



Important Information About Your Wellness Program

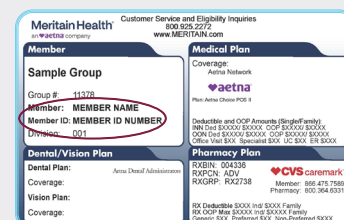
DOPT

2024

We're excited to offer our health and wellness program through Healthy Merits to employees enrolled in the medical plan. With Healthy Merits, you'll have access to a multitude of wellness resources, including wellness challenges, tracking, fitness device integration and a health assessment tool. The goal of Healthy Merits is to help you become healthier by establishing smart and easy habits to last a lifetime, versus setting temporary goals. Please keep in mind, before you can get started, you must register for access to your new Healthy Merits wellness website at <https://DOPT.HealthyMerits.com>.

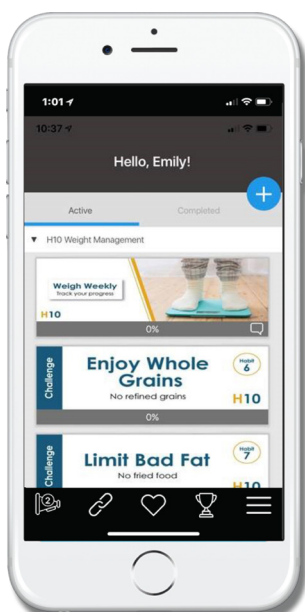
Healthy Merits website registration

Log in or create an account at <https://DOPT.HealthyMerits.com>. If you have not registered yet, enter your name exactly as it appears on your Meritain Health® medical ID card. Your unique ID will be your member ID.



Mobile app

Rather participate in the wellness program on your smartphone? Download the Healthy Merits app in the iOS App Store®, Google Play Store™ or scan the QR code below. Log in using the same username and password you used to register along with the company code **dopt** to create an account.



Apple app



Android app

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Health and wellness challenges and the new Rewards Mall

Earn gift cards for each challenge you complete on your wellness website. Once the challenge is completed you can select a gift card of your choice in the Rewards Mall.

Below, you'll find a variety of health and wellness programs you can participate in with your Healthy Merits Wellness Program. Simply complete the challenge during the month it's launched, and upon completion you will be eligible to unlock your \$50 gift card in the Rewards Mall.

You're free to cash out along the way or bank your rewards for larger gift cards later on as you reach each milestone! Be sure to cash out all gift cards by February 28, 2025.

Wellness activities	How to participate	Wellness incentive
March challenge— Preventive care	Complete the AgeGage health assessment and pick five HealthyU courses from the preventative care category.	\$50 gift card for the Rewards Mall
April challenge— Physical activity	Complete the HealthyStrides Challenge and three HealthyU courses on physical activity. The HealthyStrides Challenge is a 30-day steps challenge. To complete this challenge, participants are encouraged to take at least 5,000 steps per day.	\$50 gift card for the Rewards Mall
May challenge— Heart health	Complete the AfterMath Challenge and five HealthyU courses on heart health. The AfterMath Challenge invites you to write down what you eat and how it makes you feel each day for the next 30 days.	\$50 gift card for the Rewards Mall
June challenge— Wellness	Complete the GoH2o Challenge. This challenge invites you to replace one or more beverages (soda, juice, coffee, alcohol, etc.) with water for 30 days. And, you must complete the Identifying Wellness Trends and Fads course on the University.	\$50 gift card for the Rewards Mall
July challenge— Healthy eating	Complete the ThreeSquares challenge and five HealthyU courses on nutrition.	\$50 gift card for the Rewards Mall
August challenge— Sleep hygiene	Complete the SweetDreams Challenge and the five HealthyU courses on sleep.	\$50 gift card for the Rewards Mall
September challenge— Physical challenge	Complete the FlexTime Challenge. The FlexTime Challenge invites you to stretch for 100 minutes in one month. You should also complete the desk stretch webinar.	\$50 gift card for the Rewards Mall
October challenge— Diabetes month	Complete Air1,000 and five HealthyU courses on prediabetes and diabetes. The Air1,000 Challenge invites you to exercise outside and get some fresh air for 1,000 minutes in one month. Go for a run, take a hike or garden to exercise.	\$50 gift card for the Rewards Mall
November challenge— Gratitude	Complete the BeGrateful Challenge. List three new things you are grateful for each day for 30 days; 90 different things by the end and submit your list at the end of the challenge.	\$50 gift card for the Rewards Mall
December challenge— Wellness journey	Complete one of the options on the University: financial health, weight management or stress management.	\$50 gift card for the Rewards Mall
January challenge— New habits	Complete the NewHabit Challenge or NoThanks (no alcohol, dry January) Challenge.	\$50 gift card for the Rewards Mall

About your rewards

Your health plan is committed to helping you achieve your best health by offering rewards for participating in a wellness program. If you think you might be unable to meet a standard for a reward under this wellness program, just contact Healthy Merits at **1.877.348.4533**. We can help to find an engagement activity with the same reward that is right for you.

How to access your Rewards Mall

1. Click on your profile icon in the right-hand corner.
2. Click on *Redeem Rewards*.

Please note: If you choose to redeem a VISA® gift card, you will have four months to redeem your reward once you've received an email from VISA. Then, once activated, you'll have seven months to use your prepaid gift card wherever VISA debit is accepted.

All gift cards must be redeemed by February 28, 2025. They will not roll over to the new plan year.

Important tax information: all electronic gift card incentives are considered taxable income and will be reported on your W-2.



Follow these steps to register for your Healthy Merits website

To get started with your Healthy Merits Wellness Program, you must first register for your new Healthy Merits wellness website, if you have not already done so. Employees on the medical plan will use their member ID number to register. This website gives you tools and resources to help guide you along your wellness journey.

1. Click on or copy and paste the website: <https://DOPT.HealthyMerits.com>.
2. Click on *Register*.
3. Enter your information as it appears on your Meritain Health medical ID card.
4. Verify your address via the email you receive.
Please note: After you register, you will receive an email asking you to verify your email address. Please be sure to check your spam/junk folder for this email. Your registration is not complete until you verify your address through this email.

Simple. Transparent. Versatile.

At Meritain Health®, we're creating unrivaled connections.

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Device integration with Healthy Merits

We're making it even easier for you to track and maintain your wellness journey and progress! On your Healthy Merits website, you can connect your fitness devices and apps for more convenient tracking. This means no more manual data entry of fitness routines or other wellness activities you're involved in. Plus, each device or app you use will share data, so you won't have to check several different sources. Your devices and apps do the work for you!

How to connect

Connecting your devices and apps is easy. Just follow the steps below:

1. Log on to <https://DOPT.HealthyMerits.com>.
2. Click on *Devices* in the top toolbar.
3. Click *Supported Devices*, then, click on the plus sign (+) next to the device you wish to sync.
4. This will take you to the device page. Log in to your account to sync your device.
5. If syncing your iPhone's Health app or Apple Watch®, you will need to link your device within the Healthy Merits mobile app.

You can view your steps and your progress in the *Calendar* tab.

Questions? Call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

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