

Tel Hai
Redefining Retirement™

PASSPORT
TO HEALTH

2023-24

ATTENTIVE
HEALTH



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HEALTH

ATTENTIVE HEALTH LLC
632 EAST BROAD STREET, SUITE A
SOUDERTON, PA 18964

215.529.8045 | 877.875.0333
FAX: 215.734.2333

telhai@attentivehealth.com
PASSPORT.ATTENTIVEHEALTH.COM

PASSPORT to HEALTH™

Make progress on your journey to a happier, healthier life
AND earn big rewards by staying involved in the **PASSPORT to HEALTH™**
- a voluntary wellness program offered by Tel Hai.

HERE'S HOW IT WORKS...

- Each quarter, earn at least 5 points on quarterly activities by the due date(s) to earn or continue to earn your savings for 3 more months.
- To be eligible for rewards, you must be employed at Tel Hai when the reward is paid.
- Turn in receipts for your physical, preventive screenings & outside programs. Use the confidential lockbox at Tel Hai or turn in documentation via email to telhai@attentivehealth.com, fax to 215.734.2333, or mail to Attentive Health at P.O. Box 61, Telford PA 18969.

REWARDS

BENEFITS

save \$38.46 per pay on your
health insurance

up to \$1,000 per year

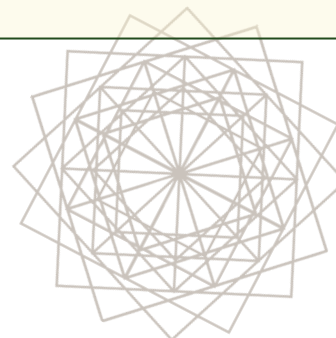
NON-BENEFITS

\$125 per quarter payroll
bonus

up to \$500 per year

ANNUAL BONUS:

You can also earn a **\$250 bonus** from Tel Hai for achieving certain healthy biometric goals! Submit baseline and final biometrics.



GET STARTED OCT-NOV-DEC

STAY ACTIVE JAN-FEB-MAR

PREVENT APR-MAY-JUN

CHECK IN JUL-AUG-SEPT

POINTS	Q1 ACTIVITIES	POINTS	Q2 ACTIVITIES	POINTS	Q3 ACTIVITIES	POINTS	Q4 ACTIVITIES
2	health survey	3	wellness challenge	1 each	preventive screenings within last 12 months	2	biometric screening**
2	goal setting meeting with health coach	1-3	health coaching (1 pt ea)	1-3	health coaching (1 pt ea)	2	routine physical exam within last 12 months
1	webinar	1	webinar	1	webinar	1-3	health coaching (1 pt ea)
2	personal fitness activities	2	personal fitness activities	2	personal fitness activities	1	webinar
1	wellbeing log	1	wellbeing log	1	wellbeing log	2	personal fitness activities
1-3	EAP/other counseling	1-3	EAP/other counseling	1-3	EAP/other counseling	1	wellbeing log
2	other approved programs	2	other approved programs	2	other approved programs	1-3	EAP/other counseling
						2	other approved programs

core activities are listed; refer to the quarterly passports for additional activities

\$250 ANNUAL BONUS

eliminate at least 1 of these health risks...

Non-Tobacco User or complete tobacco cessation *	Achieve Blood Pressure < 140/90 *
BMI < 27.5 or Lose 10% Body Weight *	Achieve Fasting Blood Glucose < 100 or Diabetics A1C < 7% *
HDL Cholesterol (>35 MEN or >45 WOMEN)*	OR DEMONSTRATE ALL 5 STANDARDS

**required to qualify for consideration of annual bonus

CONTACT US

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*request an alternate goal with your health coach by December 31 or contact Attentive Health at 877.875.0333. PASSPORT.ATTENTIVEHEALTH.COM