

Welcome to Your Southern*LifeStyle* Rewards Site!

This is your quick guide to the features you will see on your Southern*LifeStyle* Rewards site. Log in via mySource or at www.socorewards.com to get started!

LOGGING IN

- How Do I Access My New Account?
 1. Log in to mySource.
 2. Click the Southern *LifeStyle* Rewards icon.
- How Do I Access My Account If I Don't Use mySource?
How Do I Sign up My Spouse?

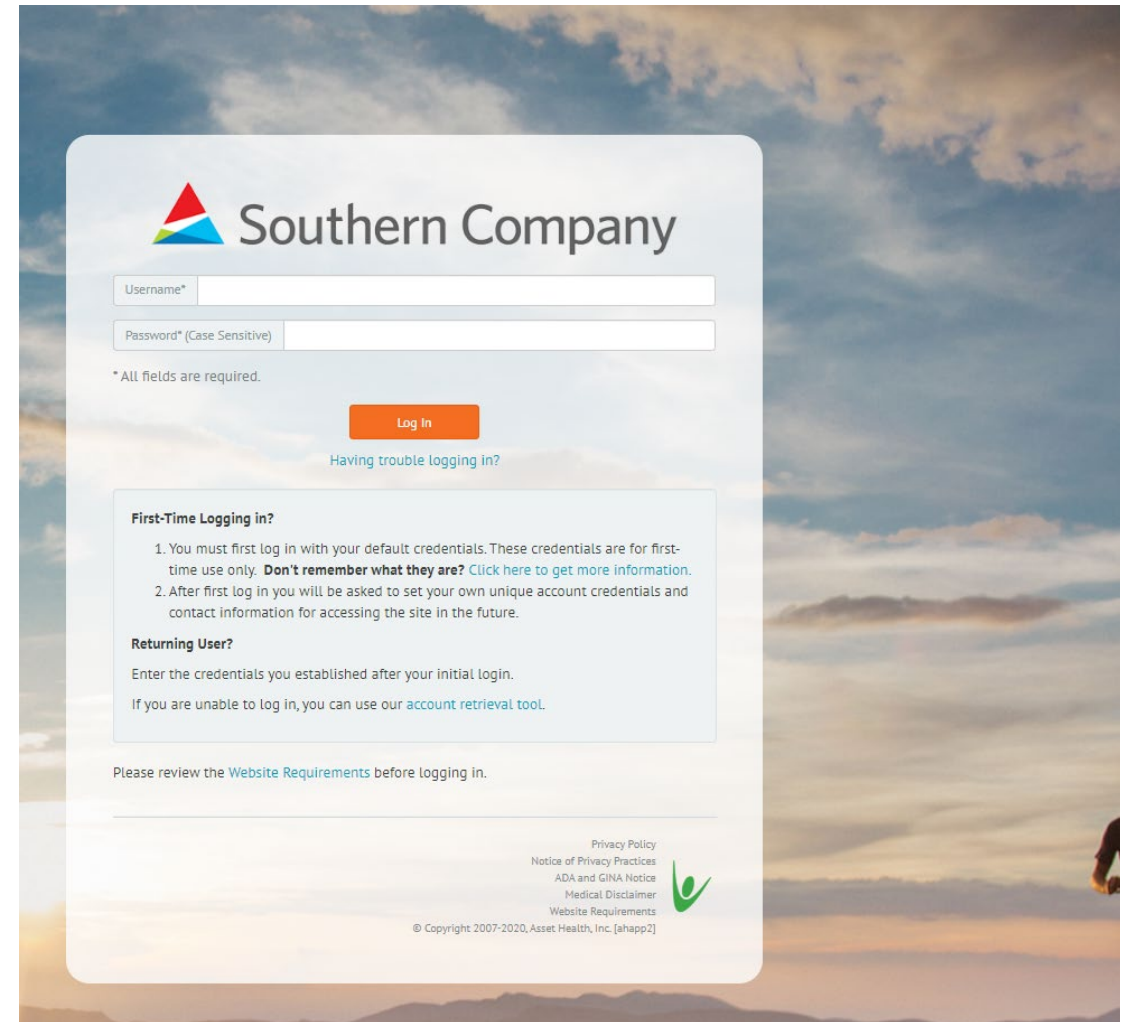


First-time visitors, employees and medically enrolled spouses are invited to log in separately at www.socorewards.com with the following default credentials:

Username: first initial + last name
(e.g., JDoe)

Password: date of birth (mmddyyyy) (e.g.,
05251972)

Please Note: Employees and spouses will need to update their passwords after logging in for the first time.



