



WELCOME TO A HEALTHIER, WEALTHIER YOU.



**PUSH**

for wellness.

# A Little PUSH Makes a Big Difference

PUSH for Wellness rewards you for making small improvements in any of five areas that have been proven to significantly reduce future health risks. Whatever your current level of wellness, we'll help you progress at your own rate – and we'll provide coaching and incentives to help you achieve your personal goals, one small step at a time.

## Make progress, earn money.

PUSH sends you a check each month for the measurable progress you make – even if your improvements are modest. Nearly three out of four participants have improved their health and reduced their risk factors with PUSH – and have been paid for it. Our scientifically designed wellness program really works, even for people who have struggled with their health and wellness efforts in the past.

## What have you got to lose?

Maybe a couple of pounds? A few points off your cholesterol or blood pressure? That huffing and puffing when you climb the stairs? A nicotine addiction?

You've got a lot more to gain. Energy. Confidence. Fitness. Better health. And some extra cash!

Sign up for PUSH for Wellness today!

# Your PUSH Score

## Evaluating the Wellness Basics That Matter Most

PUSH uses measurements from five key areas to determine your health risks. The lower the risks, the higher your overall PUSH Score. Small but meaningful improvements in any of these areas can help you increase your PUSH Score and your payout.



**Fitness.**  
We measure cardiovascular fitness based on recovery from a simple, three-minute step test, with the step test adjusted to your age, weight, and height.



**Weight.**  
We tailor incentives and goals based on your starting weight for a fair, effective approach to weight loss. Two-thirds of obese participants slim down with PUSH.



**Blood pressure.**  
Among participants with hypertension, 80 percent improve their blood pressure with PUSH, reducing their risk of heart attack and stroke.

