



HealthbyChoice Instructions

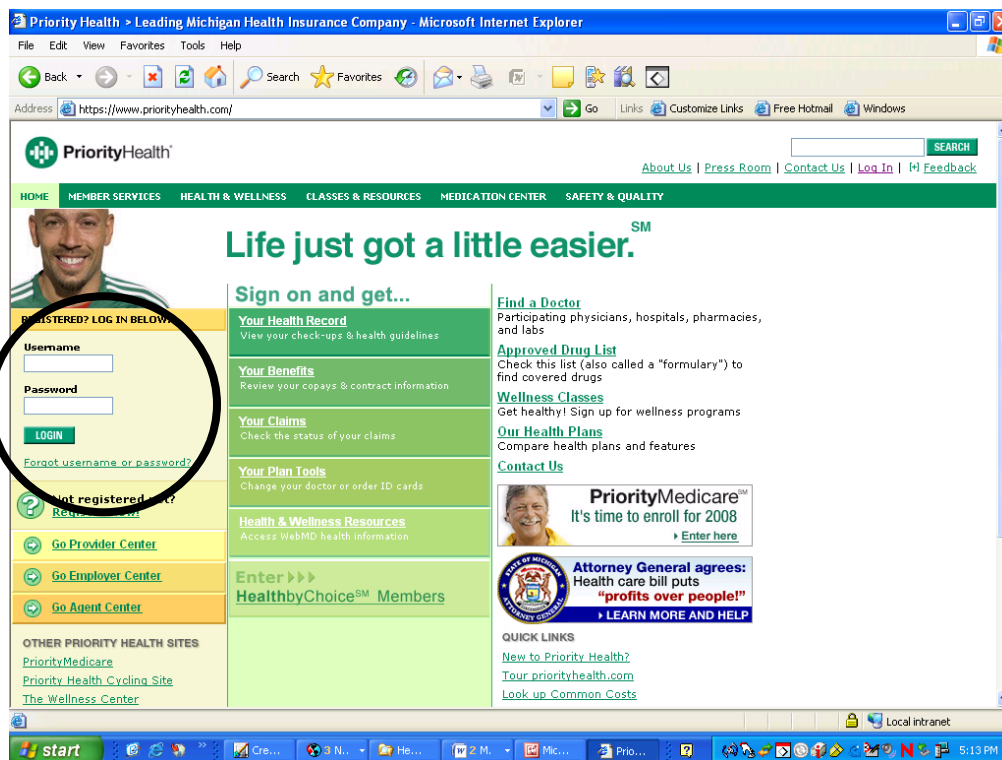
As an employee of Calvin College enrolled in Calvin's health plan (administered by Priority Health), you are eligible to earn up to \$300 each calendar year as a cash incentive for participating in a variety of health and lifestyle habits.

Each "quarter" you will be required to earn two *Healthy Habits* credits to qualify for ¼ of your \$300 incentive each quarter. Whether you begin to earn your incentives in the first or the last quarter, your **FIRST** activity (ie. a requirement for entry into the incentive program) is to log onto Priority Health's website and complete the first two commitments of the HealthbyChoice program.

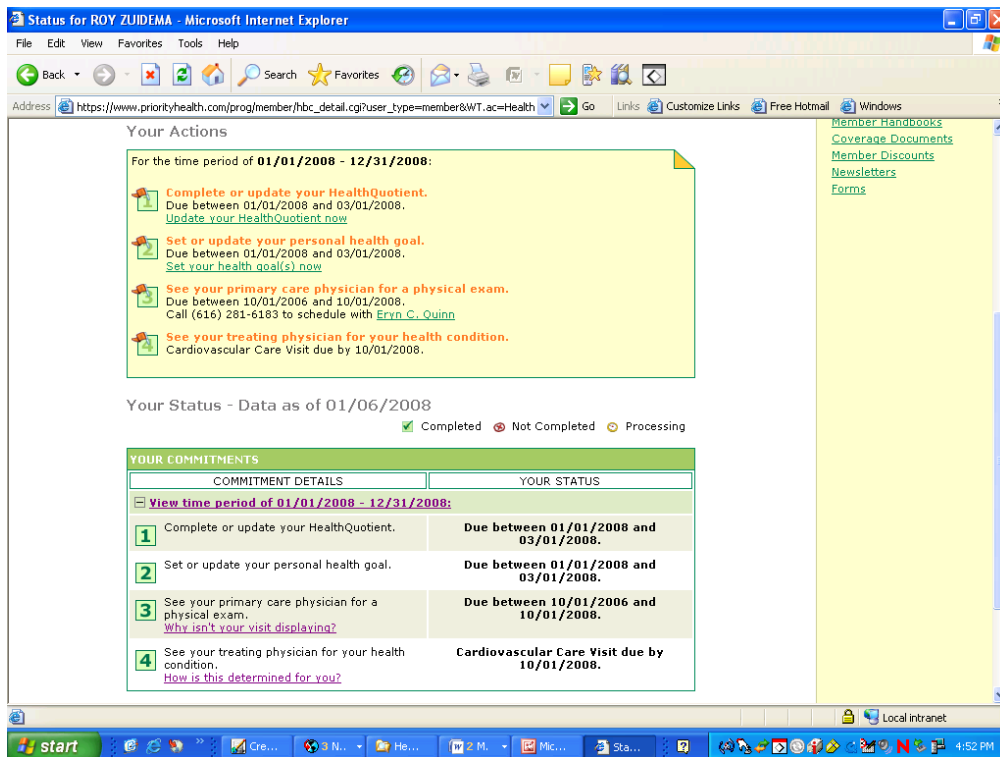
HealthbyChoice is a partnership between Calvin College and Priority Health designed to encourage and reward you for taking personal responsibility for your health and behaviors.

Below are the steps for completing your first two HealthbyChoice commitments. If you have questions as you complete these steps, please contact Priority Health's Customer Service representatives with a secure online message at www.priorityhealth.com. Or just call 800 446-5674.

1. Set up your own private, personalized account on the Priority Health Website at www.priorityhealth.com (or just log on if you already have an account).



2. Once you are logged onto the member center, click on the "HEALTH & WELLNESS" tab near the top...then click on the "HealthbyChoice" link.
3. This will take you to the following webpage, listing the actions (commitments) that you need to complete, and the status of each commitment as of today's date.



Commitments 1 and 2 – completing the HealthQuotient questionnaire and setting 1-3 personal health goals – are required for earning Calvin’s cash incentives. These need to be completed by February 28, in order to be eligible to receive your first quarter incentive. The actual HealthQuotient will take on average of 15 to 20 minutes to complete. Once complete, your page should look something like this (Note: If you do not have a medical condition that requires medical follow-up, you will only have 3 steps to complete):