Southern Company

Username*

Password* (Case Sensitive)

* All fields are required.

Log In

Having trouble logging in?

First-Time Logging in?

1. You must first log in with your default credentials. These credentials are for first-time use only. **Don't remember what they are?** [Click here to get more information.](#)
2. After first log in you will be asked to set your own unique account credentials and contact information for accessing the site in the future.

Returning User?

Enter the credentials you established after your initial login.

If you are unable to log in, you can use our [account retrieval tool](#).

Please review the [Website Requirements](#) before logging in.

Privacy Policy
Notice of Privacy Practices
ADA and GINA Notice
Medical Disclaimer
Website Requirements

© Copyright 2007-2020, Asset Health, Inc. [ahapp2]

DOWNLOADING THE MOBILE APP



Follow these easy steps to download and activate the app:

1. Download **Asset Health Mobile** from the App Store or Google Play.
2. Once downloaded, sign into your Southern*LifeStyle* Rewards account on your desktop via **mySource** or **www.socorewards.com**.
3. Click on the **'Mobile App'** icon in the top right. Select the **'First Time Authorization'** option and obtain your token for app authorization.
4. Open the app, tap **'Begin Authorization'**, then follow the instructions to enter the authorization token and the email address associated with your wellness account.
5. Set your four-digit PIN. You will use this PIN to access your app from now on.



YOUR HOME PAGE

How Do I Know How Much **Money I've Earned and Have Left?**






On the home page, view your year-to-date incentive earnings in the Incentive Rewards Status tile. Look for 'HRA/HSA/FSA Earnings' and 'YTD Amount Earned' next to the piggy bank icon.

To find your current balance:

Find the 'Check Your Spending Account' tile under Quick Links.



QUICK LINKS

 mySource	 Check Your Spending Account	 Sync your Tracking Device	 Eligible Medical Expenses	 Well Check
---	--	--	--	---

WELLNESS ACTIVITY REPORTING

You can also view your year-to-date incentive balance on the Wellness Activity Reporting page.

How Do I Report Other Activities/Promotions, such as Preventive Screenings?

1. Select Wellness Activity Reporting.
2. Select the category of the activity you would like to report:
 - Know Your Numbers
 - Health Events
 - Health Fair
 - Screenings
3. Select the orange 'Report' button and enter the requested information. Then select Submit. You will see your dollars earned appear instantly on the activity in green.



Southern Company

Welcome, mpc | Log out

Mobile App | Message Center | Reminders | Tour | Settings | Support

Home | Challenge | **Wellness Activity Reporting** | ERFL | Physical Activity Reporting | TFM | Well Check | Education | Resources | Why Wall

Report dollars-based custom activities here. Review your reported activities below, and click 'edit' to view the details of any activity.

310/520 You have earned 310 dollar(s) out of 520 total dollar(s).

Education	Know Your Numbers	Screenings	Health Management	Health Events	Fairs, Lunch N Learns, and Symposiums	MPC Activities	Physical Activity	Sleep Charge	Eat Right For Life
-----------	-------------------	-------------------	-------------------	---------------	---------------------------------------	----------------	-------------------	--------------	--------------------

