



Live Your Whole Life

Trinity Health is continuing to promote the value of living well in body, mind and spirit through the Live Your Whole Life initiative for colleagues and their families. The goal is to help us care for ourselves, our families and our patients. We'll provide you with tools and support to make this goal a reality.

Wherever you want to focus, Trinity Health is committed to offering you meaningful choice activities that give you an incentive for working toward your healthy living goals.

If you completed the health assessment in period 1, you'll need to earn 100 LifePoints through meaningful choice activities in period 2 to maintain your lower per pay amount for medical benefits for Period 2. If you didn't complete the health assessment, you can still take it and earn an additional 100 LifePoints to get the incentive back. The deadline to complete activities is June 29, 2018. Remember that both you and your covered spouse/eligible adult (if applicable) each need to complete this step to maintain the full incentive.

Choose from activities below to earn a total of 200 LifePoints by June 29, 2018.

If you completed your health assessment in period 1, you'll already have 100 LifePoints.

HEALTHY ACTIVITY	HOW TO COMPLETE	LIFEPOINTS	✓
RedBrick Compass® health assessment	You can complete the Compass health assessment questionnaire about your health in about 15 minutes—online in your RedBrick account, by phone, or request a hard copy. <i>You only need to take the health assessment once between October 1, 2017, and June 29, 2018.</i>	100 LifePoints, required	
Health coaching	Complete a coaching call. Meet your personal health coach and set your goals. Sign up for coaching by phone or via the online scheduler.	50 LifePoints per call	
RedBrick Track®	Track your daily healthy activities—whether physical, nutrition choices or living well, like getting a good night's sleep—online, via a synced device or with the RedBrick Health app.	5 LifePoints daily	
RedBrick Journeys®	Journeys are self-directed, re-energizing online experiences that can help you get active, eat healthier, stress less, lose weight and more. Access Journeys online from your RedBrick account or via the RedBrick Health app.	25 LifePoints per stage	

NEW: Download the RedBrick Health app for iPhone, iPad and Android devices.

Access code: [liveyourwholife](#) (one word, all lowercase).