2017 Programs and Services

Whether you're looking to lose weight, get active, lower your stress or just feel better in general, RedBrick Health is here to help, with expert guidance and real support.

Use this guide to learn about the products and programs RedBrick offers, and choose the route you'll take to better health, as well as the rewards you can earn along the way.
Get rewarded for getting healthier

You (and your Capital One Medical Plan enrolled spouse or domestic partner) can earn rewards for participating with RedBrick Health in the Be Well Rewards program. Associates and enrolled spouse/domestic partners can each earn $350 this year, for a total family reward of $700. But it’s important to make the most of your time right from the start. Help RedBrick recommend the best activities for you by completing the following healthy activities—and get rewarded for getting healthier!

<table>
<thead>
<tr>
<th>HEALTHY ACTIVITY</th>
<th>HERE’S WHAT YOU NEED TO DO</th>
<th>DOLLARS</th>
<th>EARNING FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health assessment</td>
<td>Complete (or retake) the RedBrick Compass® health assessment in about 15 minutes</td>
<td></td>
<td>Unlock your ability to earn rewards in 2017</td>
</tr>
<tr>
<td>Health screening</td>
<td>Get a health screening or full physical (on site at a Be Well Health Center, at a retail lab or clinic, or with your healthcare provider)</td>
<td>$75</td>
<td>1x/year</td>
</tr>
<tr>
<td>Next-Steps Consult*</td>
<td>Complete a 15-minute phone call to understand more about your results and which resources are a good fit for your goals</td>
<td>$50</td>
<td>1x/year</td>
</tr>
<tr>
<td>RedBrick Track®</td>
<td>Track your healthy habits (physical activity, nutrition and well-being) to reach 500 on your Daily Wellness Meter</td>
<td>$1</td>
<td>1x/day (Maximum $15/month)</td>
</tr>
<tr>
<td>RedBrick Journeys*</td>
<td>Complete a stage in a Journey</td>
<td>$15</td>
<td>1x/month</td>
</tr>
<tr>
<td>Phone coaching</td>
<td>Make progress toward wellness goals with a RedBrick health coach call</td>
<td>$15</td>
<td>1x/month</td>
</tr>
<tr>
<td>Challenge</td>
<td>Meet the participation requirements for a Be Well challenge</td>
<td>$30</td>
<td>1x/event</td>
</tr>
<tr>
<td>Weight Watchers</td>
<td>Participate with a monthly subscription to Weight Watchers</td>
<td>$15</td>
<td>1x/month</td>
</tr>
<tr>
<td>Be Well Health Center activities</td>
<td>Visit with a Be Well Health Center Dietitian</td>
<td>$15</td>
<td>1x/month</td>
</tr>
<tr>
<td></td>
<td>Complete a Be Well, Eat Well program</td>
<td>$45</td>
<td>1x/year</td>
</tr>
<tr>
<td>Capital One Medical Plan</td>
<td>Complete a call with an Anthem Nurse Coach</td>
<td>$15</td>
<td>1x/month</td>
</tr>
<tr>
<td>participant activities</td>
<td>Visit with an Anthem Dietitian</td>
<td>$15</td>
<td>1x/month</td>
</tr>
<tr>
<td>Be Well programs</td>
<td>Complete a learning activity including Advance Medical, Wiser Health, Anthem EAP and more</td>
<td>$5</td>
<td>1x/topic</td>
</tr>
<tr>
<td>Fidelity Investment Services</td>
<td>Complete the Plan for Retirement Tool (Associates only)</td>
<td>$10</td>
<td>1x/year</td>
</tr>
</tbody>
</table>

*Enrolling in an Anthem Nurse Coaching program qualifies you for the Be Well Pharmacy Discount Program.
Journeys are made up of small steps that inspire healthy new actions. Try an online Journey focused on one of the health topics listed below to be more active, stress less, eat healthier, lose weight and more. You get to pick the healthy steps—which may incorporate activities as well as brief videos—that appeal to you, and unlock new levels of healthy habits as you go. Continue to personalize your experience by giving feedback on the steps you like and the ones you don’t.

**Be Tobacco Free**
Real change is possible when tobacco users can replace current habits with healthy new ones. Each Journey moves participants toward quitting for good through real-time practice gathering social support, prepping the environment and getting past triggers.

**Blood Pressure in Check**
Whether you’ve been diagnosed with high blood pressure or you’re living with pre-hypertension, Blood Pressure in Check Journeys can help you move your numbers to a healthier zone. Small, doable steps center on eating healthier, getting active and managing medications.

**Breathe Easier**
There’s no shortage of information about asthma triggers and action plans. Breathe Easier Journeys help people with asthma actually practice the habits that will help them breathe better.

**Diabetes Life: Type 2**
*Diabetes Life: Type 2* Journeys start with the premise that each individual is his or her own best coach. You can try and extend new habits by practicing fresh new ways to eat and move more, to engage your care team effectively and to monitor your own health at home.

**Eat Healthier**
*Eat Healthier* Journeys help you make the leap from concept to everyday practice, one focused pathway at a time. Journeys such as *More Veggies in No Time* let you first “try on” and then practice new habits for better nutrition, weight loss and just feeling better.

