

# Christian & Missionary Alliance 2024 Take a Healthy Step



ALLIANCE  
BENEFITS

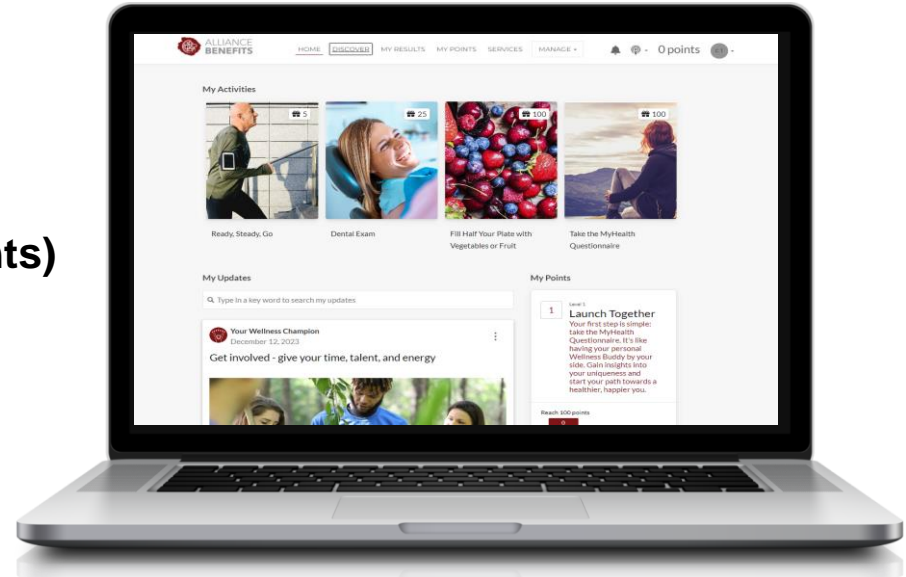


# 2024 Take a Healthy Step

- **Campaign Dates** (*activity earning period*)
  - November 1, 2023 - October 31, 2024
- **Deadline**
  - October 31, 2024
- **Requirements:**
  - Level 1: **Launch Together**  
**MyHealth Questionnaire (100 points)**
  - Level 2: **Thrive Together**  
**Earn a total of 300 points**
- **Incentive:**
  - \$250 HSA Contribution (Single)
  - \$500 HSA Contribution (Family)

**Website:** <https://www.workpartners.com/cma>

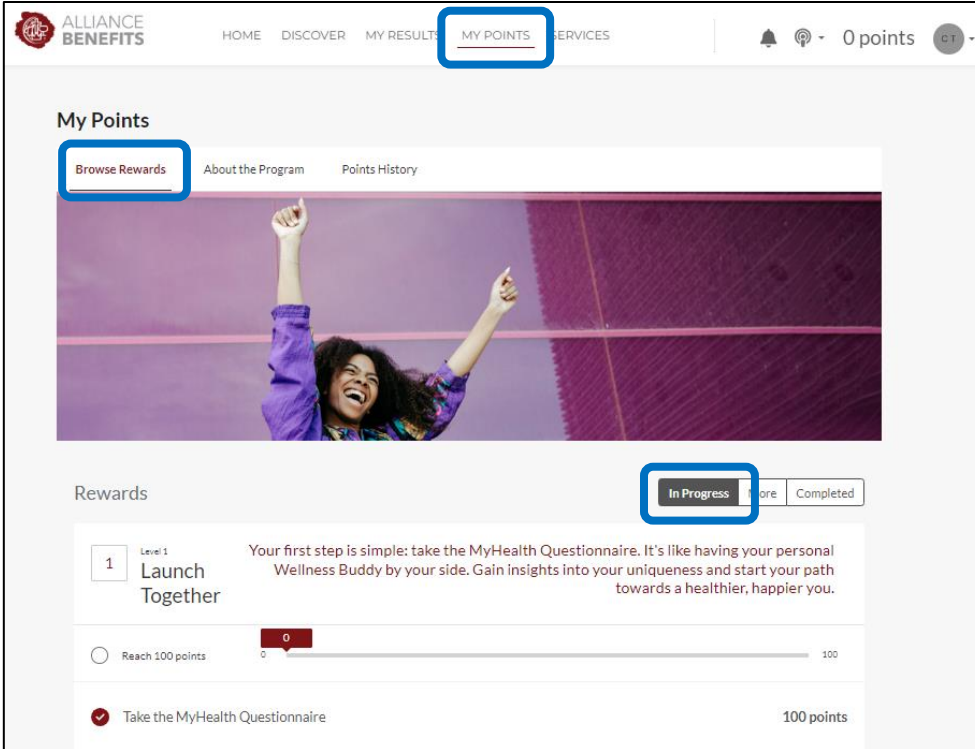
**Member Services:** 1-866-918-1590



# Take a Healthy Step

## Level 1: Launch Together

- Take the *MyHealth Questionnaire* (100 points)



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HOME DISCOVER MY RESULTS **MY POINTS** SERVICES

0 points

### My Points

Browse Rewards About the Program Points History

Rewards In Progress More Completed

1 Level 1 **Launch Together**

Your first step is simple; take the MyHealth Questionnaire. It's like having your personal Wellness Buddy by your side. Gain insights into your uniqueness and start your path towards a healthier, happier you.

