



DO THIS.



FEEL THIS.

Dear Ameren co-worker,

With the start of a new year, prioritizing health and wellness is often a resolution for many of us, and an opportunity for me to highlight Ameren's commitment to supporting your well-being. As part of Ameren's All In Culture, We Care about your well-being.

Live Well, Ameren's approach to well-being, provides you with a library of tools and resources to support not only your physical health, but your emotional, financial and social health too. Partnering with RedBrick Health, you are able to access Live Well resources online at **Ameren.com/LiveWell**.

Live Well also rewards you for making healthier choices and habits. Certain recommended activities are eligible for either cash or prize incentives during 2020, and a list of these activities is included in this program guide.

I am excited about the opportunity for Ameren to partner with you to be at your best and live well.

Best wishes for a happy and healthy year.

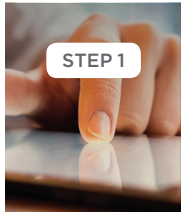
Sincerely,

A handwritten signature in black ink that reads "Mark Lindgren".

Mark Lindgren

Getting Started

It's important to make the most of your time right from the start. The Live Well portal powered by RedBrick Health can help you find the best activities based on your health and daily habits to help you keep moving in the right direction.



STEP 1

Activate your Live Well account (if you haven't already done so)

Activate your account on [Ameren.com/LiveWell](https://www.ameren.com/LiveWell) or download the RedBrick Health mobile app from the App Store or Google Play. Search **Ameren** in the sponsor list.



STEP 2

Tell us more about you

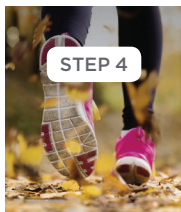
Complete the confidential annual online health assessment. Select "retake" if you completed it in 2019.



STEP 3

Know your numbers

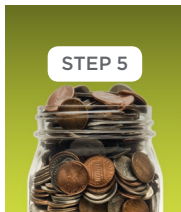
Participate in a health screening or complete an annual physical with your primary care physician and upload your results to [Ameren.com/LiveWell](https://www.ameren.com/LiveWell).



STEP 4

Choose your focus areas and activities

Find Journeys[®], resources and programs that are of interest to you.



STEP 5

Earn incentives

You can earn incentives for participating in specific activities, as outlined in the chart on the next page.

New 2020 Incentives*

Anthem Health Coaching** Get support from a professional

Co-workers and family members who have chronic conditions like asthma, diabetes and chronic obstructive pulmonary disease (COPD) can turn to an Anthem medical professional for one-on-one telephonic support. In addition, Anthem members who would like help achieving a wellness goal such as losing weight, managing stress or eating healthier can also participate in coaching. Co-workers who complete a call with the Anthem Care Team will earn a \$50 incentive.* To get started, call **866.962.1319, ext. 41141**.

Primary Care Visit** Establish a relationship with a PCP

A primary care physician (PCP) can help you in tracking your health history, screening for health risks, obtaining needed prescriptions and more. Co-workers who visit their PCP for an annual physical will earn a \$50 incentive.* In addition, if your doctor fills out the Health Screening Form, you can earn the \$50 health screening incentive. To find a PCP, visit [Anthem.com/find-doctor](https://www.anthem.com/find-doctor).

*Incentives will be added to your paycheck within 45 days after activity completion.

**Co-workers must be enrolled in an Anthem medical plan to participate and earn incentives for designated Anthem activities.

Incentives to Live Well

It pays to be healthy—in more ways than one! Pick and choose which activities are most meaningful to you and earn up to \$150. All activities must be completed between January 1 and September 15, 2020.

ACTIVITIES	WHAT YOU NEED TO DO (more info on Ameren.com/LiveWell)	INCENTIVES**	FREQUENCY
Health Assessment	Complete your confidential health assessment online, on your mobile device, or by phone. Your responses will help RedBrick develop a personalized program just for you.	\$50	1x/year
Health Screening	Get a confidential biometric health screening at an Ameren health fair, with your healthcare provider (using the Health Screening Form), or at a designated lab.	\$50	1x/year
Challenges	Participate in the spring and fall challenges. Interact with your co-workers, have fun and learn healthy new habits.	\$25	2x/year
Anthem Health Coaching*	Get support from the Anthem Care Team when managing a health condition or working toward a health goal.	\$50	1x/year
Primary Care Visit*	Visit your primary care doctor for an annual physical.	\$50	1x/year
Future Moms Program*	Expecting mothers can sign up for the Future Moms program to get support from a registered nurse throughout pregnancy. To enroll, call 800.828.5891.	\$50	1x/year

*Co-workers must be enrolled in an Anthem medical plan to participate and earn incentives for designated Anthem activities.

