Choose Your Path
to Better Health

2019 Living Life Better Programs and Services

Whether you’re looking to lose weight, get active, lower your stress or just feel healthier, Living Life Better is here to help with expert guidance and real support.

All programs and services that qualify for wellness incentives are provided exclusively through Bristol-Myers Squibb in partnership with RedBrick Health.

Find your fit with Living Life Better and reward yourself for achieving and maintaining better health in 2019. Wellness incentives vary based on the 2019 medical plan you select.

To participate and learn more, log on to livinglifebetter.com.
Wellness Incentives: Consumer Choice Plan

Benefit-enrolled employees, spouses and adult dependents (18+) are eligible to participate and earn incentives. Earn at least 100 points in a calendar quarter to receive a $100 HSA contribution. If you earn more than 100 points in a calendar quarter, you may roll over up to 25 points to the next quarter within the year.

- Incentives are paid only to Health Savings Accounts opened at Fidelity
- Annual individual maximum: $375 • Annual family maximum: $750
- Contributions are made by the end of the month following the close of the quarter:
  Q1 – by end of April; Q2 – by end of July; Q3 – by end of October; Q4 – by end of December
- Activities must be completed and received by RedBrick by Nov. 30 to be eligible for 2019 wellness incentives

Wellness Incentives: Point of Service Plan, HMO or decline BMS coverage

Active U.S. employees are eligible to earn a $100 company contribution to their paychecks (subject to tax) when they earn 150 points between January 1 and November 30, 2019.

- Wellness incentives will be included in paycheck within four weeks of activity completion
- Activities must be completed and received by RedBrick by Nov. 30 to be eligible for 2019 wellness incentives

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Points</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Do Something Today</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Assessment</td>
<td>Complete your annual health assessment to receive personalized recommendations.</td>
<td>50 points</td>
<td>1x/year</td>
</tr>
<tr>
<td>RedBrick Journeys*</td>
<td>Finish a step in a Journey.</td>
<td>1 point</td>
<td>daily</td>
</tr>
<tr>
<td>Monj, digital learning for food and cooking</td>
<td>Visit Monj each day to complete a daily mission.</td>
<td>1 point</td>
<td>daily</td>
</tr>
<tr>
<td>Health Coaching</td>
<td>Schedule a call to speak with a health coach.</td>
<td>5 points</td>
<td>1x/quarter</td>
</tr>
<tr>
<td>RedBrick Track*</td>
<td>Sync your wearable fitness device with Track. Track 30 minutes of physical activity.</td>
<td>5 points</td>
<td>1x/year</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 points</td>
<td>daily</td>
</tr>
<tr>
<td><strong>Do Something Bigger</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Next-Steps Consult*</td>
<td>Review your health results with an expert, and discuss which activities will best support your path to better health.</td>
<td>40 points</td>
<td>1x/year</td>
</tr>
<tr>
<td>Health Screening</td>
<td>Complete an annual health screening through BMS Medical (employee only), or at physician’s office (employee and/or dependents). See instructions at livinglifebetter.com.</td>
<td>60 points</td>
<td>1x/year</td>
</tr>
<tr>
<td>Health Coaching</td>
<td>Complete a scheduled call with your coach.</td>
<td>50 points</td>
<td>3x/quarter</td>
</tr>
<tr>
<td>RedBrick Journeys</td>
<td>Complete a single stage in a Journey.</td>
<td>15 points</td>
<td>6x/quarter</td>
</tr>
<tr>
<td>Preventive Care</td>
<td>Complete a medical or vision exam, or immunization.</td>
<td>25 points</td>
<td>2x/year</td>
</tr>
<tr>
<td>Charity Run/Walk</td>
<td>Complete a 2019 charity walk or run.</td>
<td>20 points</td>
<td>1x/quarter</td>
</tr>
<tr>
<td>Monj</td>
<td>Complete a method-based cooking lesson to learn new skills, tips and tricks.</td>
<td>10 points</td>
<td>5x/quarter</td>
</tr>
</tbody>
</table>
RedBrick Track is an online tool that makes it a snap to log your daily habits. As you follow your wellbeing efforts, you’ll discover how your healthy choices can help you meet your goals and work toward a balanced, healthy lifestyle.

And, if you use a wearable device or fitness app, you can sync it with Track and watch your steps add up automatically. Learn more about sync options on your Living Life Better homepage.

**MONJ**

Monj is a digital skill-building platform that makes it easy to get hooked on healthy food and cooking. Each meal brings people together around the table to savor fresh flavors and exciting cuisines. As Monj guides you through dinner, you’ll learn impressive new tricks and transform a night in your kitchen into a culinary adventure!

**HEALTH COACHING** **IN-DEPTH, ONE-ON-ONE EXPERT GUIDANCE**

With a personal health coach, you’ll have the benefit of working directly with a certified expert over the phone during scheduled calls every couple of weeks to answer your health questions, provide support in overcoming obstacles, and help set small goals to work on between coaching sessions. These one-on-one programs may last from four to six months depending on your preference. Choose from the focus areas below.