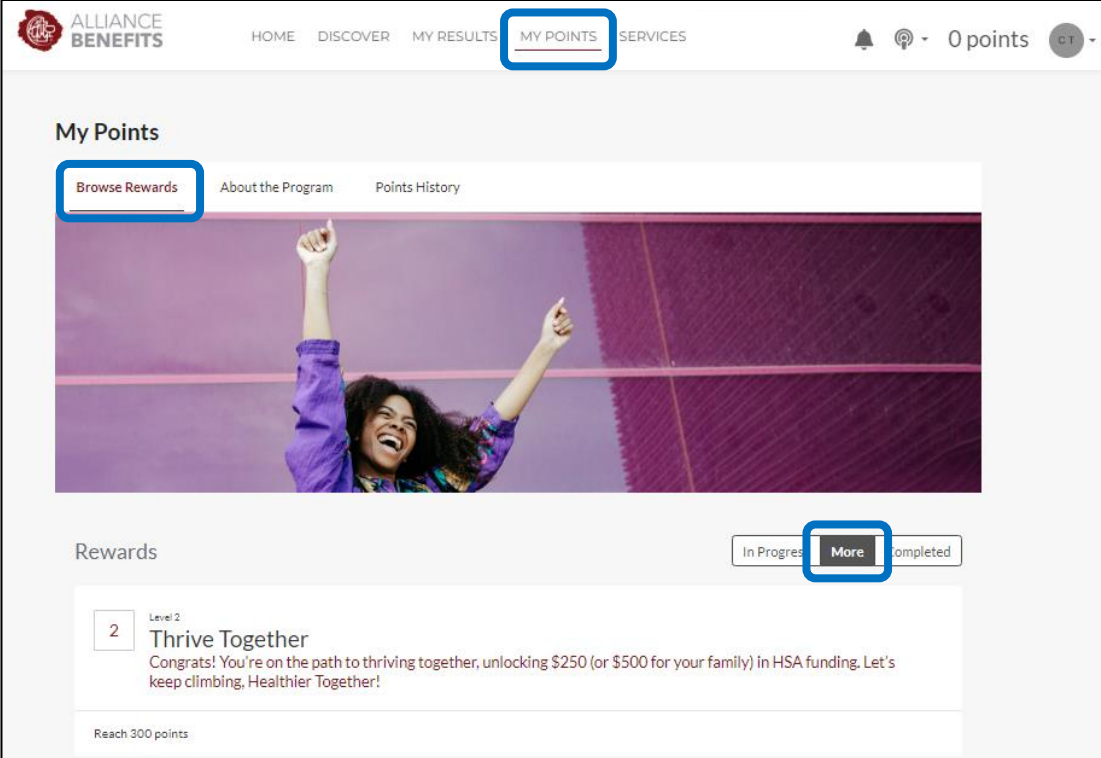
Reach 100 points 0 100

Take the MyHealth Questionnaire 100 points

# Take a Healthy Step

## Level 2: Thrive Together

- Earn a total of 300 points



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HOME DISCOVER MY RESULTS **MY POINTS** SERVICES

0 points

### My Points

**Browse Rewards** About the Program Points History

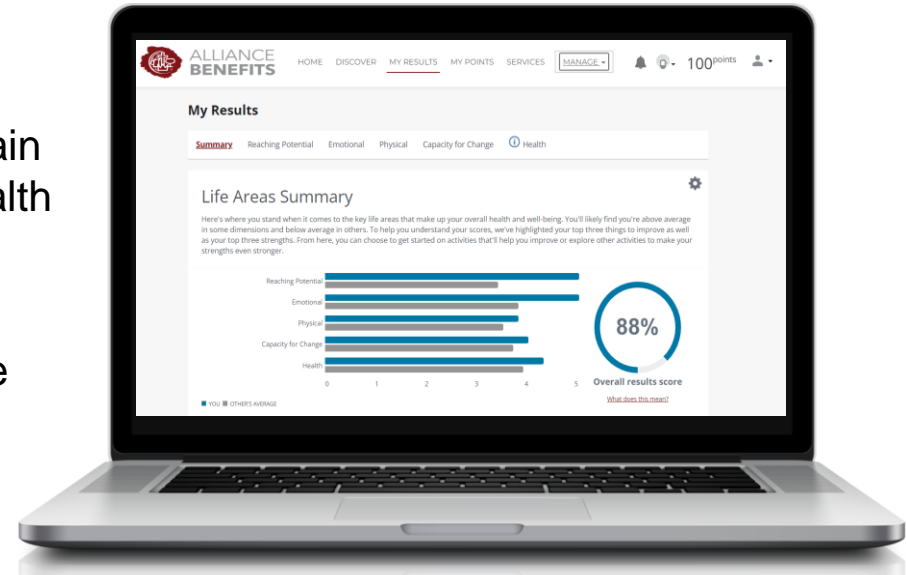
Rewards In Progress **More** Completed

**2** Level 2  
**Thrive Together**  
Congrats! You're on the path to thriving together, unlocking \$250 (or \$500 for your family) in HSA funding. Let's keep climbing, Healthier Together!

