MY POINTS

EARN POINTS ▶  
REDEEM ▶



### Connect Your Devices & Apps Now

If you're using a wearable device to track your activities, you can connect it to your wellness program. The more data you track, the better you can watch your progress—and reach your goal.

CONNECT NOW



### Get the AlwaysOn® Mobile App Today!

Enjoy your wellness experience on the go! Access your Wellness resources anytime, anywhere by downloading the AlwaysOn® Wellness Mobile Application to your iPhone or Android.

DOWNLOAD APP

## Seamless Integration with the Well onTarget Portal

All Well onTarget members have access to the mobile app. To get started, just follow these steps:

- 1 Log in to the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com).
- 2 Click on the "Download App" button.
- 3 Follow the step-by-step instructions to download the app.

The app is fully integrated with the Well onTarget portal. Plus, it automatically syncs your Well onTarget activity.

Questions about the app or the Well onTarget program? Call Customer Service at **877-806-9380**.

# Your lifestyle, your health.



Complete 3 of 4 challenges to earn a \$50  
Amazon.com gift card - and enjoy better health!

Without good health, you can't be your best self - at home, at work, or at play. That's why we're offering a reward for completing three of four fun, interactive health challenges: to get you on the path to a healthier, happier you!

All challenges are six weeks long, and you aim to meet goals five days per week. Flip the page to see the dates, topics, and details of each challenge.

Simply go to <https://healthycounty.provantone.com> and follow the directions to sign up.

After you log in, there will be a banner at the top announcing challenges when they go live. There are a lot of other tools, trackers, and resources for you to explore before and between challenges, too! See what our new health portal has to offer.

<https://healthycounty.provantone.com>  
[customerservice@provanthealth.com](mailto:customerservice@provanthealth.com)  
1-877-239-3557



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powered by  
**provant**   
life. changing.

Employees with a date of benefits on or after 8/1/17:  
Complete 2 of 4 challenges to receive \$50 Amazon Gift Card

# 2017 challenges



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April 17 to  
May 28, 2017

Move and have fun while you virtually "visit" springtime events all over the world. You can choose to go by steps per day or by minutes of exercise per day. You earn "Springers" for activity levels each day, and your goal is to earn at least 35 Springers.

- 30-44 minutes/6000-7999 steps = green
- 45-59 minutes/8000-9999 steps = orange
- 60+ minutes/10,000+ steps = pink.



June 19 to  
July 30, 2017

Buddy up with a travel companion and the two of you will enjoy earning points and patches as you "travel" all over the world! Your daily goal is 45 active minutes, and your total goal is 600 points.



- Virtually visit:
- Jamaica
  - Italy
  - Spain
  - Seychelles
  - China
  - United States



August 14 to  
September 24, 2017

You and your team focus on eating habits anyone can adopt: choosing diverse, colorful fruits and vegetables every day. Each serving of vegetables counts for two points, and fruit servings are one point. Your daily goal is eight points, with an overall goal of 240 points (that's five servings of fruits and vegetables, five days per week!).



October 9 to  
November 19, 2017

Pick a famous trail and "hike" your way along with healthy habits! Your daily goal is 5,000 steps and 7-9 hours of sleep, five days per week. Meeting those goals will help you hit the total mileage you need for your trails.



## Incentives

### Employee and Employer Incentives

#### Employee incentives – *Healthy Lifestyle Rewards*

The Pool understands the importance of motivating employees to get involved and take the first step toward a healthier future so we've built in rewards to encourage employees to get started. Healthy Lifestyle Rewards are offered to members who are fully-funded in HEBP.

Starting April 17, 2017, when employees participate in Healthy County wellness programs, they can earn a \$50 Amazon gift card as part of our *Healthy Lifestyle Rewards!* There will be four challenges offered in 2017 in which employees can earn wellness incentives. Employees who complete three out of the four challenges will earn the \$50 Amazon gift card.

1. **Spring into Motion**

When: April 17- May 28

Goal: Earn 35 "springers" during this 6-week challenge

2. **Passport to Health**

When: June 19- July 30

Goal: Your daily goal is 45 active minutes, earn 600 points during the 6-week challenge

3. **Colorful Choices**

When: Aug. 14- Sept. 24

Goal: Your daily goal is 8 points, with an overall goal of 240 points during the 6-week challenge

4. **Health Trails**

When: October 9 to Nov. 19

Goal: Your daily is 5,000 steps and 7-9 hours of sleep, five days per week.

Meeting those goals will help you meet the total mileage you need for your trail

#### Reward Distribution

Amazon gift cards for \$50 will be issued once you achieve three out of the four challenge goals. Healthy Lifestyle Rewards are only offered to fully-funded members of HEBP (ASO groups are not eligible).

### **Employer incentives – Employer Rewards**

Worksite wellness is vital to the workplace, and the long-term benefit of healthy employees is invaluable. We also know that it takes resources to keep a wellness program running at the local level. The Pool offers county *Employer Rewards* to recognize county efforts to increase participation in the wellness program and to provide needed resources to develop additional programs.

To be eligible to receive Employer Rewards counties must meet the following criteria:

1. Be a fully-funded member of TAC HEBP (ASO groups are not eligible); and
2. Have a designated Coordinator and/or Sponsor.

### Here's How it Works

Counties will earn a percentage of the maximum allowed amount based on their Healthy Lifestyle Rewards participation percentages. The maximum amount will be based on the number of covered employees.

<b>Group Size</b>	<b>Max Amount Available to earn</b>
Under 25 Lives	\$50 x Number of employees who earn incentive
26- 50 Lives	\$3,000
50-99 Lives	\$5,000
100-199 Lives	\$7,000
Over 200 Lives	\$9,000

- Example: County A has 100 employees. 28% of employees earned the Healthy Lifestyle Reward, the county will earn 28% of \$7,000. They will earn \$1,960 for 2017 participation.

Counties are encouraged to use their Employer Rewards funds to support wellness efforts within their counties. Funds are commonly used for wellness expenses such as: on-site flu shot clinics; biometric screenings; fitness equipment; health fair expenses; health education workshops; and employee incentives to encourage participation in available wellness programs.