

Powers Products Health & Wellness Plan



EAT BETTER.
STRESS LESS.
EARN CASH.
FEEL MORE FIT.

Powers Health & Wellness Program

The NEW Powers Health & Wellness program consists of five main categories to support the “Whole-Person” wellness approach including physical, mental and social wellbeing.

5 Key Categories

1. Employee Health & Wellness Expense Account: Accrue up to \$350 annually by participating in four different areas (details below). This money can be used for reimbursement from a list of approved health related activities. No more tracking daily exercise!
2. Wellbeats Virtual Fitness Provider: This premier on-demand fitness provider is a computer app-based program that delivers fitness classes, nutrition, challenges, assessments, etc. anytime, anywhere allowing you to take control of your health with fitness solutions to fit your life.
3. In-office and/or virtual “lunch and learn” programs: These classes will be held on a quarterly basis through Cigna and will cover a broad range of subjects from nutrition to stress management and mindfulness. We will be hosting these in-office as well as via recorded links to watch from home.
4. Benefit Hub: This is a free program that Powers is signed up with that offers discounts on everything from gym memberships, meal plans, fitness trackers, vitamins, etc.
5. Life Services Toolkit: Through Standard insurance (our dental/vision/life insurance provider) you have access to resources, support and guidance in a multitude of health-related areas including stress, anxiety, addiction, financial planning, etc. (details below)

Plan Details:

1. Health & Wellness Expense Account: Accrue up to \$350 annually
 - \$50 for logging into Wellbeats and completing your user profile/goals (computer or app based)
 - \$100 for participation in one of the quarterly Powers challenges via Wellbeats
 - \$100 for participation in any individual challenge via Wellbeats
 - \$50 for up to 3-hours of volunteer time for a local charitable organization (non-PPC/1x per year)
 - *BONUS \$50 for scheduling your annual Cigna Well Visit/Physical (just provide Dr's note)*
 - You can begin spending your money as soon as it's accrued!
 - Reimbursable Items include:
 - Gym Membership Fees
 - Exercise Classes
 - Personal Training Sessions
 - Nutrition Coach
 - Wellness Coach
 - Massages or massage memberships
 - Submit for reimbursement w/ a receipt via Health & Wellness expense code 6114 via email to wellness@powersproducts.com.

2. Wellbeats

- Wellbeats is an on-demand computer/app based fitness program that delivers fitness classes, nutrition, challenges, assessments, fit-tests, etc.
- Login to www.wellbeats.com or download the wellbeats app. If you haven't already set up an account go to www.wellbeats.com. Select login. Enter your email address in the username field and then choose next. Select "forgot my password" and have an email or text message sent to you with a verification code to set your password.
- To earn your first \$50, simply complete or edit your profile which includes your workout goals. When complete, your account will have recommended classes, challenges, etc. per your specific goals. You can begin by taking a "fit-test" or just begin viewing over 700 classes on 34 different channels, there's something for every age, interest and fitness level from nutrition to cycling and yoga, to stress management and family fitness. The user-friendly filters in-app make it easy to find exactly what you're looking for. Your login will automatically be submitted, so no need to submit anything, your \$50 will be recorded in your account.
- To earn your next \$100, participate in one of four quarterly Powers challenges (programs). These can range anywhere from one to four-weeks. The completion of your challenge/program will automatically be submitted to Powers, so your \$100 credit will be applied to your account, no need to submit anything.
- To earn your next \$100, participate in one of over 30 rotating individual challenges (programs). Choose a challenge/program that suits your interest. The completion of your challenge/program will automatically be submitted to Powers, so your \$100 credit will be applied to your account, no need to submit anything.

3. Lunch & Learns

- Powers will be working with Cigna to provide in-office and virtual/recorded "lunch and learns" on a variety of health-related topics. Lunch will be provided while we watch/listen to the presentation as a team.

4. Benefit Hub

- This is a free program that Powers is signed up with. They offer discounts on everything from gym memberships, meal plans, fitness trackers, vitamins, etc.
- Go to: www.powers.benefithub.com
 - Click Guest>Sign Up
 - Create Account
 - Explore deals on health & wellness, travel, tickets, auto, electronics, food, etc,

5. Life Services Toolkit

- This is available thru Standard (our dental, vision and life insurance carrier)
- Go to www.standard.com/mytoolkit. Enter username "assurance".
- This toolkit provides health and wellness articles on nutrition, stress management & wellness
- Employee Assistance Program (EAP)
 - Confidential connection to resources, support and guidance
 - Includes up to three free assessment and counseling sessions (in person, on phone, or video)
 - Help with:
 - Depression, grief, loss and emotional well-being
 - Family, marital and other relationship issues, life improvement and goal-setting
 - Addictions such as alcohol and drug abuse
 - Stress or anxiety with work or family
 - Financial and legal concerns

- Identity theft and fraud resolution
- Online will preparation
- Estate planning assistance
- Financial planning
- Funeral arrangements