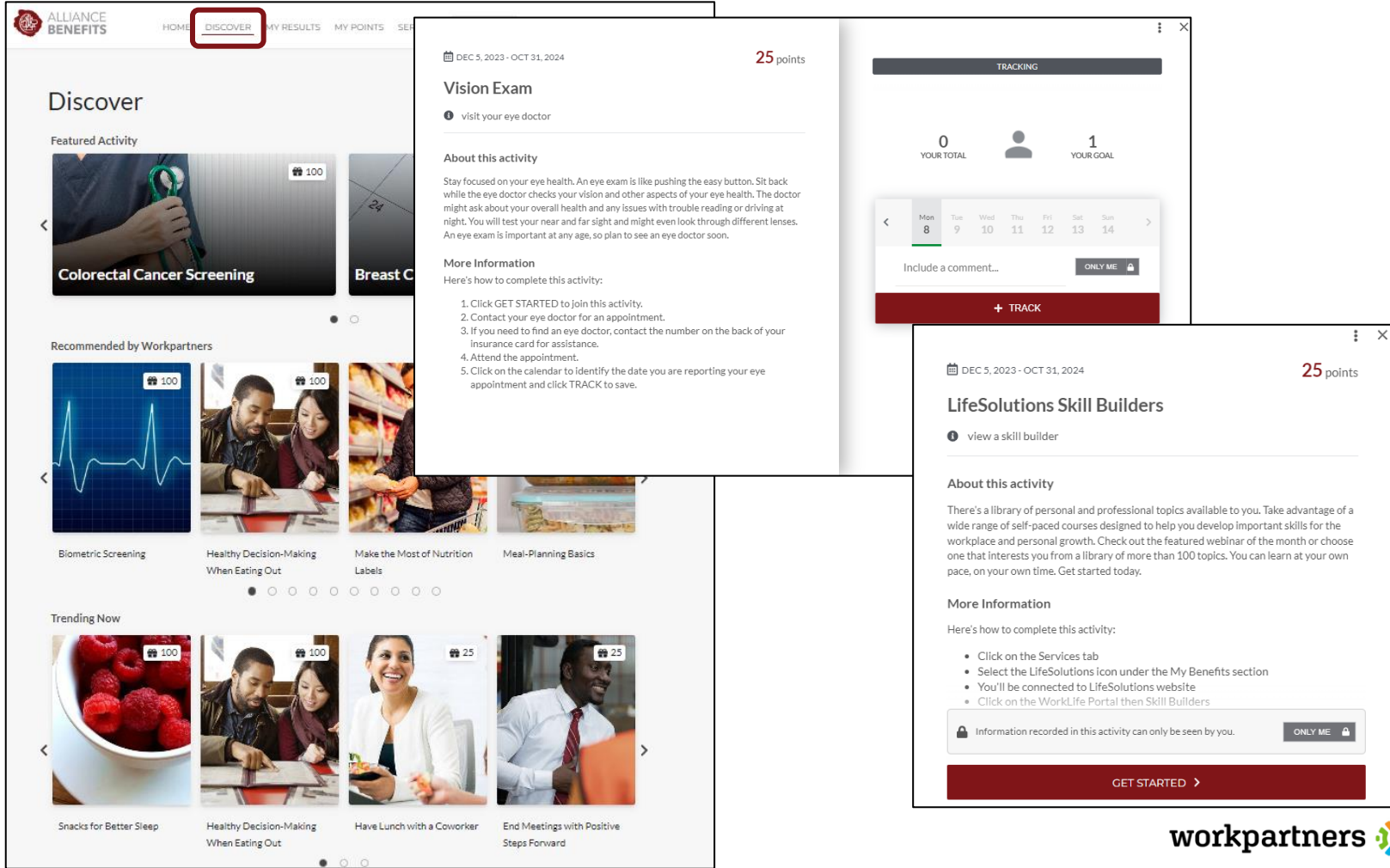
Reach 300 points

# MyHealth Questionnaire

- **Measures your current health status** and gives personalized tips to reduce your health risks
- **Helps you understand your risk** for certain health conditions by asking about your health history and behaviors
- **Shows how your health compares** to the health of others your age and gender
- **Gives you a personal action plan** to improve your health



# Point Eligible Activities



The screenshot displays the Alliance Benefits app interface. At the top, the navigation bar includes 'HOME', 'DISCOVER' (highlighted with a red box), 'MY RESULTS', 'MY POINTS', and 'SERVICES'. The main content area is divided into sections: 'Discover', 'Featured Activity', 'Recommended by Workpartners', and 'Trending Now'. Each section contains activity cards with images and point values. A red box highlights the 'DISCOVER' tab in the navigation bar.

**Discover**

**Featured Activity**

- Colorectal Cancer Screening (100 points)
- Breast Cancer Screening (24 points)

**Recommended by Workpartners**

- Biometric Screening (100 points)
- Healthy Decision-Making When Eating Out (100 points)
- Make the Most of Nutrition Labels (100 points)
- Meal-Planning Basics (100 points)

**Trending Now**

- Snacks for Better Sleep (100 points)
- Healthy Decision-Making When Eating Out (100 points)
- Have Lunch with a Coworker (25 points)
- End Meetings with Positive Steps Forward (25 points)

**Vision Exam** (25 points)

visit your eye doctor

**About this activity**

Stay focused on your eye health. An eye exam is like pushing the easy button. Sit back while the eye doctor checks your vision and other aspects of your eye health. The doctor might ask about your overall health and any issues with trouble reading or driving at night. You will test your near and far sight and might even look through different lenses. An eye exam is important at any age, so plan to see an eye doctor soon.

