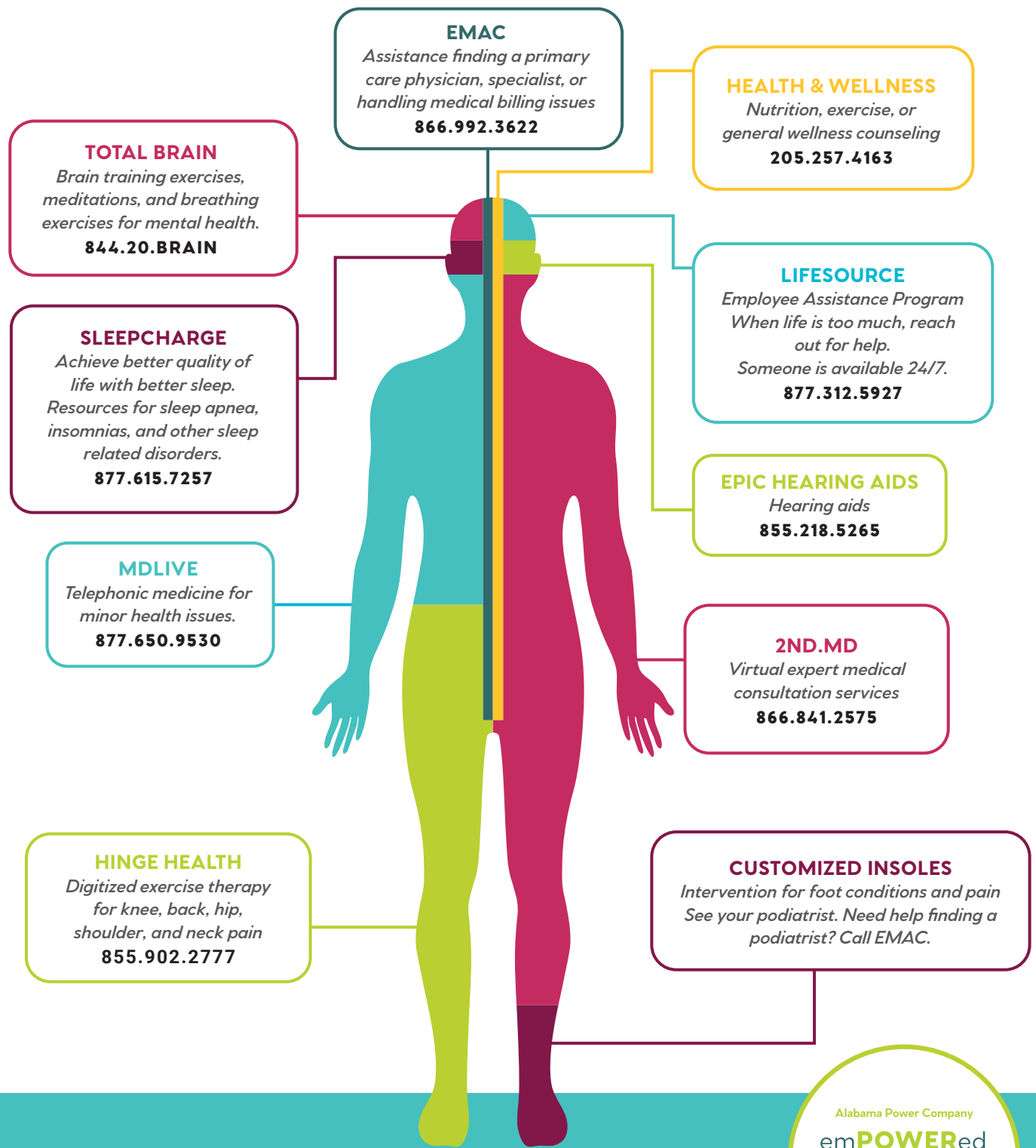


YOUR BENEFITS FROM HEAD TO TOE



Remember to log activity on SouthernLifeStyle Rewards to earn dollars in your HRA/HSA/FSA account. **SCOREWARDS.COM**
For more information about these benefits and others, contact your Empowered Health team at **205.257.4163**.





EARNINGS CHECKLIST

Visit [mySource](https://mySource.alapower.com) or www.socorewards.com to begin earning today!

Activity Titles	Frequency	Max Allowed	HRA/FSA Dollars	Total Possible
Physical Activity				
Cardio (30 minutes)	Daily	5/week	\$2	\$400
Strength (20 minutes)	Daily	2/week	\$1	
Move (7,500 steps)	Daily	3/week	\$1	
Dynamic Warm-Up/Stretch	Daily	3/week	\$1	
Education				
Sugar-Free Me	Yearly	1	\$10	\$40
Understanding Skin Cancer	Yearly	1	\$10	
Managing Hypertension	Yearly	1	\$10	
Managing Stress	Yearly	1	\$10	
Happiness Plan				
Happiness Plan (Available through May 1, 2022)	Yearly	1	\$135	\$135
Screenings				
Preventive Screenings	Yearly	5	\$15	\$75
Annual Physical				
Annual Physical	Yearly	1	\$50	\$50
Health Management				
Complete a tobacco-cessation program (coach-guided).	Yearly	1	\$65	\$65
Remain tobacco-free for six months (coach-guided).	Yearly	1	\$35	\$35
Complete a tobacco-cessation program (self-directed).	Yearly	1	\$40	\$40
Remain tobacco-free for six months (self-directed).	Yearly	1	\$20	\$20
Well Check				
Well Check	Yearly	1	\$25	\$25
Health Events				
First-time login	Yearly	1	\$25	\$25
Download mobile app	Yearly	1	\$25	\$25
Sync wearable device	Yearly	1	\$10	\$10
Monthly Well-Being Topic	Yearly	12	\$10	\$120
Maintain Don't Gain Challenge	Yearly	1	\$25	\$25
Total Brain	Yearly	1	\$25	\$25
Total Brain second follow-up assessment	Yearly	1	\$25	\$25
Dynamic warm-up video	Yearly	1	\$15	\$15
Sleep Charge				
Sleep Check Up	Yearly	1	\$25	\$25
Challenges				
Healthy Pursuit	Yearly	1	\$25	\$25
Step With Me	Yearly	1	\$25	\$25
Sleep Challenge	Yearly	1	\$25	\$25

For questions, please call SouthernLifeStyle Rewards Member Services at 855-444-1255 or send an email to support@socorewards.com.

