

A Healthier You is Within REACH.

It's time to take action and begin working on your REACH goals! Participants can save hundreds on their health insurance premiums, earn additional financial incentives, and improve their overall health and wellbeing. The REACH portal grants you access to a variety of wellness activities including a Health Risk Assessment, courses tailored to your health needs, personalized incentive tracking and more! Get started today!



Level 1 - Due September 30

Benefit Eligible Employee and Insured Spouse:

- Online Health Risk Assessment
- Annual REACH Labs
- Upload Primary Care Well Visit Form

Health Insurance Premium Credit.

- \$780 Employee
- \$520 Spouse

Employee must complete Level 1 for spouse to be eligible for spousal credit. All credits are applied to the employee health plan premium.

Employee Financial Incentive \$100

Level 2 - Due December 15

Benefit Eligible Employee

- Meet 2 out of 3 Key Health Targets
OR
- Make a 5% improvement from 2018 in Key Target
OR
- Complete an Alternative Standard for the missed Key Target

2019 Key Health Targets

1. BP \leq 140/90
2. A1C $<$ 5.7
3. BMI \leq 25 or Men's Waist less than 40" – Women less than 35"

Additional Employee Financial Incentive \$300

Level 3 - Due December 15

Benefit Eligible Employee

- Self-report 120 Healthy Habit Points in 2019
- Mammogram is required as part of these points for women over the age of 40

Additional Employee Financial Incentive \$120

Total Wellbeing Incentives Available



Employee and Spouse: Health Premium Credit \$1300/
Financial Incentive \$520



Employee: Health Premium Credit \$780/ Financial
Incentive \$520

Get Started Today!

Employees may set up their REACH Account using single sign-on (SSO) by clicking on the REACH icon found on Rivernet or the Employee Self Service Portal.

Insured spouses may create their REACH Account at www.RiversideMC.net/REACH using the following login information. Spouses will be asked to change their username and password after logging in for the first time. Employees can also use this URL to create a mobile app shortcut on their smartphone.



You can have your wellness at your fingertips, with the **Asset Health Mobile App**! Download the app to quickly access your portal, upload your PCP form, and more!

- **Username:** first name + last name (johnsmith)
- **Password:** DOB (mmddyyyy)

Questions? Please contact Asset Health at support@assethealth.com or 855-444-1255.

**Your personal health information and data is protected and maintained only by Asset Health and Riverside's employee wellness staff.*