

YMCA EMPLOYEE BENEFITS
101 N Wacker Drive
Chicago, IL 60606

Nonprofit
Organization
U.S. Postage
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Chicago, IL
Permit No. 7150



SMALL STEPS. BIG REWARDS. WITH THE NEW RALLY ENGAGE MOBILE APP

Rally Engage—the new home of the WellnessWorks program’s activities—is where your wellness journey meets real rewards. As you work toward your health goals, Rally Engage offers meaningful incentives that recognize your progress and keep you motivated. Inside the app, you’ll find a wide variety of ways to earn gift card rewards, from completing health surveys, participating in missions, learning more about your benefits, and taking steps to better your health.

With Rally Engage, you can:

Get a Snapshot of Your Health

Taking the health survey can help you better understand your overall health and set achievable, everyday goals that can help you improve your health.

Create New Habits

Choose areas of focus, set goals, and track your progress as you support your health, from activity and diet to emotional well-being.

Get Rewarded

Rally Engage has simple ways to improve your health while earning rewards along the way!



Get Started Today! Scan the QR code to visit ymca.rallyengage.com or download the mobile app, then sign in using your HealthSafe ID®—the same credentials you use for benefits.surest.com or the Surest mobile app.



PLAN MEMBER PERKS GETTING MORE OUT OF YOUR SUREST COVERAGE

THE WELLNESSWORKS ISSUE

WELLNESS THAT WORKS PROGRAMS TO SUPPORT YOUR HEALTH (AND YOUR WALLET!)

When we talk about wellness, it includes more than just your physical health—it’s about supporting your whole self. That’s why our WellnessWorks program is designed to offer programs and activities that help you take proactive steps toward better health, well-being, and work-life balance. And to sweeten the deal? These steps can put money directly back into your wallet. So whether you’re looking to keep an eye on your health, build better habits and routines, or work on bigger goals like weight loss, quitting smoking, or managing diabetes—rest assured that there’s something in WellnessWorks that can work for you.

Why It Matters

More than a rewards program, WellnessWorks supports Healthy Living, one of the core building blocks of the Y’s foundation. It’s a powerful example of how supporting you in your wellness journey can have wider reaching benefits. Because by empowering you to take charge of your health in ways that are meaningful, manageable, and rewarding you’re not only investing in your own well-being, but the well-being of the Y Movement.

It All Starts With the Health Survey

To start participating in the WellnessWorks program and earning rewards, the first step is taking the Health Survey. This annual check-in is designed to give you a snapshot of your current health and wellness, and it can help highlight areas you may want to focus on. Once you’ve completed the survey, you’ll receive personalized suggestions for programs and activities that align with your chosen focus area, making it easier to take meaningful steps toward your goals.

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- ▶ Quit for Good with Quit For Life
- ▶ Small Steps. Big Rewards.

PLAN MEMBER RESOURCES

Visit YBenefits.org and select your YMCA to learn more about the benefits available to you through YMCA Employee Benefits.

To access your Surest member account, you can log in on benefits.surest.com.

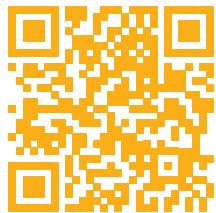
As a medical plan member, you are also automatically enrolled in vision benefits from EyeMed and our Employee Assistance Program, provided by Optum. To access information and resources related to those benefits, you can visit www.eyemed.com for vision as well as www.liveandworkwell.com (access code 9622) for resources from your EAP.

For questions and help with the Rally Engage platform, please contact Optum Technical Support at 1-877-370-1130.



Keep reading inside this issue for even more information about this year’s WellnessWorks Program and all the activities you can choose from to earn up to \$350 in gift card rewards.

For even more information, visit YBenefits.org/wellness—our new dedicated Wellness & Healthy Living hub for program details, flyers, FAQs, and more.



