

# VITALITY REWARDS PROGRAM



At McCownGordon we are passionate about enhancing the wellbeing of associates and their families by joining them on their wellness journey; providing resources, connection and encouragement to enjoy healthy, energetic lives. The Vitality Portal provides comprehensive resources to help associates achieve their wellbeing goals and earn rewards along the way!

Ways to <b>EARN REWARDS</b> in Vitality portal	<b>INDIVIDUAL COVERAGE</b> ( <i>\$250 Maximum Contribution</i> )	<b>FAMILY COVERAGE</b> <i>Associate + Child, Spouse, or Family (\$500 Maximum Contribution)</i>	<b>NOT PARTICIPATING IN MGC HEALTH PLAN</b> ( <i>\$250 Maximum Associate / \$250 Maximum for Spouse</i> )
Complete <i>Vitality Health Review (VHR)</i>	\$125 HSA: <b>Associate</b>	\$125 HSA: <b>Associate</b> \$125 HSA: <b>Spouse</b>	\$125 Payroll Deposit: <b>Associate</b> \$125 Payroll Deposit: <b>Spouse</b>
Complete <i>Health Screening</i>	\$125 HSA: <b>Associate</b>	\$125 HSA: <b>Associate</b> \$125 HSA: <b>Spouse</b>	\$125 Payroll Deposit: <b>Associate</b> \$125 Payroll Deposit: <b>Spouse</b>
Complete <i>Activities, Challenges, Training &amp; more</i>	Earn points you can redeem for thousands of items in the Vitality Mall within the Vitality Portal.		

Associates completing their *Vitality Health Review* and *Health Screening* uploads by the date in the left column will receive their HSA or Payroll Deposit according to the schedule in the right column.

Vitality Health Review Completion / Health Screening <b>UPLOAD*</b> Date	HSA/Payroll <b>DEPOSIT</b> Date
By March 15	2 <sup>nd</sup> Thursday in April
By June 15	2 <sup>nd</sup> Thursday in July
By September 15	2 <sup>nd</sup> Thursday in October
By November 15	2 <sup>nd</sup> Thursday in December

\*Health Screenings must be uploaded to the Vitality Portal by November 15<sup>th</sup> to receive incentive dollars.