65 You have earned 65 dollar(s) for this category.

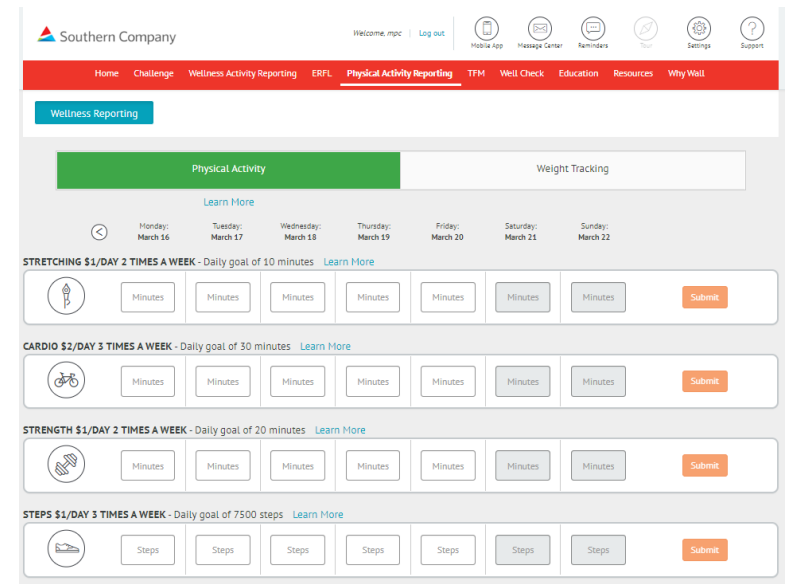
Preventive Screening	Report
01/24/2020	13 Dollar(s) View
01/24/2020	13 Dollar(s) View
01/24/2020	13 Dollar(s) View

PHYSICAL ACTIVITY REPORTING


Log your regular exercise on the Physical Activity Reporting page to earn your dollars. Use the arrows to maneuver back and forward to adjust the calendar to the current week to report.

Can I Sync My Fitbit or Other Wearable Fitness Device, Including My Apple Watch? **YES!**

1. From the home page, go to Devices and click Authorize.
2. Choose your device and click Connect.
3. Log in to your device account.
4. Choose what activities you want to sync with your Southern*LifeStyle* Rewards account and select Allow.
5. You can disconnect your device by choosing Disconnect under Devices in your Southern*LifeStyle* Rewards account.



PHYSICAL ACTIVITY REPORTING – APPLE DEVICES

 **To Sync your Apple Watch, you must also download the Asset Health App.*

While your activating the app, sync your Apple device and earn dollars while you're on the go:

When the pop-up appears for HealthKit Activation, select **'turn on'**. Select **'Turn All Categories On'** and then select **'Allow'**.

Already have the app but need to sync your Apple device?

1. Select the small gear icon at the bottom right of the app screen to access your settings.
2. Move the switch to the right, next to **'Health Kit Activation'**. Select **'Turn All Categories On'** and then select **'Allow'**.



WELL CHECK

What is the Well Check?

A brief questionnaire covering lifestyle topics like exercise, nutrition and stress.

Why Complete the Well Check?

- Access your current health status
- Earn \$25 HRA/HSA/FSA
- Receive a personal report identifying specific areas in which you can take meaningful steps toward living a healthier, longer life.

How Do I Complete the Well Check?

Access the Well Check through the **Asset Health Mobile App** or log in via mySOource or www.socorewards.com.

The screenshot shows the '2020 Well Check' interface for Southern Company. The top navigation bar includes 'Home', 'Challenge', 'Wellness Activity Reporting', 'ERFL', 'Physical Activity Reporting', 'TFM', 'Well Check', 'Education', 'Resources', and 'Why Well'. The main content area is titled '2020 Well Check' and shows 'Your Progress' at '0% Complete'. The questionnaire is divided into sections: 'Personal Information' (with a sub-section 'Regular Doctor' asking 'Do you currently have a personal primary care doctor?' with 'Yes' and 'No' radio buttons), 'Regular Checkups' (asking 'How long has it been since you had a regular checkup by a health professional?' with options 'Less than 1 year', '1-2 years', '3 or more years', and 'Never'), and 'Personal Health History' (asking 'Have you ever been diagnosed by a doctor with any of the following?' with checkboxes for 'Alcohol or other drug abuse', 'Arthritis', 'Asthma', 'Atrial fibrillation', 'Back condition or injury', and 'Cancer (other than skin)'). A sidebar on the left lists various health topics like 'Health Perception', 'Medication', 'Nutrition', 'Exercise', 'Weight', 'Tobacco/Nicotine Use', 'Skin Cancer Prevention', 'Immunizations', 'Female Only', 'Colonoscopy', 'Oral Health', 'Vision', 'Stress and Life Management', 'Alcohol Consumption', 'Personal Safety', 'Engagement and Change', 'Employee Assistance Program', and 'Clinical'. The bottom right of the interface has 'Cancel' and 'Save and Exit' buttons.