A FRESH START TO AN ONGOING JOURNEY

A NEW INCENTIVE YEAR BEGAN AUGUST 1

It’s that time again! August 1 marked the beginning of a new incentive year for the WellnessWorks program, which is available to all YMCA employees, pre-65 retirees, and spouses or domestic partners who are enrolled in a medical plan from YMCA Employee Benefits. Our WellnessWorks program makes it easy to focus on taking small steps towards improving your health and wellness, all while earning up to \$350 in gift card rewards along the way!

This year, the program refresh has come with a few important updates to be aware of—most importantly a brand-new platform. The health survey, incented programs and activities, missions, challenges, and rewards are now all housed on Rally Engage, an updated experience tailored to you and your wellness journey. It’s important to note that members must download the new Rally Engage mobile app or login online to ymca.rallyengage.com to take the health

survey and access rewards. Activities and health data from the previous site and app will not transfer.

The first step towards earning rewards is to take the health survey which, once completed, counts for the first \$50 in gift card rewards. This unlocks access to all other rewardable activities. As part of setting up your profile and completing your survey, the new Rally Engage platform will also guide you in selecting a focus area—a customizable part of your health and wellness goals that will then help the system highlight programs and activities that may be of interest to you.

New This Year!

Joining the slate of programs and activities that you can participate in to earn rewards, are two new programs. If you’ve been trying to quit tobacco products and want to kick that habit to the curb once and for all, Quit For Life is now available as a part of the WellnessWorks program. Quit for Life has been helping people kick tobacco for over

30 years through tried and trusted techniques. And now, the comprehensive online program is offering even more support as part of your benefits. And if you’re looking for guidance in other areas of your wellness? Try health coaching with Wellos, a wellness program that’s built for real life. Wellos uses tracking, coaching, and personalized support to help you make sustainable changes at your own pace.

Wellness that Works for You

The variety of programs and activities included in the WellnessWorks program is intentionally designed to make it easy for you to craft a customized path to living healthier, all while being rewarded for taking the steps towards improving your health and wellness.

Use the chart below to choose your own path. Log in at ymca.rallyengage.com to get started or visit YBenefits.org/wellness to learn more.

INCENTED PROGRAM / ACTIVITY	REWARD
Take the Rally Health Survey to unlock the options below	\$50
Complete three Rally Missions ²	\$25
Watch video about the Employee Assistance Program (EAP) benefit	\$25
Take two (2) Rally quizzes to learn more about your benefits	\$25
Set goals and track your daily steps with Rally Stride <i>Meet your goal at least 12 times during any calendar month to earn the reward for that month</i>	\$25 per month!
NEW! Enroll in Wellos and attend 3 coaching sessions ²	\$50
Get an applicable preventive screening: ² Annual Physical/Wellness Exam (≥18 yrs old) Colorectal Cancer Screening (>45 yrs old) ¹ Mammogram Screening (Females ≥40 yrs old) ¹ Cervical Cancer Screening (Females 21-65 yrs old) ¹	\$100 <i>The reward will be triggered after your doctor submits the claim.</i>
Get a biometric screening In-person or using an at-home kit from LetsGetChecked	\$100
Complete 12 sessions of the YMCA’s Diabetes Prevention Program ²	\$100
Complete LIVESTRONG at the YMCA® program for cancer survivors ²	\$100
Complete at least 9 sessions of the Real Appeal weight loss program ²	\$100
NEW! Complete the Quit for Life® tobacco cessation program ²	\$100
Participate in Virta to lose weight, or to reverse or prevent Type 2 diabetes and prediabetes Enroll in the treatment program – \$50 Participate for at least 6 months – \$100	\$150
Choose from any of the activities above to earn a maximum of:	\$350

¹ Only the applicable screenings based on gender/age listed here are eligible for incentive. Reward triggered once insurance claim is processed.
² Members can participate multiple times, however only the first completion is incented per incentive period.