**More Information**

Here's how to complete this activity:

1. Click GET STARTED to join this activity.
2. Contact your eye doctor for an appointment.
3. If you need to find an eye doctor, contact the number on the back of your insurance card for assistance.
4. Attend the appointment.
5. Click on the calendar to identify the date you are reporting your eye appointment and click TRACK to save.

**Tracking**

0 YOUR TOTAL | 1 YOUR GOAL

Calendar: Mon 8, Tue 9, Wed 10, Thu 11, Fri 12, Sat 13, Sun 14

Include a comment... ONLY ME

+ TRACK

**LifeSolutions Skill Builders** (25 points)

view a skill builder

**About this activity**

There's a library of personal and professional topics available to you. Take advantage of a wide range of self-paced courses designed to help you develop important skills for the workplace and personal growth. Check out the featured webinar of the month or choose one that interests you from a library of more than 100 topics. You can learn at your own pace, on your own time. Get started today.

**More Information**

Here's how to complete this activity:

- Click on the Services tab
- Select the LifeSolutions icon under the My Benefits section
- You'll be connected to LifeSolutions website
- Click on the WorkLife Portal then Skill Builders

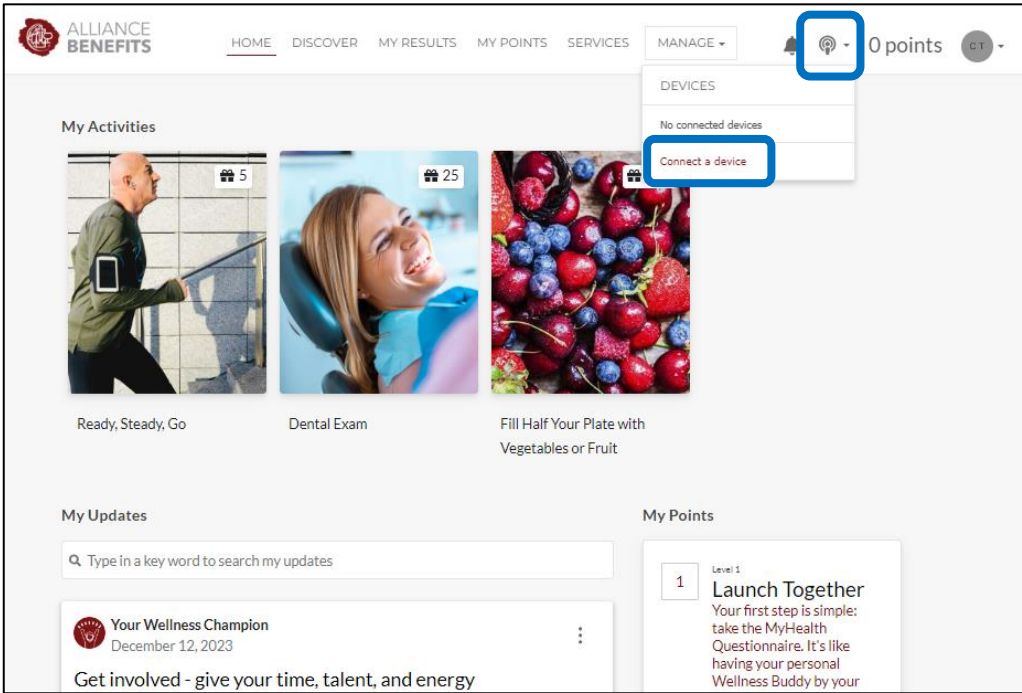
Information recorded in this activity can only be seen by you. ONLY ME

