



Dear Reta Trust Member,

On July 1, Reta Trust kicked off the second year of our new wellness program in partnership with WebMD. We're happy to share with you some exciting changes.

This year, Reta members, their covered spouses and dependents 18 and older can earn **\$150 in cash rewards** (that's doubled from last year!) by completing a couple of simple steps to improve your health.

Step 1: Earn \$100 by completing HealthQuotient (HQ), a confidential online health risk assessment.

- Beginning July 1, visit www.retatrust.org and click on the WebMD logo to register for the first time or to log back in to the site if you registered last year.
- You must complete HQ every year in order to earn your reward and check in on your current health status.

Step 2: Earn \$50 by completing a Lifestyle Improvement Program or participating in confidential health coaching.

- **Online Lifestyle Improvement Programs** allow you to select a health topic and guide you through a step-by-step plan to improve your health. Exercise, Weight Management and Emotional Health are just a few of the topics you can choose from.
- **Personalized health coaching** with WebMD consists of a series of confidential phone calls with a certified health coach. Work together to establish realistic health goals and create a program that addresses your biggest health concerns.

Reta Trust wants you to enjoy the benefits of healthy living. WebMD's programs have been proven to enhance the lives of people just like you. Please take a few minutes to complete the confidential HQ today. The choices you make today can significantly improve your health tomorrow.

Get started at www.retatrust.org today.

Your partners in good health,

Reta Trust and WebMD