**Incentives will be added to your paycheck within 45 days after activity completion.

Want to earn free Ameren swag? Each quarter 50 co-workers will receive a \$50 credit to the Ameren e-store for completing recommended activities, outlined below.

QUARTERLY DRAWING ACTIVITIES	WHAT YOU NEED TO DO (more info on Ameren.com/LiveWell)	INCENTIVES*	FREQUENCY
Journeys®	Online Journeys allow you to choose small steps that build into healthy habits. Find the Journeys tab on the home page of the Live Well portal.	25 entries	1x/quarter
Track	Track all of your healthy activity. To earn credit, you must track at least 25 days of activity per quarter.	25 entries	1x/quarter
Sync a device/app	Do you use a device like Fitbit or an app like Runkeeper? Make tracking your activity automatic by syncing it with your Live Well account. You will need to re-sync your device for 2020.	25 entries	1x/year
Ameren Mentoring and Connection Community	Make connections and foster relationships throughout Ameren by becoming a mentor or mentee.	50 entries	1x/quarter
Tobacco-Free Self-Attestation	Log in to the Live Well portal and record your tobacco-free self-attestation.	25 entries	1x/year
Diabetes Risk Assessment	Take the confidential American Diabetes Association assessment to help assess your risk level for Type 2 diabetes.	25 entries	1x/year
Preventative Cancer Screenings Self-Attestation	Attest to getting these age or gender appropriate screenings: colonoscopy, mammogram and well-woman visit.	50 entries	3x/year

*Quarterly drawing winners will be notified and will receive their \$50 e-store credit via email. There is a 100 drawing entry limit per quarter.

Frequently Asked Questions

Q WHO IS REDBRICK HEALTH?

A RedBrick Health is an industry leader in corporate well-being programs, offering online tools that help you make decisions and develop habits to live well. Our partnership with RedBrick offers you confidential access to research-based activities, tools and features you can use to create a path to better health.

Q WHO IS ELIGIBLE TO ACCESS THE ONLINE LIVE WELL PORTAL?

A The Live Well portal is available to all Ameren benefit-eligible co-workers and spouses or domestic partners currently enrolled in the Ameren medical plan.

Q WHO IS ELIGIBLE TO EARN INCENTIVES THROUGH LIVE WELL? WILL INCENTIVES BE OFFERED EVERY YEAR?

A All benefit-eligible co-workers are eligible to earn incentives that will be added to your paycheck by completing activities listed on the incentive chart. We anticipate offering incentives every year and as the Live Well program evolves, incentives may change.

Q HOW LONG DO I HAVE TO EARN INCENTIVES?

A To earn 2020 incentives, you must complete the recommended activities between January 1 and September 15, 2020.

Q CAN I EARN THE HEALTH SCREENING INCENTIVE FOR GETTING AN ANNUAL PHYSICAL AT MY DOCTOR'S OFFICE?

A Yes, you can earn the health screening incentive as long as your doctor fills out the Health Screening Form and it is submitted to RedBrick by September 15, 2020.

Q WHERE CAN I FIND THE HEALTH SCREENING FORM?

A In the Live Well portal, open the menu in the top-left corner of the screen. Select **Health Screenings**. Click on **Your Provider**. Click on **Health Screening Form**. Print the form and have it completed by your provider. In order to be eligible for the incentive, health screenings need to be completed between January 1 and September 15, 2020.

Q WHAT MEASURES DOES REDBRICK HEALTH TAKE TO MAINTAIN THE PRIVACY OF MY PROTECTED HEALTH INFORMATION (PHI)?

A Your privacy is very important and RedBrick Health is committed to keeping your data protected, secure and confidential. Your personal health information is protected by HIPAA and will not be shared with Ameren. You can read the full privacy policy at home.RedBrickHealth.com/privacy.

Q CAN I SYNC MY APPLE HEALTH APP WITH THE LIVE WELL PORTAL?

A Yes, instructions can be found on the Live Well portal. Open the menu in the top-left corner of the screen and then select Apple Health devices. To claim your 25 entries for syncing, you will need to call RedBrick Health Customer Service at 833.724.4637.

Q WHAT INTERNET BROWSER SHOULD I USE TO OPEN THE LIVE WELL PORTAL?

A Internet Explorer or Chrome work best to view the Live Well portal.

Q WHOM DO I CONTACT FOR MORE INFORMATION OR TECHNICAL SUPPORT?

A For more information on Live Well or incentives, please contact LiveWell@ameren.com. For technical support contact RedBrick Health Customer Service at 833.724.4637.

 [Amen.com/LiveWell](https://ameren.com/LiveWell)

 **RedBrick Health app**

Sponsor: Ameren



 **833.724.4637**

Monday – Thursday, 7 a.m. to 10 p.m. CT
Friday, 7 a.m. to 7 p.m. CT
Saturday, 7 a.m. to 2 p.m. CT