GET STARTED >

# How to Connect a Wearable Device

Once you are on the Limeade platform

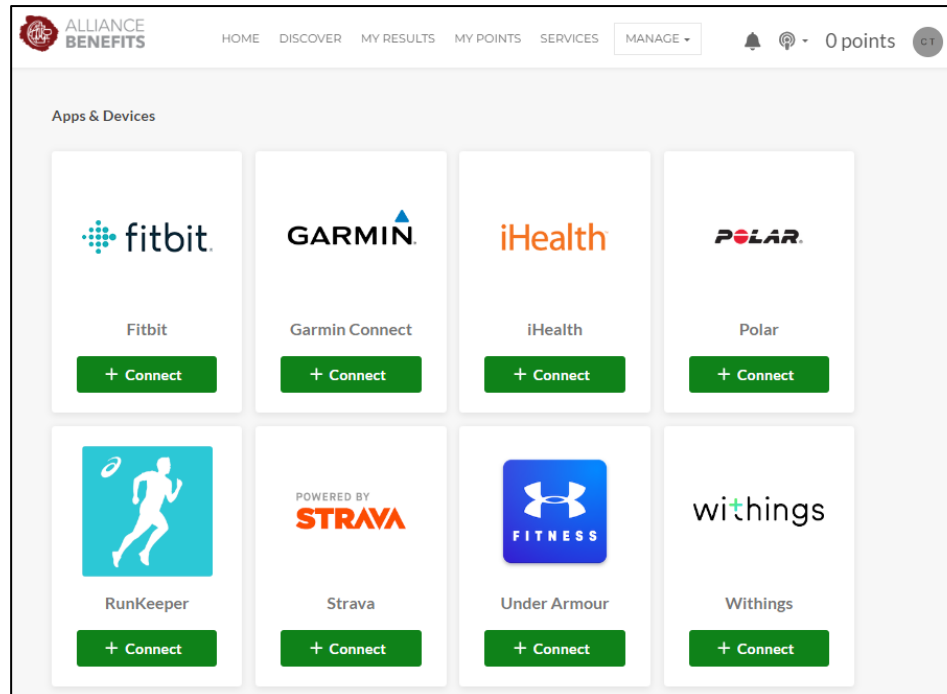
- Click the icon next to the point total in the navigation bar
- Select **“Connect a device”** from the dropdown menu



# How to Connect a Wearable Device

Locate the device you would like to connect from the listing of Limeade compatible devices