This personal questionnaire is strictly for your information only; it will not be shared with your employer or any other third party.

EDUCATION

Take an online course from the Education page and earn dollars. As you make your way through a course, quickly see your progress.

When you complete a course, provide your feedback and rate the course with the new five-star survey option.

EDUCATION

All


Earn \$10 towards your HRA/HSA/FSA by completing a course and test with a score of 70% or above. Please note, you can only earn dollars once for each course and test.



Protecting My Back from Injury

Course Test Survey


Test Results: 0%



Managing Allergies

Course Test Survey

Test Results: 0%



Tobacco-Free Me - Quit Day and Beyond

Course Test Survey

Test Results: 71%

Southern Company | Welcome, gaphr | Log out | Message Center | Reminders | Test | Settings | Support

Home | Challenge | Eat Right for Life | Wellness Activity Tracking | Physical Activity Tracking | **Education** | Tobacco Free Me | Resources

Back to course list

Tobacco-Free Me - Quit Day and Beyond

Free yourself from nicotine addiction with education, a plan to quit and a support system.


Audio Introduction

Welcome to Asset Health's second course on becoming tobacco-free. Quitting tobacco is the single most effective thing a tobacco user can do to improve their health, no matter how old they are or how long they've been using tobacco. And making it through their first few days and weeks is key to success. In this course, you will learn how to make it through the withdrawal period. You'll learn how to stick with your plan and use your support system. Everyone knows tobacco use is harmful. But many of us need help toward regaining good health -- and your health is your most valuable asset.


- Free yourself from tobacco
- Stick with your plan
- Improve your health and wellbeing
- Your health is your most valuable asset®

Screen 1 of 1


Next Section




The Big Picture
0:30




What You Should Know
0:30




Scenarios
2:30




What You Can Do
0:30




A Closer Look
2:00




Knowledge in Action
3:00



Wrap-up



Test



Survey

SouthernLifeStyle

Privacy Policy | Notice of Privacy Practices | ADA and Online Notice | Medical Disclaimer

Southern Company | Welcome, gaphr | Log out | Message Center | Reminders | Test | Settings | Support

Home | Challenge | Eat Right for Life | Wellness Activity Tracking | Physical Activity Tracking | **Education** | Tobacco Free Me | Resources

Back to course list

Tobacco-Free Me - Quit Day and Beyond

We'd love to hear what you think

1) Please take a moment to rate your experience with this course.

★ ★ ★ ★ ★
Poor Excellent

Fantastic! Tell us about your experience.

2) I found the content in this course understandable and the features easy to use.


