

2024 RENOVO WELLNESS PROGRAM

We'll support your health and wellness journey.



EARN INCENTIVE REWARDS WHEN YOU COMPLETE THESE ACTIVITIES BY THE ASSIGNED DEADLINE

Renovo wants to reward you for your healthy choices. That's why you and your spouse (if applicable), have access to this wellness program through Quantum Health. You can earn a reward when you complete these steps:

Renovo store contribution

All employees and spouses (if applicable), regardless of benefit elections, can participate in this program. You'll earn dollars per activity you complete after you have registered for both the app and portal listed below.



Step 1: You must complete these (2) activities to start earning the incentives:

1. Register on the Quantum Health portal
2. Register on myRenovo app



Step 2: Activities available to complete:

- Wellness assessment
- Designate a primary care provider (PCP)
- Complete three health coaching calls
- Register with RxSS
- Engage with Brightside Financial
- Complete at least one of the listed challenges

Premium reduction

Complete a biometric screening to earn a premium reduction effective Jan. 1, 2025.



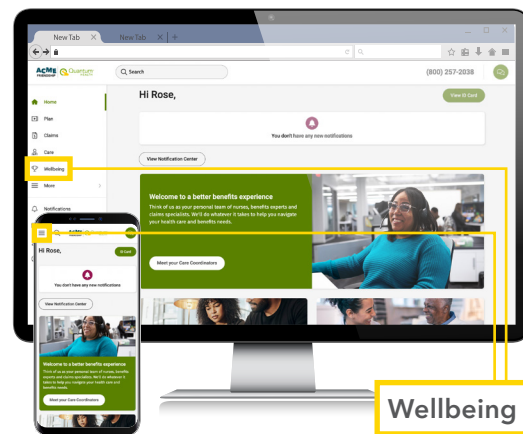
Have your biometrics measured and complete a blood work panel between Jan. 1 and Oct. 31, 2024, to receive credit.

There are two ways to complete:

1. Attend a Catapult on-site screening event
2. Complete a screening with your doctor at your annual physical

At least four biometrics are needed:

- | | |
|-----------------------|-----------------------------------|
| • Height and weight | • Total cholesterol |
| • BMI | • HDL |
| • Blood pressure | • TC/HDL ratio |
| • Resting heart rate | • LDL |
| • Waist circumference | • Triglycerides |
| • Fasting glucose | • A1c (if your doctor recommends) |



GET STARTED EARNING YOUR REWARDS

Log in to your online account at **RenovoHealthHub.com**, scroll down to the **2024 Renovo Wellness Program** tile and click **Learn More**.

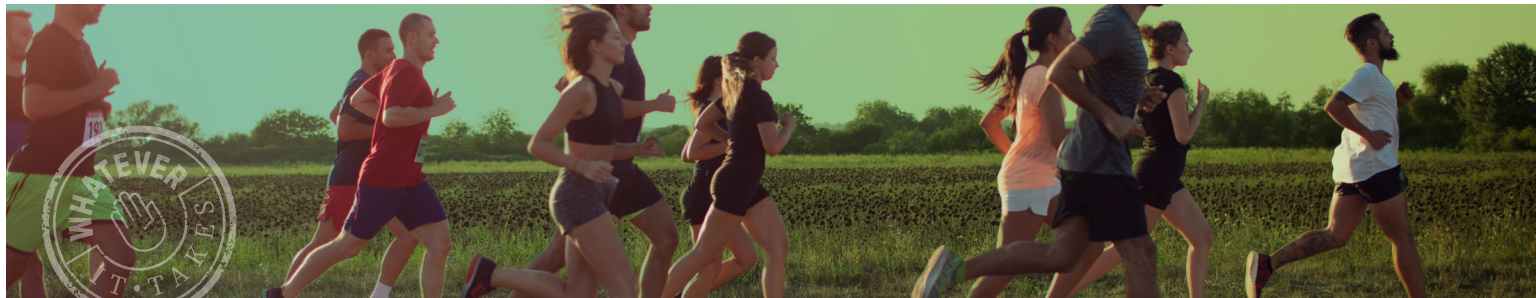
Welcome to a new wellbeing experience!

You may notice that the wellbeing section of your Quantum Health website looks a little different. The site was updated to make it even easier to find the information you need.

If you have any questions along the way, contact your Care Coordinators at (866) 920-1980.

Learn more about the steps to take to earn your rewards on the next page.





REWARDS AND ELIGIBILITY

Renovo store contribution

Your rewards will be available approximately 14 days after completion of the activities. This program is available to ALL employees and spouses, regardless of benefit elections.

Premium reduction

Your rewards will be applied on Jan. 1, 2025, if activity is met by Oct. 31, 2024. This program is available to employees and spouses enrolled in one of the medical plans.

TAKE THE NEXT STEP TO EARN YOUR REWARDS

Any activities completed after the assigned deadline will not receive credit. Reach out to your Quantum Health Care Coordinators with additional questions you may have about the 2024 Renovo Wellness Program at the contact information below.

IMPORTANT DATES TO REMEMBER:

- **Dec. 31, 2024:** Deadline to complete activities earning credit toward the Renovo store contribution.
- **Oct. 31, 2024:** Deadline to submit biometric screening results for credit toward the premium reduction applied Jan. 1, 2025.

Participation is voluntary. It is your responsibility to meet the requirements for the first incentive by Dec. 31, 2024, and the second incentive by Oct. 31, 2024, to earn the rewards. Please allow yourself adequate time to complete these activities before the deadlines.

If it is medically inadvisable or unreasonably difficult to achieve this program's standards because of a medical condition, contact your Quantum Health Care Coordinators at (866) 920-1980 to discuss alternative options.

MORE SUPPORT AND RESOURCES

Quantum Health provides additional resources to meet you wherever you are in your wellness journey.

- **Health Coaching** programs provide one-on-one support from coaches to help you improve your health – whether you want to prevent illness, lose weight, eat healthier, be more active, manage stress or sleep better.
- **Challenges** provide healthy competition over a two-to-six-week period and are focused on weight management, financial wellness, nutrition, physical activity and overall wellness.
- **Tracking tools** help you understand your current health and monitor your physical activity, biometric markers and health-related goals.

You can log in to your account at **RenovoHealthHub.com** and scroll down to the **2024 Renovo Wellness Program** tile and click **Learn More** to find all of these details and more.



renovohealthhub.com

(866) 920-1980
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

