

Earn Points to Qualify for BIG Premium Discounts!

Medically-enrolled Associates and covered spouses are eligible for premium discounts (\$650/year for Associates; \$910/year for Associate + spouse) for each reaching 500 points through their choice of approved wellness activities. Report completed activities and track your points progress with the Grande Health & Wellness portal, powered by Asset Health.

Here are two examples of how you can earn 500 pts by December 1:

Example #1

| | |
|---|----------------------|
| Complete the online Health Assessment | 150 |
| Biometric Screening Completion | 100 |
| Meet BP, LDL and HDL health measures | 25 + 13 + 12 = 50 |
| Review biometric results via SSM Telephonic | 50 |
| Participate in 5 SSM Telephonic Health Coaching calls | 125 |
| Report your Primary Care Provider on portal | 25 |
| TOTAL POINTS: | 500 |

Example #2

| | |
|---|------------|
| Complete online Health Assessment | 150 |
| Report physical activity throughout 2021 (and meet maximum) | 250 |
| Complete the 3 challenges in 2021 | 75 |
| Report volunteering on portal | 25 |
| TOTAL POINTS: | 500 |

REMEMBER: Points must be earned by Dec. 1, 2021 to qualify for the 2022 premium discount!

Get Started Today!

Visit grandehealth.com on your desktop or mobile device and click the “Asset Health” tile to get started.

Login Information:

Username: first initial + last name + last four digits of SSN (e.g., jsmith1234)

Password: date of birth (mmddyyyy)

First-time users: You will be asked to change your username and password after logging in.

Questions?

Contact Bekah Wegner (Health & Wellness Analyst) at rebekah.wegner@grande.com or **920-952-7371**. You can also contact Asset Health at support@assethealth.com.