Strongly Agree

Agree

Neutral


Disagree

Strongly Disagree




Tobacco-Free Me - Preparing To Quit

Test Survey



Overcoming Depression

Course Test Survey

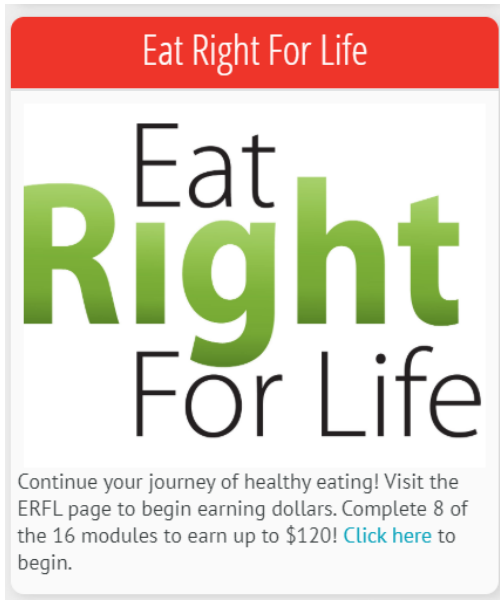


My Digestive System

Course Test Survey

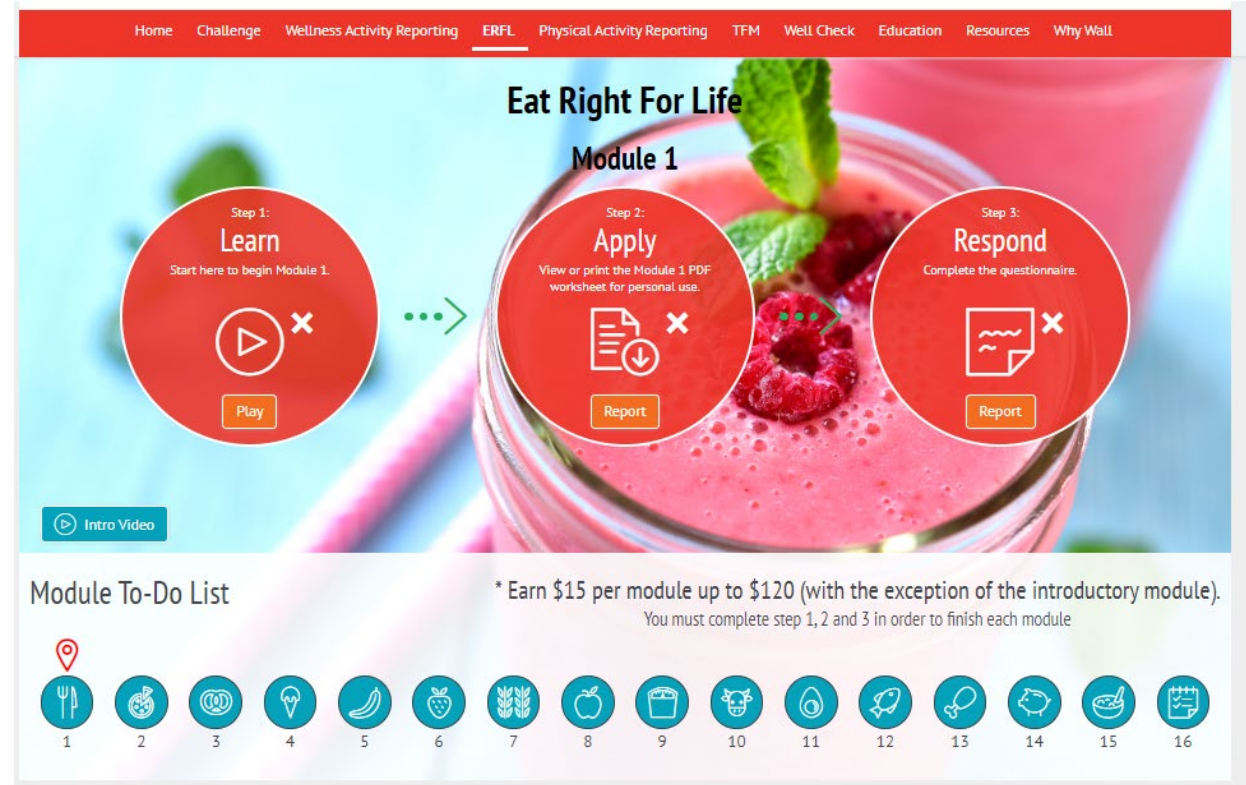
EAT RIGHT FOR LIFE

Access the Eat Right for Life program right from the home page. The complete set of program modules is located in one place for convenience so you can begin your journey of healthy eating today and earn up to \$120 HRA/HSA/FSA dollars.



Eat Right For Life

Continue your journey of healthy eating! Visit the ERFL page to begin earning dollars. Complete 8 of the 16 modules to earn up to \$120! [Click here](#) to begin.



Home Challenge Wellness Activity Reporting **ERFL** Physical Activity Reporting TFM Well Check Education Resources Why Wall

Eat Right For Life

Module 1

Step 1: **Learn**
Start here to begin Module 1.
[Play]

Step 2: **Apply**
View or print the Module 1 PDF worksheet for personal use.
[Report]

Step 3: **Respond**
Complete the questionnaire.
[Report]

[Intro Video]

Module To-Do List

* Earn \$15 per module up to \$120 (with the exception of the introductory module).
You must complete step 1, 2 and 3 in order to finish each module

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16

TOBACCO-FREE ME

When you participate in the Tobacco-Free Me program, you will find all the resources and materials you need to complete the program, here. This tobacco cessation program is offered as a self-guided or as a coach-led experience.

