

DON'T MISS OUT!



Follow the steps below to receive your reward for the wellness program.
The reward for 2019 is **\$100** for each employee and/or spouse for a maximum of **\$200** and payable in November 2019.

Deadline: August 30, 2019

STEP 1: Biometric Screening

- A. Go to <https://my.questforhealth.com/mobile/welcome/home>
- B. On the righthand side, enter Registration Key: **SGS2019** and click "Register Now"
- C. Read the Terms & Conditions and click "Accept & Continue"
- D. Enter your information and click "Continue"
- E. Create Your Account (username and password) and click "Continue"
- F. Enter your remaining information
- G. Verify mailing address
- H. Choose communication preferences
- I. Click "Save"
- J. Under Wellness Screening, Click "Order Form"
- K. Under Physician Results Form, click "Download Form"
- L. Click "Open" to view the PDF version of the Physician Results Form
- M. Print the Physician Results Form
- N. Bring the Physician Results Form with you to your biometric wellness screening appointment
 - Drink plenty of water prior to your appointment and
 - Continue to take all medications as prescribed by your healthcare provider
- O. The completed Physician Results Form must be faxed to Quest Diagnostics at 844-560-5221 by **August 30, 2019**

STEP 2: Health Risk Assessment

- A. Go to www.horizonblue.com/sgs
- B. In the top righthand corner, click "Sign In" to sign in or register
- C. Click "Skip Plan Overview" and click "Ok, Got it"
- D. Click on the Wellness dropdown and go to "My Health Manager"
- E. Click "Take The Health Assessment"
- F. Verify that your information is correct
- G. Check off the "Read and Agree" section and click "Go" button at the bottom
- H. Choose the optional health topics that you would like to know more about and click "Go"
- I. Choose the optional WebMD Newsletters that you would like to be signed up for and click "Go"
- J. An import Notification will pop-up. Click "OK"
- K. Click "Take It Now"
- L. Complete each section in the Health Assessment Tool
- M. Click Finish

STEP 3: Choose & complete 3 Health Goals -

IMPORTANT: If you haven't yet started these goals, you must start working towards them immediately in order to reach them by the deadline

*If you're still logged into www.horizonblue.com/sgs, you can skip to step E below.

- A. Go to www.horizonblue.com/sgs
- B. In the top righthand corner, click "Sign In" to sign in or register
- C. Click "Skip Plan Overview" and click "Ok, Got it"
- D. Click on the Wellness dropdown and go to "My Health Manager"
- E. *Click "Go To My Health Manager"
- F. Click on the "Rewards" tab at the top
- G. Click on the "Keep Earning" button next to the Wellness Credit section
- H. Click "more" next to the "Online Digital Health Assistant"
- I. Choose 3 Health Goals by clicking "Do It" next to those you plan to pursue
- J. Click "Create Goal" within the details of each Health Goal you select
- K. Track Your Weekly Progress to complete goals