**Healthy Back**

Work with a coach to learn techniques for managing low back pain or recovering from an injury. You’ll receive personalized information on how to strengthen your back to reduce pain and future risk.

**Nutrition**

Learn how to make healthy food choices and get tools to make those choices easier. Focus on topics like portion size, food swapping, how to read food labels and healthy snack alternatives.

**Physical Activity**

Get support making gradual lifestyle changes to achieve your physical activity goals. You’ll get ideas on how to make physical activity part of your everyday life.

**Stress Management**

Learn to identify stress triggers and develop strategies to manage them. Get ideas on how to reduce stress with physical activity, proper sleep and good nutrition.

**Tobacco Cessation**

When you’re ready to quit, a coach can help you set a quit date, identify your triggers and discuss how to prevent a relapse.

**Weight Management**

If you have a BMI greater than 25, this program is designed to help you make gradual changes to support you in reaching your target weight. Topics include adding physical activity to daily life, making healthy food choices and creating a positive self-image.

For more information about Living Life Better and Bristol-Myers Squibb healthcare benefits, supporting resources and healthcare contacts, turn to bms.healthbenefitsus.com.
REDBRICK JOURNEYS  PERSONALIZED ONLINE EXPERIENCES

Journeys are made up of small steps that inspire healthy new actions. Try an online Journey focused on one of the health topics listed below to help you get more active, feel more confident about your finances, eat healthier, strengthen your resilience and more. You get to pick the healthy steps—which may incorporate activities as well as brief videos—that appeal to you, and work at your preferred pace, unlocking new levels of healthy habits as you go. You’ll find that changing habits doesn’t have to be hard, and trying something new can be fun.

**Arthritis**
Whether you have a new diagnosis or have been living with arthritis for a while, these Journeys offer ideas for how to live well while managing the condition. Making small adjustments to daily life can help ease symptoms so you feel better.

**Asthma/COPD**
There’s no shortage of information about asthma triggers and action plans. Journeys like Make a Plan to Breathe Easier help people with asthma practice the habits that will help them breathe better and feel good.

**Back Pain**
We help Journeymers prevent back pain one small step at a time. These Journeys focus on safe, gentle movement, improved posture, strength-building exercises and lifestyle choices that ease the effects of tension and stress.

**Blood Pressure**
Whether you’ve been diagnosed with high blood pressure or you’re living with prehypertension, these Journeys can help you move your numbers to a healthier zone. Simple steps center on eating healthier, getting active and managing medications.

**Cardiovascular**
These Journeys help you understand various heart conditions and how to manage them. Self-care tips and ideas on how to make healthy tweaks offer plenty of optimism as you move forward.

**Cholesterol**
Eating right and getting more exercise are powerful ways to move the needle on heart-healthy cholesterol. The key is turning good intentions into healthy, sustainable habits.

**Diabetes**
Diabetes Journeys start with the premise that each individual is his or her own best coach. You can try and extend new habits by practicing fresh new ways to eat and move more, to engage your care team effectively and to monitor your own health at home.

**Financial Wellness**
Financial know-how, combined with better saving and spending habits, can make a huge impact on financial health. These Journeys help users break down financial lingo, form new habits and navigate healthcare spending.

**Nutrition**
It takes more than nutritional guidance to change behavior—especially when culture and environment keep us stuck in old habits. Journeys such as More Veggies in No Time let you first “try on” and then practice new habits for better nutrition, weight loss and just feeling better.

**Physical Activity**
There’s a Journey for every point on the fitness spectrum. Physical Activity Journeys introduce engaging ways to work exercise into daily life and then help you to extend and “habitize” your way to greater fitness and energy.

**Pregnancy**
Pregnancy can be overwhelming, thrilling—and motivating. These Journeys break down the healthiest nutrition, exercise and preventive care practices into engaging, bite-sized steps.

**Sleep**
Whether it’s getting more exercise or choosing the right pillow, a good night’s sleep depends on what we do all day. These Journeys help you set up your daily life for the rest you need to boost energy and build health.

**Stress**
Journeys like Peak Performance Mind help you practice new ways of seeing and responding to the inevitable pressures life can throw your way. Small steps help refocus your energy and regain your sense of calm.

**Tobacco**
Real change is possible when tobacco users can replace current habits with healthy new ones. Each Tobacco Journey moves participants toward quitting for good through real-time practice gathering social support, prepping the environment and getting past triggers.

**Weight Loss**
These Journeys help you find the key to success by letting you try small steps that engage rather than overwhelm. With any Weight Loss Journey, the goals are small, specific and memorable, and lead to long-term habits that can be sustained.

For more information regarding the programs and wellness incentives described in this guide, please contact Living Life Better.

livinglifebetter.com
877-798-0987
Monday–Thursday, 8 a.m.–11 p.m. ET
Friday, 8 a.m.–8 p.m. ET
Saturday, 8 a.m.–3 p.m. ET

January 2018 U.S.
© 2019 RedBrick Health Corporation