**Financial Fitness**
Financial know-how, combined with better saving and spending habits, can make a huge impact on financial health. These Journeys help users break down financial lingo, intimidating paperwork and develop new habits into fun and easy steps.

**Get Active**
There’s a Get Active Journey for users at all points on the fitness spectrum. Each Journey introduces engaging new ways to work physical activity into daily life and then encourages you to extend and “habitize” your way to greater fitness and energy.

**Healthy Back**
*Healthy Back* Journeys can help prevent back pain one small step at a time. The focus is on safe, gentle movement, improved posture, strength-building exercises and lifestyle choices that ease the effects of tension and stress.

**Healthy Pregnancy**
Pregnancy can be overwhelming, thrilling—and motivating. These Journeys break down the healthiest nutrition, exercise and preventive care practices into small, doable steps.

**Heart-Healthy Cholesterol**
Eating right and moving more are powerful ways to move the needle on heart-healthy cholesterol. The key is helping turn good intentions into better habits.

**Power Patient**
*Power Patient* Journeys help you step into the driver’s seat of healthcare. Whether you’re choosing a new health plan, navigating an existing plan or shopping for services, there’s a Power Patient Journey to help you practice.

**Sleep Well**
Whether it’s getting more exercise or choosing the right pillow, a good night’s sleep depends on what we do all day. *Sleep Well* Journeys help you set up your daily life for the rest you need to boost energy and build health.

**Stress Less**
*Stress Less* Journeys help you practice new ways of seeing and responding to the inevitable pressures life can throw your way. Small steps help refocus your energy and regain your sense of calm.

**Weigh Less**
*Weigh Less* Journeys will help you find the key to success by letting you “try on” small, concrete steps that engage rather than overwhelm. With any Weigh Less Journey, the goals are small, specific and memorable, and lead to long-term habits that can be sustained.

Additional health topics include:
*Amp Up Your Health, Find Your Balance, Health in a Hurry, Healthier Heart, Healthy Family, Live Well with Asthma, Manage Well and Manage Your COPD.*

See all the Directions available to you by logging in to your RedBrick account.
REDBRICK TRACK  KEEPING YOU IN BALANCE

Good health isn’t just about a number on the bathroom scale or counting calories. It’s about balancing physical activity and healthy eating with habits like quality sleep and finding ways to relax. RedBrick Track is a tool designed to help you build and reinforce these healthy habits in just a few minutes each day. Reach 500 on the Daily Wellness Meter and not only will you start to see what matters most to your overall health, but you will also earn rewards.

You can automatically sync activities with your Track account using compatible devices, apps and programs such as Fitbit, RunKeeper, Fitbug and Jawbone.

HEALTH COACHING  IN-DEPTH, ONE-ON-ONE EXPERT GUIDANCE

With a personal health coach, you’ll have the benefit of working directly with a certified expert such as a registered dietitian, exercise physiologist or registered nurse, just to name a few.

RedBrick coaches will work with you over the phone during scheduled calls—usually about once a month—to answer your health questions, provide support in overcoming obstacles, and help set small goals to work on between coaching sessions. These one-on-one programs can last from six to twelve months depending on your preference. Choose from the focus areas below.

Healthy Back
Work with a coach to learn techniques for managing low back pain or recovering from an injury. You’ll receive personalized information on how to strengthen your back to reduce pain and future risk.

Healthy Pregnancy
Get information and educational materials addressing prenatal, pregnancy and postpartum topics. You’ll discuss physician instructions and how to stay healthy during and after pregnancy.

Nutrition
Learn how to make healthy food choices and get tools to make those choices easier. Focus on topics like portion size, food swapping, how to read food labels and healthy snack alternatives.

Physical Activity
Get support making gradual lifestyle changes to achieve your physical activity goals. You’ll get ideas on how to make physical activity part of your everyday life.

Stress Management
Learn to identify stress triggers and develop strategies to manage them. Get ideas on how to reduce stress with physical activity, proper sleep and good nutrition.

Tobacco Cessation
When you’re ready to quit, a coach can help you set a quit date, identify your triggers and discuss how to prevent a relapse.

Weight Management
If you have a BMI greater than 25, this program is designed to help you make gradual changes to support you in reaching your target weight. Topics include adding physical activity to daily life, making healthy food choices and creating a positive self-image.

PARTNERING FOR SUCCESS  CAPITAL ONE ACTIVITIES

Take advantage of all of your Be Well options to progress toward your wellness goals.

- Participate with a monthly subscription to Weight Watchers
- Complete a Be Well Health Center Weight Management program: Be Well, Eat Well
- Visit with a Be Well Health Center Dietitian
- Fidelity Investment Services (Associates only)
- Learn about additional Be Well programs

If you’re enrolled in the Capital One Medical Plan, you can:

- Get support from an Anthem Nurse Coach
- Work with an Anthem in-network Dietitian

Your privacy is important to us and we protect your personal information. Want to know more? Read our privacy policy at home.RedBrickHealth.com/privacy.

© 2017 RedBrick Health Corporation