

PASSPORT
TO HEALTH™
2025

passport.attentivehealth.com | 877.875.0333 | ces@attentivehealth.com

ATTENTIVE
HEALTH

PASSPORT TO HEALTH™



WHAT IS PASSPORT TO HEALTH™?

The PASSPORT TO HEALTH™ is a voluntary wellness program offered by your employer that awards you points for completing various activities. The program is designed to reward you for your smart decisions, and the steps you take toward a healthy lifestyle.

By reaching quarterly point goals, you can earn up **to \$200 in rewards** in 2025! You will also be eligible for the quarterly bonus drawing with the potential to earn **a \$250 reward!** For every 25 points you accumulate each quarter, you will earn one entry in the drawing. There will be three (3) drawing winners each quarter.



REWARDS

“FINISH LINE” POINT GOALS

25+ points per quarter

\$50 WELLNESS REWARD

per quarter



“EXTRA MILE” 100 + POINTS

1 drawing entry for
every 25 pts accumulated
since January 1 (no limit)

\$250 WELLNESS REWARD

3 winners
drawn each quarter



STEPS TO SUCCESS

- **Step 1:** Complete a confidential **personal health survey**, **meet with a health coach**, and earn 25 points per activity.
- **Step 2:** Earn **at least 25 points** per quarter from various PASSPORT TO HEALTH™ activities.
- **Step 3:** **Submit all your documentation** to Attentive Health to ensure you have the points needed for your wellness reward.




SUBMIT AND CONTACT

Receipts for activities such as doctor visits and community events can be turned in:

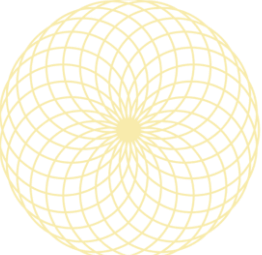
FAX: 215.734.2333
MAIL: P.O. Box 61, Telford PA 18969
UPLOAD: passport.attentivehealth.com
EMAIL: ces@attentivehealth.com

If you have questions about the program, call Attentive Health: **877.875.0333**

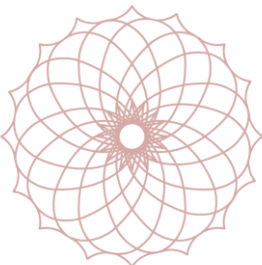
EVERY JOURNEY BEGINS WITH ONE STEP. START YOURS TODAY!



ACTIVITY	POINTS
Personal Health Survey	25
Attentive Health Coaching	25 each <i>(up to 100)</i>
NEW! Clinical Coaching	25 each
Routine Physical / Well-Visit	25
Personal Fitness Program	1 point each <i>(up to 100)</i>
Step Tracking	1-2/wk <i>(up to 100)</i>
Wellness Challenge (Q2)	25
Wellness Break Webinars	10 each <i>(up to 40)</i>
98point6 Primary Care	10
Other Preventive Care Activities <i>(i.e vaccines, dental/vision exams, colorectal cancer screening, mammogram, age/gender screening, etc.)</i>	15 each



FINISH LINE: 25+ points per quarter	\$50 wellness reward
EXTRA MILE: Every 25 points accumulated each quarter earns one drawing entry	\$250 wellness reward three (3) winners drawn each quarter



ACTIVITY DESCRIPTIONS

PERSONAL HEALTH SURVEY – Take 20 minutes to learn about your overall health. Complete a confidential survey and then follow-up with an Attentive Health coach to discuss your results & recommendations. Survey available online at passport.attentivehealth.com.

ATTENTIVE HEALTH COACHING – Get personalized & confidential support in achieving your health goals. In these 20-minute sessions, our health coach will help you work on your goals and support you in staying on track. Sign up at passport.attentivehealth.com or by calling **877.875.0333**.

NEW! CLINICAL COACHING – Receive individualized support from our Registered Nurse to identify strategies to help manage chronic conditions.

PERSONAL FITNESS PROGRAM (GYM or HOME)
Earn points for your own personal fitness regimen: give us a report of your visits to the gym and earn 1 point for every visit, up to 100 points. Or you can document your non-gym activities on a Fitness Log from Attentive Health and earn 1 point on your Passport for each point on the Fitness Log, up to 100 points. Fitness logs available at passport.attentivehealth.com.

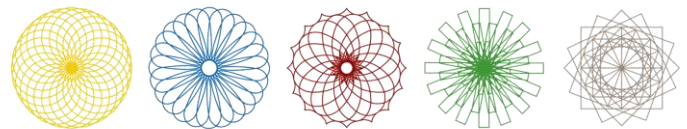
WELLNESS BREAK WEBINARS – Take a wellness break and learn a few health tips! A variety of topics will be offered throughout the year. View online anytime: passport.attentivehealth.com.

STEP TRACKING – Wear a Fitbit, Garmin, smartphone, or other fitness tracker and get 1 point for every week you reach 50,000 steps. If you reach 70,000 steps for the week, you'll earn 2 points for the week, up to 50 points total. To get credit for these activities, you will need to sync your device's steps to a free personal account in MoveSpring and join an Attentive Health challenge. Instructions can be found by clicking on Activities-Step Tracking at passport.attentivehealth.com.

98POINT6 – Earn points for setting up a free account to access full-service primary care from your mobile device at 98point6.com/ces.

ROUTINE PHYSICAL – Submit proof of a routine physical with basic biometric results from Jan 2025 – Dec 2025. Our Physician Form provides BOTH proof of your physical AND biometric results so that we can help you track your progress. Forms available at passport.attentivehealth.com or by calling us at **1.877.875.0333**.

OTHER PREVENTIVE CARE – Get credit for all your routine preventive care from Jan 2025 – Dec 2025. No results needed: simply submit a receipt or other proof of your visit(s).



LEARN
MORE!

PASSPORT TO HEALTH™ ONLINE

- ✓ check points
- ✓ upload receipts
- ✓ and more!

PASSPORT.ATTENTIVEHEALTH.COM