

Inspire Wellbeing

 centura

Centura Health's wellbeing offerings are intended to support your whole health – mind, body and spirit. Participate in these programs to build healthy practices that best fit your full life.



WITH INSPIRE WELLBEING, EARNING WELLNESS REWARDS IS SIMPLE!

- Associates on a Centura Health Medical Plan and their covered spouses, if applicable, can each earn up to **\$1,000 in premium reductions**, for a total of up to **\$2,000 per family**.
- Associates not on a Centura Health Medical Plan can earn up to **\$250 in cash rewards**.

To log your wellness activities and earn points, visit the Inspire Wellbeing platform.

On a Centura Health medical plan? Earn 1,000 points to receive your full \$1,000 premium reduction.

- ✓ Log in to the Inspire Wellbeing portal.
- ✓ Take five minutes to complete your **wellbeing survey** to earn 100 health points.
- ✓ Complete your **tobacco status attestation** to earn 400 health points.
- ✓ Confirm you have completed your **preventive care visit** to earn 250 health points.
- ✓ Complete other fun **wellbeing activities** to earn a maximum of 250 program points.

Not on a Centura Health medical plan? Earn 250 points to receive your full \$250 cash reward.

- ✓ Log in to the Inspire Wellbeing portal.
- ✓ Complete fun **wellbeing activities** to earn a maximum of 250 program points.

REGISTER NOW OR LOG IN TODAY!

- Associates must register through **My Virtual Workplace**
- Covered Spouses can register at **wellbeing.centura.org**

Once you've registered, you'll be able to access your account through a convenient mobile app.

QUESTIONS?

Contact the People Resource Center at 1.888.622.1111 or peopleresourcecenter@centura.org.

EARN WELLNESS INCENTIVES BY MARCH 31, 2022