The screenshot displays the user interface for the Tobacco-Free Me program. At the top, the Southern Company logo is on the left, and navigation links for 'Welcome, gaphr', 'Log out', 'Message Center', 'Reminders', 'Your', 'Settings', and 'Support' are on the right. A red navigation bar contains links for 'Home', 'Challenge', 'Eat Right for Life', 'Wellness Activity Tracking', 'Physical Activity Tracking', 'Education', 'Tobacco Free Me' (which is underlined), and 'Resources'. Below this, the page title 'COACHING' is shown in red. The main content area features a sidebar on the left with the text 'Tobacco-Free Me (Tobacco/Nicotine Cessation - 6 Modules)'. The main content area has a header 'COACHING' and a progress indicator 'Your Progress 9 / 35 completed assignments' with a green bar and an 'active' status. Below this, there is a 'Feedback Survey' button and an 'Overview' section with a paragraph of text and a 'Read More' link. At the bottom, there is a section titled 'ASSIGNMENTS | 9 / 35 COMPLETED' with a list of items including 'Introduction' and 'Learning Module 1'.

RESOURCES

Check out the many wellness-related resources available to you, such as the Monthly Well-Being Topics or Healthy Recipes, right from this page. You can also save your favorite items in the My Favorite Resources tab.

The screenshot displays the Southern Company wellness portal. The top navigation bar includes links for Home, Challenge, Wellness Activity Reporting, ERF, Physical Activity Reporting, TFM, Well Check, Education, Resources, and Why Wall. The left sidebar lists categories such as SoCo Resources, Employee Assistance Program, Monthly Well-Being Topic, 2019 Monthly Well-Being Topics, Asset Health Talk Newsletter, 2020, 2019, and My Favorite Resources. The main content area is split into two sections. The 'MY RECIPES' section shows a grid of recipe cards: '10 Healthy Recipes', '7 Days of Healthy Eating', 'Healthy Meals On The Go', and 'Healthy Snacks On The Go'. The 'Monthly Well-Being Topic' section features a calendar view for March, February, and January. Each month card includes a 'Read Topic' button, a 'Take Quiz' button (for March), a 'Review' button (for February and January), and a 'View Answers' button. The February and January cards also show submission dates and a 'Submitted on' timestamp.

QUICK ICONS AT THE TOP



1. **Message Center and Support**
Get connected to a support technician within 24 hours to answer your questions. You can do this from the Support icon or from the Message Center, where you will see your messages all in one place.

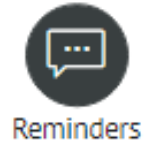


QUICK ICONS AT THE TOP



2. Reminders

Opt in, set up and manage text message (SMS) or email Wellness Reminders here. When you are working toward a Healthy Habit, for example, you can select to receive reminders to make sure you stay on track.



QUICK ICONS AT THE TOP



3. Settings

Customize your personal settings, such as authorizing your activity tracking device from this page.



Southern Company

Welcome, gaphe | Log out

Message Center Reminders Tour Settings Support

Home Challenge Eat Right for Life Wellness Activity Tracking Physical Activity Tracking Education Tobacco Free Me Resources

SETTINGS

Account Settings
Personal Information
Authorize Device

ACCOUNT SETTINGS

Current Username*:

New Username:

Current Password*:

New Password:

(Must be a minimum of 8 characters long, and must include 2 digits)

Your security answers have been encrypted for your protection. As a result we cannot display them to you here. If you don't remember your answers you may re-enter them below.

Security Question*:

Security Answer:

Security Question 2*:

Security Question 2 Answer:

Questions?

Contact Southern*LifeStyle* Rewards Member Services:

7 a.m. to 7 p.m. Central Time

Phone (Toll-Free): 1-855-444-1255

Email: support@socorewards.com