



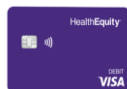
RCAB Health Benefit Trust Wellness Program Navigator

Chart your course to wellness by following this quick guide to navigate the Wellness Program and reach your final destination—a healthier lifestyle and financial incentives to pay for medical costs!

If you and your spouse are enrolled in the Enhanced or Basic Health Plan, you are each eligible to earn up to **\$1,000 per Plan Year** into a tax-free Health Reimbursement Arrangement (HRA) account with HealthEquity. To receive HRA dollars, you must earn \$500 in financial incentives before HRA dollars are awarded and deposited into your HealthEquity account. Employees and spouses who earn at least \$300 by June 30, 2026 will be permitted to carry over these incentives into the Plan Year starting on July 1, 2026 and continue working toward meeting the \$500 threshold. If enrolled in the High-Deductible Health Plan (HDHP), you and your spouse are each eligible to earn up to **\$500 per Plan Year** into a tax-free Health Savings Account (HSA). Participants with an HSA are not subject to any dollar threshold before HSA dollars are deposited into their HealthEquity accounts.



Register in *ahealthyme*. The first step to earning HRA or HSA dollars is registering in the *ahealthyme* program. Register by signing in to your MyBlue account at member.bluecrossma.com/login and clicking on *ahealthyme* under **My Care**. If you don't have a MyBlue account, you can register at wellness.ahealthyme.com. Once registered, you may access *ahealthyme* through the mobile app Alaveda, available on the Apple App or Google Play Store. Enter the code **Wellness** when prompted.



Receive your HealthEquity card. If enrolled in the HDHP, you will automatically receive an HSA card in the mail. However, you must register in *ahealthyme* to earn HSA dollars as part of the Wellness Program. If enrolled in the Enhanced or Basic Health Plan, your HRA card will be mailed within two weeks of registering in *ahealthyme*. You can use your HealthEquity HRA or HSA card to pay for eligible out-of-pocket medical, dental, and vision expenses as well as certain over-the-counter purchases for all family members enrolled in the RCAB Health Plan. Visit catholicbenefits.org/healthequity to learn more.



Earn HRA/HSA dollars by participating in wellness activities. Refer to the [Wellness Program Flyer](#) to learn how you can earn financial incentives. You should also review [Your Guide to the *ahealthyme* Platform](#) for tips on navigating *ahealthyme*. Visit catholicbenefits.org/ahealthyme to learn more.

- **Participate in MoveSpring Challenges.** Join monthly challenges designed to foster healthy lifestyle habits and enhance your overall well-being. Register to participate and you and your spouse can each earn \$50 into your HRA/HSA for successfully completing each Challenge. Review the monthly Challenges in the [MoveSpring Challenge Flyer](#) and learn more at catholicbenefits.org/movespring-1.
- **Become a Wellness Champion:** Promote wellness and serve as a resource at your worksite regarding the Wellness Program and the RCAB Health Plans. To learn more information or sign up, email the Benefits Department at benefits@rcab.org by October 2, 2026.
- **Submit your Wellness Reward claim.** You and your spouse can each receive a Wellness Reward reimbursement of up to \$150 into your HRA or HSA, subject to the \$1,000 HRA/\$500 HSA annual per participant maximums, for a variety of wellness-related expenses. To access the reimbursement form and review a list of eligible expenses, visit catholicbenefits.org/wellness-rewards.



Review Benefits Department newsletters. The Benefits Department sends a monthly newsletter to all benefit-eligible employees, covering health and wellness resources, Wellness Program updates, benefits news, and upcoming webinars. Access newsletters at catholicbenefits.org/newsletter-archive.

Your wellness journey continues here! Visit catholicbenefits.org/introduction to learn more or contact the Benefits Department at benefits@rcab.org for more information.