SUSTAINABLE CHANGES, YOUR PACE

WELLOS: A PROGRAM BUILT FOR REAL LIFE

Wellness isn’t one size fits all, everybody and every body is different, and being able to tailor your journey to better health can help you make sustainable changes at your own pace. This is why we’re excited to offer Wellos, an immersive health and wellness experience that can help you on that journey as a new part of the WellnessWorks program!

What is Wellos?

Wellos is an innovative program that balances valuable information with smart technology in order to respond to you and your unique health needs. The result? Healthy, long-lasting changes that stick. Customizable and comprehensive, the program is like a one-stop shop for wellness, offering a variety of options that can be tailored to fit your personal goals and needs, all while letting you stay in control of your own path.

Created by a team of dietitians and behavior change experts, the Wellos team is made up of experienced health and habit experts who’ve worked to sift through all the noise of the health and wellness world in order to provide comprehensive, evidence-based guidance.

Wellos offers educational resources, valuable lessons, and coaching that can help you reach your health goals. By enrolling and starting your journey, you’ll immediately gain access to:

- Tracking: Embrace personalized reporting based on your real life data
- Coaching: Talk live with an expert coach who cares about your success
- Personalized Support: Energize your routine with content and challenges picked for you



QUIT FOR GOOD WITH QUIT FOR LIFE®

YOUR LAST FIRST STEP TOWARD QUITTING FOR GOOD

Did you know that tobacco use is one of the leading causes of preventable disease, disability, and death in the United States? In fact, despite decades of public health efforts, nearly 1 in 5 adults in the U.S. still report using some form of tobacco product according to the CDC.

Commercial tobacco products can cause cancer in almost any part of your body, and are also linked to health concerns like heart disease, stroke, lung diseases like COPD, type 2 diabetes, and harmful effects on reproductive health. As such, quitting smoking is one of the most important actions people can take to improve their health and reduce the risk of premature death. Quitting is not always an easy task—but with the right support, it’s absolutely possible.

That’s why we’re excited to offer the Quit For Life® smoking cessation program as part of your YMCA Employee Benefits

medical plan and the WellnessWorks rewards program. Quit For Life’s proven approach has helped thousands of people quit tobacco over the past 30 years, using evidence-based strategies and compassionate support tailored to each individual’s journey.

So whether you’re trying to quit vaping, cigarettes, or other tobacco products, Quit For Life® can meet you where you are, with tools that work and support from people who care.

What You’ll Get with Quit For Life®

More than just a smoking cessation program, Quit For Life is a comprehensive support system that’s been designed to help you succeed. After enrolling, you’ll gain access to:

- Personalized Quit Plans tailored to your goals and lifestyle
- 24/7 access to a dedicated Quit Team for guidance and encouragement
- Group coaching sessions that offer peer support and deeper conversations
- Free Nicotine Replacement Therapy (NRT) like patches or gum for those who qualify



Learn more at YBenefits.org/wellness or log into Rally Engage to get started

To get to Wellos, log into Rally Engage using your HealthSafe ID® and head to the EXPLORE tab, where you’ll find Wellos and all other rewardable programs and activities included in WellnessWorks.

New Features to Support Every Journey

Quit For Life has also continued to develop it’s program to meet the needs of today’s tobacco users with enhancements like:

- Live Vape Free: Texting-based support designed specifically for young adults working to overcome vaping addiction
- Menthol Support: Specialized resources to help users quit menthol products
- 24/7 Chat Buddy: An AI-powered chat that can offer motivation, answers, and support whenever you need it

Earn Rewards While You Quit

Not only can you get the personalized support you need on your journey to quitting, as a new part of the WellnessWorks program, participating in Quit For Life can also help you earn gift card rewards—just one more way that taking steps towards healthier living can put money back in your pocket. To learn more, visit YBenefits.org/wellness or sign up for the program through Rally Engage.

Source:Centers for Disease Control and Prevention, Quit For Life