

# 2017 Wellness Incentive Checklist

2017 Wellness Incentive Required Activity	With PNC Medical Coverage and PNC BeneFit Plus Health Savings Account		Without PNC Medical coverage OR with PNC Medical coverage and no PNC BeneFit Plus Health Savings Account	How to Take Action
	Employee	Spouse/ Domestic Partner	Employee Only	
Health Assessment and Biometric Screening You must complete both the Health Assessment and the Biometric Screening to be eligible for additional wellness credits	\$300	\$300	\$50	<p><b>Health Assessment</b></p> <p>Go to GuidanceResources® Online via Pathfinder to complete your Health Assessment anytime. Bonus: if you complete your Health Assessment between Jan. 1 and March 17, 2017, you'll be entered into a sweepstakes for a chance to win prizes.</p> <p><b>Biometric Screening</b></p> <ol style="list-style-type: none"> <li>1. Participate in an onsite biometric clinic between January and March 2017, or</li> <li>2. Download a voucher at GuidanceResources Online and complete your screening at your local LabCorp, or</li> <li>3. Complete your screening as part of your annual physical with your doctor and enter your results into the GuidanceResources Online incentive tracker</li> </ol>
<b>Activities for additional wellness credits</b>	<b>Any six activities for an additional \$300</b>	<b>Any two activities for an additional \$100</b>	<b>Any five activities for an additional \$50</b>	<b>Help provided by Living Well</b>
<b>Earn incentives for these target Biometric Screening results</b>				
Obtain a blood pressure screening of 139/89 or below OR complete related health coaching	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Incentive for a target result is automatically uploaded when earned.
Obtain a BMI score of less than 30 OR complete related health coaching	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Incentive for a target result is automatically uploaded when earned.
Obtain Total Cholesterol of 239 or below OR complete related health coaching	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Incentive for a target result is automatically uploaded when earned.
Glucose (Fasting) or Glucose (Random) level of 125 or less OR complete related health coaching	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Incentive for a target result is automatically uploaded when earned.
Complete Annual Physical Exam and submit verification	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Physicals and other preventive care services are covered in-network at 100% of allowable charges, with no deductible or co-insurance
Complete your Teladoc registration or complete a consult with Teladoc and submit verification	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	Not Applicable	Visit <a href="http://Teladoc.com/pnc">Teladoc.com/pnc</a> if enrolled in PNC medical coverage
Complete telephonic or online health coaching on one more topics of your choice. \$50 per coaching topic	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Call GuidanceResources® at 888-999-6768
Participate in a Commit 2 Be Fit or local community race and submit verification	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	Participate in a PNC-sponsored community event or local fitness event of your choice
Wellness Challenge (employee only)	<input type="checkbox"/> \$50	Not Applicable	<input type="checkbox"/> \$10	Participate in a Living Well-sponsored challenge with GuidanceResources
Gym membership and submit verification	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50	<input type="checkbox"/> \$10	See Employee Discount Website on GuidanceResources Online for local gym discounts
<b>Total Incentive</b>	<b>Maximum \$600 HSA</b>	<b>Maximum \$400 HSA</b>	<b>Maximum \$100 Cash</b>	

# 2017 Wellness Incentive Checklist

**All wellness activities must be completed and entered into the Incentive Tracker before 5 p.m. EST December 15, 2017, in order to earn wellness incentives.**

If you are unable to meet any or all of the health standards for cholesterol, glucose, BMI, waist measurement and/or blood pressure, or if a health condition prevents you from completing any of the incentive options, you could qualify for an opportunity to earn the same wellness credits by different means. Call GuidanceResources at 888-999-6768. They will work with you (and, if you wish, your doctor) to find an activity or program that is right for you in light of your health status.

## How to Submit Your Activities:

- Go to Pathfinder > Living Well > GuidanceResources Online
- From the left side of the page, go to Wellness > Incentive Tracker > Earn Rewards
- Click the activity link you have completed
- Once on the activity page, complete the information requested and click Continue
- Click Confirm to submit the activity for wellness credits. It typically takes four to six weeks from the time you submit or complete your activity for the credit to show up in your paycheck or HSA. Remember, you must be an active employee at the time the incentive is paid in order to receive the incentive.

## To Access GuidanceResources:

**PNC Employees:** Visit the Living Well page on Pathfinder  
([www.pncpathfinder.com](http://www.pncpathfinder.com))

**Spouses/Domestic Partners:** Visit [www.guidanceresources.com](http://www.guidanceresources.com)  
(Web ID: PNC)

Call: **888-999-6768**



Become a New You

H000181743