- Select “+ Connect” underneath the device

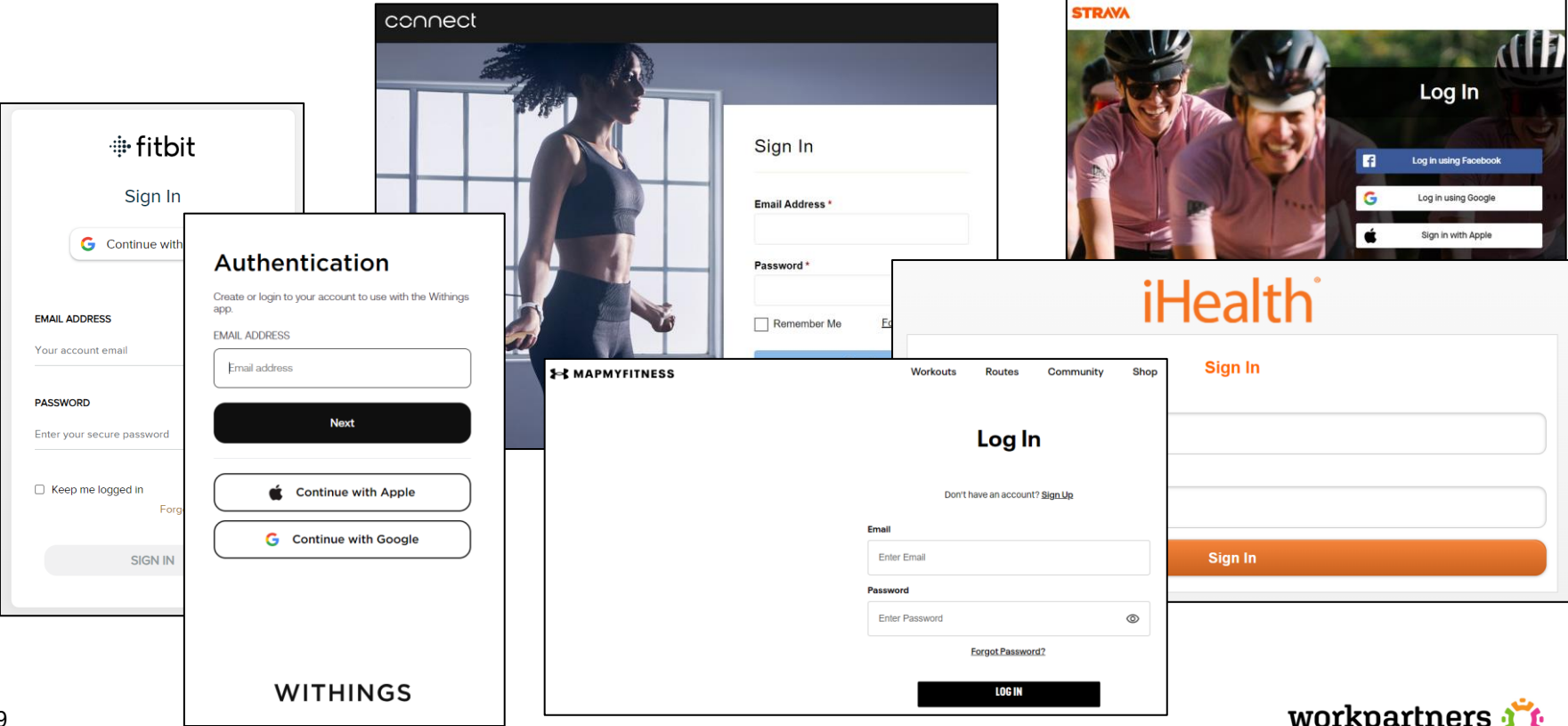




# How to Connect a Wearable Device

Follow the onscreen instructions on how to connect your selected device

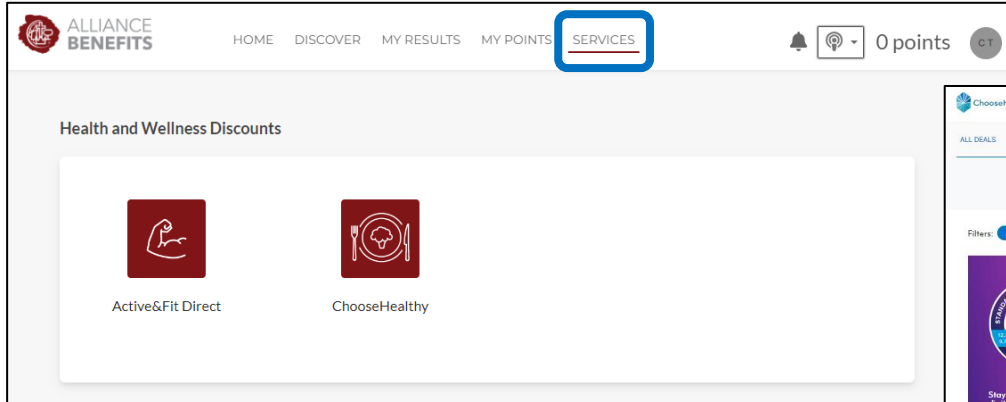
- You will be required to login to your device account



The collage displays five different login screens for fitness and health-related applications:

- Fitbit:** Shows a "Sign In" screen with a "Continue with Google" button and a "SIGN IN" button at the bottom.
- Withings:** Features an "Authentication" screen with fields for "EMAIL ADDRESS" and "PASSWORD", a "Next" button, and social login options for "Continue with Apple" and "Continue with Google".
- MapmyFitness:** Displays a "Log In" screen with "Email" and "Password" input fields, a "Remember Me" checkbox, and a "LOG IN" button.
- iHealth:** Shows a "Sign In" screen with a large orange "Sign In" button.
- Strava:** Includes a "Log In" screen with social login options for "Log in using Facebook", "Log in using Google", and "Sign in with Apple".

# Health and Wellness Discounts



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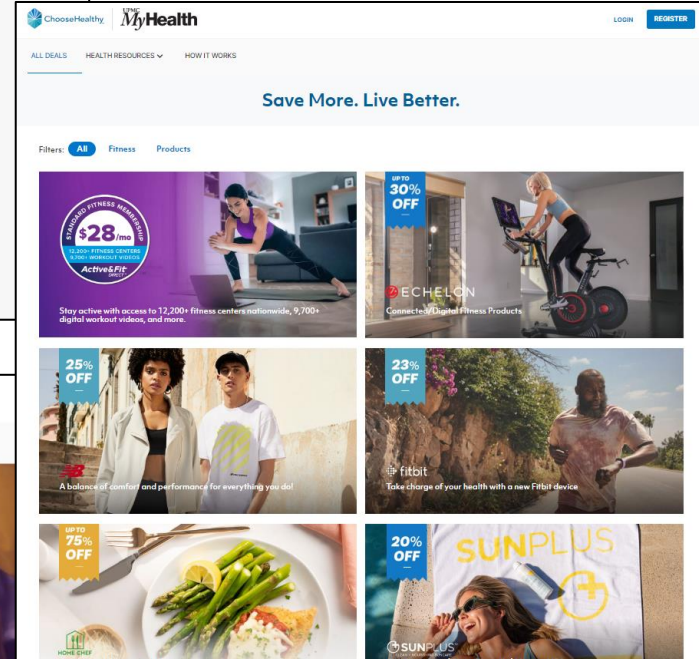
HOME DISCOVER MY RESULTS MY POINTS SERVICES

0 points CT

### Health and Wellness Discounts

Active&Fit Direct

ChooseHealthy



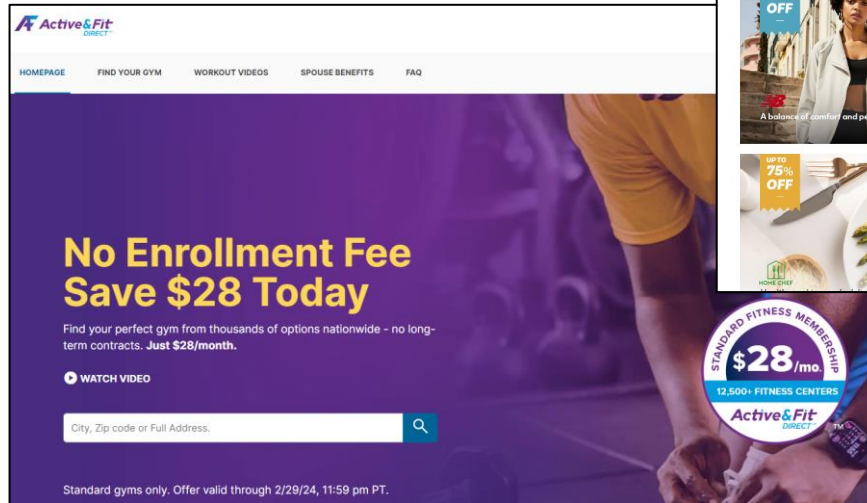
ChooseHealthy MyHealth

ALL DEALS HEALTH RESOURCES HOW IT WORKS

Save More. Live Better.

