



Q1: Physical Activity

Welcome to the First Quarter of the 2021 Grande Health & Wellness Program!

Earn Your Incentive

Access the Grande Health & Wellness portal through the **Asset Health Mobile App** or by visiting **grandehealth.com** and click the “Asset Health” tile. Complete various activities to earn points and be eligible for various incentives!

- 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.
- Non-medically enrolled Associates/spouses are encouraged to participate in the program to support their personal wellbeing and maximize the health and wellness culture at Grande.
- All participants will be eligible for additional incentives throughout the year.



NEW! Grande Level Prizes

Earn 200 points by March 31 to be entered into the first quarter Grande Level Prize raffle! You could earn the chance to win a Horizon Treadmill!

Get Moving On Earning Your Points

Here are just some of the many activities you can complete to earn points:

- **Physical Activity Reporting – 3 points each**
 - a. 7,500 steps/day (linked fitness device or self-report)
 - b. 30 active minutes/day (linked fitness device or self-report)
 - c. 1 hour of yard/housework (self-report)
 - d. 8-12 hour shift on the production floor at a Grande facility (self-report)
- **Sports League – 25 points**
- **Races**
 - a. 5K – 15 points
 - b. 10K – 20 points
 - c. Half-marathon – 25 points
 - d. Marathon – 35 points

Pro Tip: Authorize a fitness device to have your activity data synced with your account!



Choose to MOOve: The Q1 Challenge is Coming Soon!

Regular physical activity improves your overall health. Beginning **Feb. 15**, you can participate in the four-week challenge by reporting active minutes!

Your goal is to record a total of **600 active minutes**. All who complete the challenge will be entered into a **raffle for wellness prizes!** Medically-enrolled participants will earn **25 points** for completing the challenge. The challenge ends **March 14**, but you will have until **March 21** to report your last week's activity.

Log in to your Asset Health account beginning **Feb. 15** to participate!

Stay In The Know

Look out for information this year on quarterly topics like knowing your numbers, nutrition, and mental wellbeing!



Your Wellness at Your Fingertips

Download the Asset Health Mobile App to easily access your wellness portal from your mobile device. The app is available for download in the Apple App and Google Play stores.



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 may also contact Asset Health at support@assethealth.com.