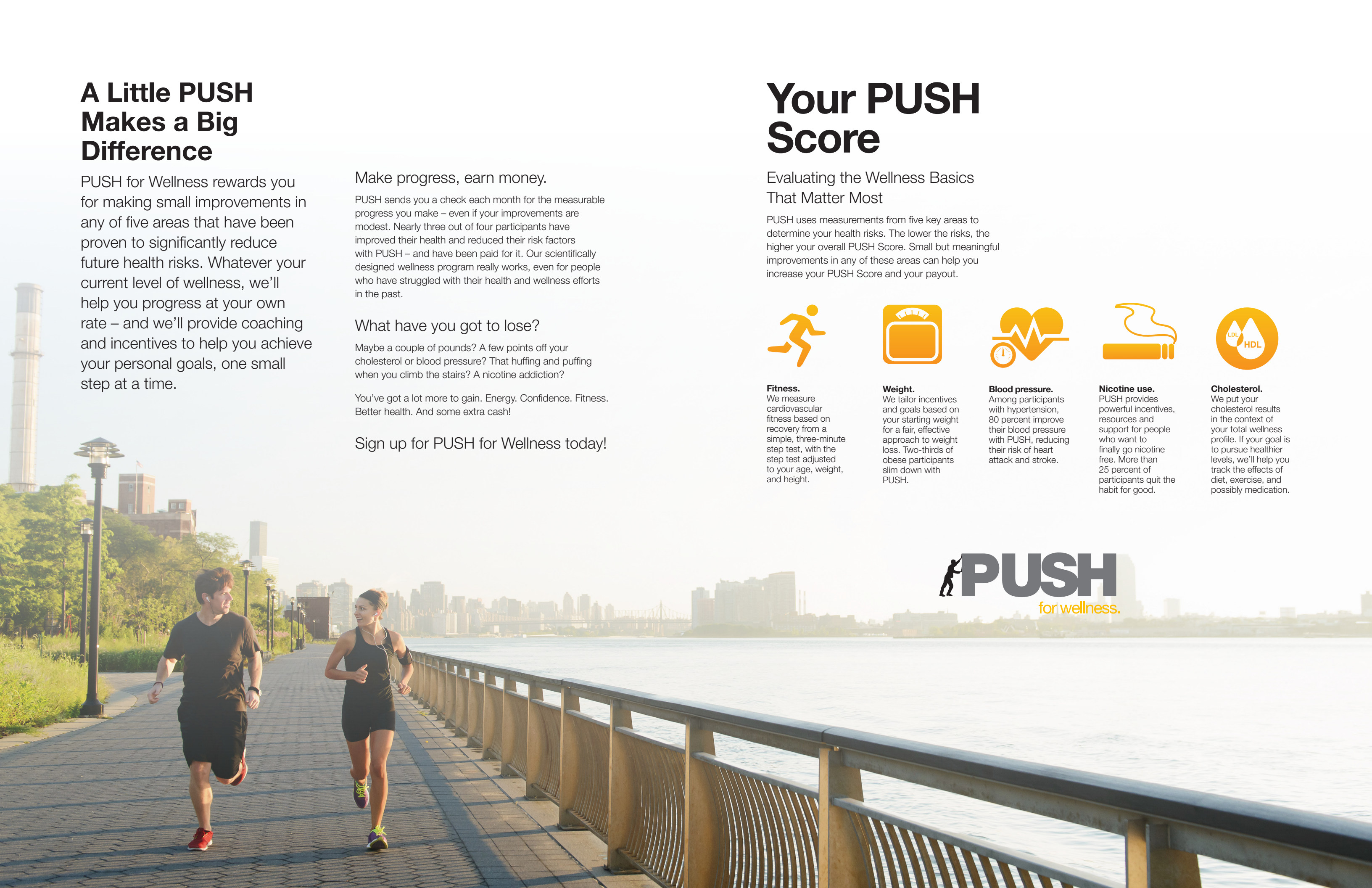


**Nicotine use.**  
PUSH provides powerful incentives, resources and support for people who want to finally go nicotine free. More than 25 percent of participants quit the habit for good.



**Cholesterol.**  
We put your cholesterol results in the context of your total wellness profile. If your goal is to pursue healthier levels, we'll help you track the effects of diet, exercise, and possibly medication.

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# Improve Your Health and Get Paid in Three Easy Steps

## 1 Sign up and complete your first wellness assessment.

Enroll in the program and perform an assessment at the same time, whenever PUSH is on site. Or, save time at your first assessment by signing up in advance.

After your first 20-minute assessment, you will have a full picture of your wellness level and a PUSH Score that determines your initial monthly payout. You'll start to receive checks in the mail typically within just a few weeks.

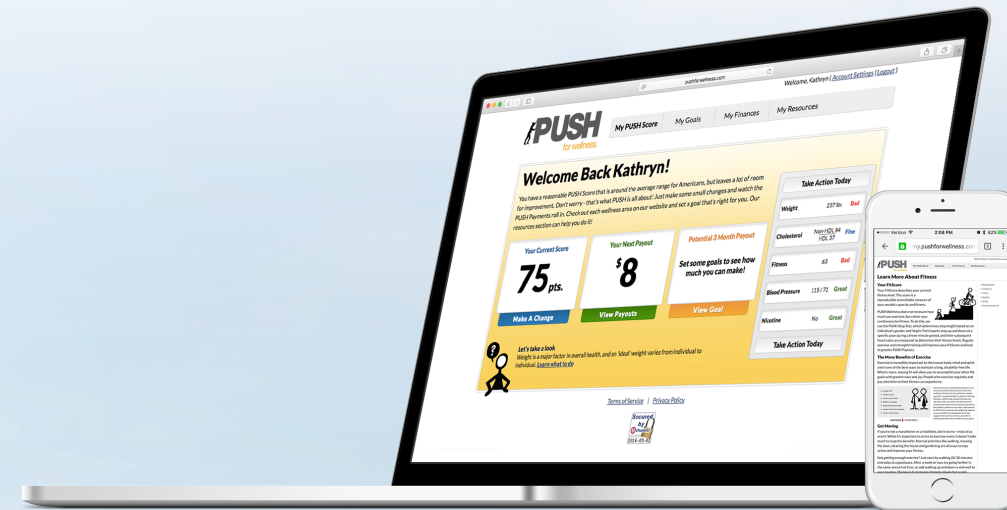
## 2 Commit to making small improvements.