Filters: All Fitness Products

- STANDARD FITNESS MEMBERSHIP \$28/mo. 12,500+ FITNESS CENTERS. Active&Fit DIRECT
- UP TO 30% OFF ECHELON Connects Digital Fitness Products
- 25% OFF A balance of comfort and performance for everything you do!
- 23% OFF fitbit Take charge of your health with a new Fitbit device
- UP TO 75% OFF HOME DEPOT
- 20% OFF SUNPLUS



Active&Fit DIRECT

HOME PAGE FIND YOUR GYM WORKOUT VIDEOS SPOUSE BENEFITS FAQ

## No Enrollment Fee Save \$28 Today

Find your perfect gym from thousands of options nationwide - no long-term contracts. **Just \$28/month.**

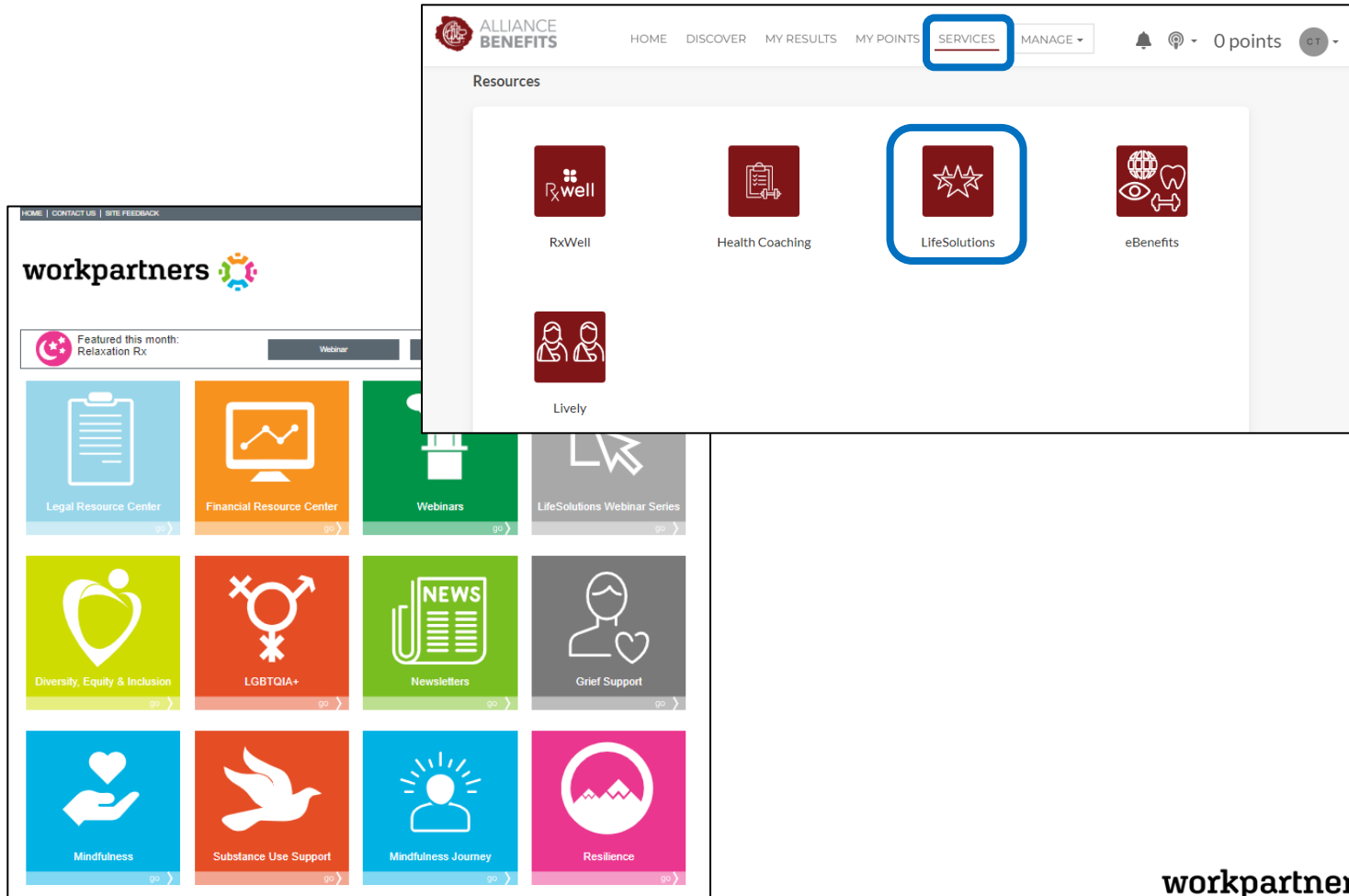
WATCH VIDEO

City, Zip code or Full Address.

