



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 diabetes 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.