We'll help you understand your current wellness results and highlight specific areas where you can focus your efforts. PUSH will give you individualized suggestions on how to improve your health and meet your specific needs and goals.

## 3 Earn money with every improvement.

You will have the opportunity to assess your progress each month. These assessments are optional and always private. We'll measure your progress toward your individual goals and help you plan further improvements.

Every month that you show measurable improvement in any of the five key areas – even if the improvements are small – you'll receive an incentive payout directly from PUSH for Wellness.



# See Your Results and Track Your Progress

PUSH will mail you a monthly update with your check, providing tailored information to keep you up to date on your progress. But you can get even more out of the program by using your personal web account. To sign up for direct deposit, track your progress, get personalized wellness tips, set goals and see the incentive payouts you can earn, log into your account at:

[my.pushforwellness.com](https://my.pushforwellness.com)

## How to Sign Up

Getting started is easy! We'll get everything we need during your first assessment.

If you can't make it the first month, enrollment is ongoing and you can sign up anytime PUSH is on site. The earlier you sign up, the more opportunity you'll have to earn the full incentive amount.



# Frequently Asked Questions

## Why is my company offering this program?

Two reasons. First, they care. Your company is proud to support a healthier, happier you. Second, the investment in PUSH for Wellness helps reduce health-related costs, so the program actually improves the bottom line. What's good for you is also good for business.

## Who is eligible to participate?

PUSH for Wellness is a voluntary wellness program and eligibility varies. If you're unsure if you can take advantage of this additional benefit, please speak to your Human Resources or benefits representative, or contact PUSH directly.

## What rewards can I earn?

Your employer determines the maximum dollar amount that participants can earn each year. Ask your HR department or a PUSH representative for details. Your incentive accrues, and payouts occur monthly to reward measurable improvements, even if they're small. If you don't earn the maximum payout in a given month, the full yearly amount is still available for you to earn by making small and steady health improvements in future months.

## The people who already work out are going to get the biggest rewards, right?

Wrong! PUSH for Wellness rewards the progress you make, not how much you exercise or how "healthy" you are compared to other people. You may be a triathlete or a couch potato – it doesn't matter. Most people earn some amount of money after their first assessment, and as long as you're making progress, you'll be able to earn additional cash incentives. PUSH is fair by design. It's about helping you improve, no matter where you start or how much progress you make.

## Will my private information be secure?

Yes, very secure. We use the same security technology as your bank, and PUSH is fully compliant with healthcare privacy regulations including HIPAA and ADA.

## Will my employer see my information?

No. We only provide summary reports of the entire participant group to help your company gauge participation rates and overall group improvement. There is no way to identify individual data. PUSH handles individual assessment results and manages the monthly payouts, completely independent of the company's HR, insurance, payroll and other systems.

## More Questions?

Contact PUSH at:  
info@pushforwellness.com  
(312) 588-6857





PUSH Wellness Solutions, Inc.  
180 N. LaSalle St. Suite 2305  
Chicago IL 60601

[www.pushforwellness.com](http://www.pushforwellness.com)

Phone: 312.588.6857  
Email: [info@pushforwellness.com](mailto:info@pushforwellness.com)

\*You will be given the opportunity to qualify for the incentive at least once a year. If a medical professional determines that it is unreasonably difficult or medically inadvisable for you to participate in some parts or the entire program, you will be offered a reasonable alternative, including waiver of some or all of the measures that determine your incentive payout. You may be asked to provide an affidavit signed by your doctor indicating that you are unable or have been advised not to participate in some parts or the entire program.