



IRON WORKERS' Tri-State Welfare Fund

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Important Information about Changes to the Healthy Foundations Wellness Program Effective January 1, 2024

March 2024

Dear Participants,

We are writing about the Fund's Healthy Foundations wellness program.

The program continues to reward you and your family for maintaining and improving your health. **You continue to have the opportunity to earn up to \$400 per person.** And, your spouse can also participate, maintaining the maximum incentive for each family at \$800. The incentive will be deposited into your Healthy Foundations Account and used to pay your eligible medical costs.

Effective January 1, 2024, the activities required to earn incentives in the wellness program changed slightly.

Specifically, you can earn incentives by:

- 1) Tracking 30 minutes of exercise or 5,000 steps per day 5 times a week for 6 weeks during a calendar quarter - \$100
- 2) Completing the online Health Assessment - \$100
- 3) Completing a preventive physical or well woman exam - \$100
- 4) Completing one of the health activities below - \$100
 - Digital coaching: Earn 3,000 "Hearts" by completing weekly activities and getting tips to improve your health.
 - Telephonic lifestyle and condition coaching: Complete 4 coaching calls.
 - Group coaching: Complete a 6 week group coaching session. Each interactive 30-minute session is facilitated by an expert coach facilitator.
 - Tobacco cessation: Complete at least 3 calls with 2 weeks between each call.

The program will continue to be administered by ActiveHealth®. ActiveHealth is a national leader in population health management, passionate about helping every person achieve his or her best health. Collaborating with employers, health plans, governments and providers, ActiveHealth is currently helping more than 20 million people live their healthiest lives.

You can find additional information—including detailed directions about how to earn each incentive—by visiting myactivehealth.com/tristateironworkers. If you have not already registered, you will need to create an account by choosing a user name and password.

If you have any questions about this change or your benefits in general, please call the Fund Office at (844) 395-4467.

Sincerely,

Board of Trustees