STANDARD FITNESS MEMBERSHIP \$28/mo. 12,500+ FITNESS CENTERS Active&Fit DIRECT

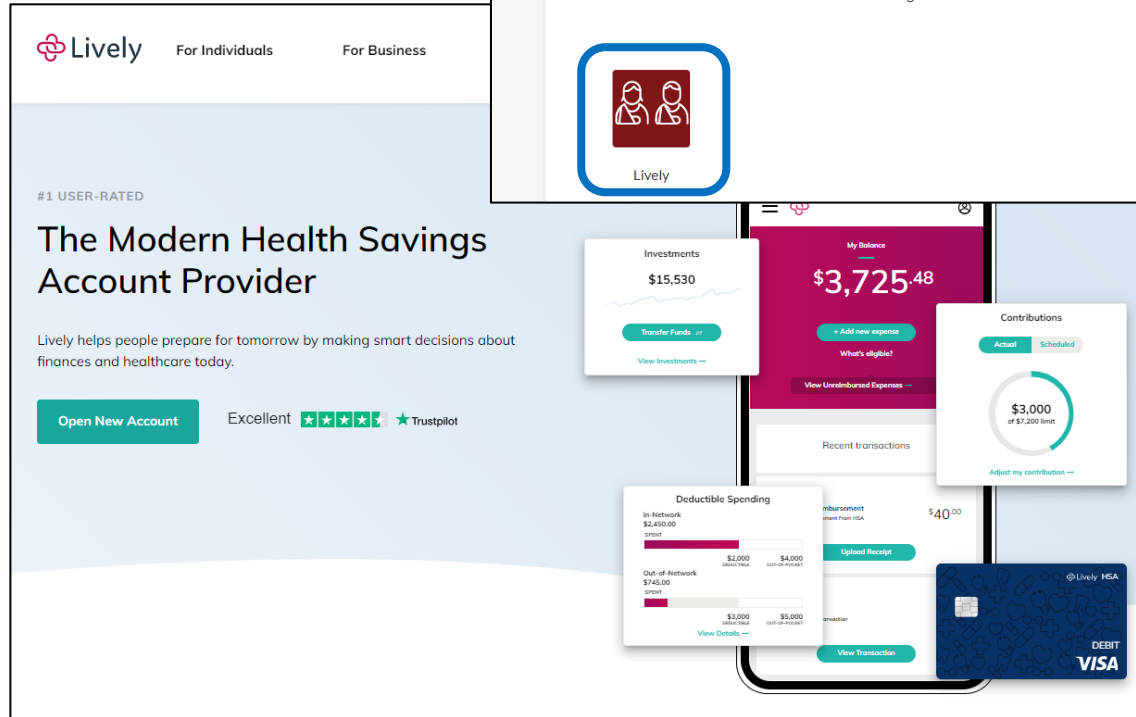
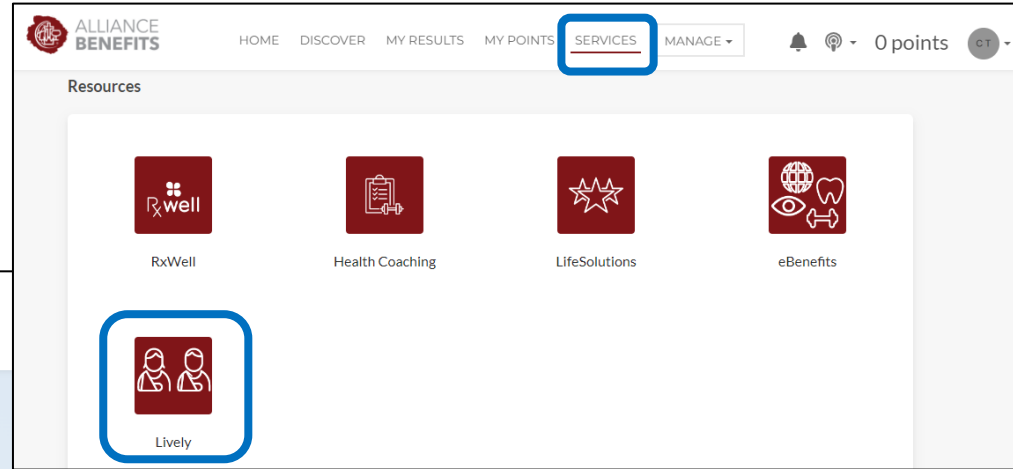
Standard gyms only. Offer valid through 2/29/24, 11:59 pm PT.

# Accessing LifeSolutions EAP



The screenshot displays the Alliance Benefits website interface. At the top, the navigation menu includes 'HOME', 'DISCOVER', 'MY RESULTS', 'MY POINTS', 'SERVICES', and 'MANAGE'. The 'SERVICES' menu item is highlighted with a blue box. Below the navigation, the 'Resources' section features a grid of service tiles: RxWell, Health Coaching, LifeSolutions, eBenefits, and Lively. The LifeSolutions tile is highlighted with a blue box. Below this, a grid of various resource tiles is visible, including 'Legal Resource Center', 'Financial Resource Center', 'Webinars', 'LifeSolutions Webinar Series', 'Diversity, Equity & Inclusion', 'LGBTQIA+', 'Newsletters', 'Grief Support', 'Mindfulness', 'Substance Use Support', 'Mindfulness Journey', and 'Resilience'. The 'workpartners' logo is visible in the top left of the main page and in the bottom right corner of the overall image.

# Accessing Lively



# 2024 Take a Healthy Step Portal Demo





analytics | advocacy | absence | technology

**workpartners**   
the people activation company