# YOUR BENEFITS FROM HEAD TO TOE

#### ΕΜΔΟ

Assistance finding a primary care physician, specialist, or handling medical billing issues

866.992.3622

#### **HEALTH & WELLNESS**

Nutrition, exercise, or general wellness counseling

205.257.4163

### TOTAL BRAIN

Brain training exercises, meditations, and breathing exercises for mental health.

844.20.BRAIN

#### SLEEPCHARGE

Achieve better quality of life with better sleep. Resources for sleep apnea, insomnias, and other sleep related disorders.

877.615.7257

#### **MDLIVE**

Telephonic medicine for minor health issues.

877.650.9530

#### LIFESOURCE

Employee Assistance Program When life is too much, reach out for help.

Someone is available 24/7.

877.312.5927

#### **EPIC HEARING AIDS**

Hearing aids

855.218.5265

#### 2ND.MD

Virtual expert medical consultation services

866.841.2575

#### **HINGE HEALTH**

Digitized exercise therapy for knee, back, hip, shoulder, and neck pain

855.902.2777

#### **CUSTOMIZED INSOLES**

Intervention for foot conditions and pain See your podiatrist. Need help finding a podiatrist? Call EMAC.

Remember to log activity on SouthernLifeStyle Rewards to earn dollars in your HRA/HSA/FSA account. **SOCOREWARDS.COM** 

For more information about these benefits and others, contact your Empowered Health team at 205.257.4163.

Alabama Power Company

emPOWERed

HEALTH

CONNECTING YOU
TO QUALITY HEALTHCARE



## **EARNINGS CHECKLIST**

Visit mySOurce or www.socorewards.com to begin earning today!

Activity Titles	Frequency	Max Allowed	HRA/FSA Dollars	Total Possible
	Physical <i>I</i>	detivity	'	
Cardio (30 minutes)	Daily	5/week	\$2	
Strength (20 minutes)	Daily	2/week	\$1	\$400
Move (7,500 steps)	Daily	3/week	\$1	
Dynamic Warm-Up/Stretch	Daily	3/week	\$1	
	Educa	ation		
Sugar-Free Me	Yearly	1	\$10	\$40
Understanding Skin Cancer	Yearly	1	\$10	
Managing Hypertension	Yearly	1	\$10	
Managing Stress	Yearly	1	\$10	
	Happines	ss Plan		
Happiness Plan (Available through May 1, 2022)	Yearly	1	\$135	\$135
	Screer	nings		
Preventive Screenings	Yearly	5	\$15	\$75
	Annual P	hysical		
Annual Physical	Yearly	1	\$50	\$50
	Health Man	agement		
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 C	heck		
Well Check	Yearly	1	\$25	\$25
	Health E	vents		
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 C	harge		
Sleep Check Up	Yearly	1	\$25	\$25
	Challe	nges		
Healthy Pursuit	Yearly	1	\$25	\$25
Step With Me	Yearly	1	\$25	\$25
Sleep Challenge	Yearly	1	\$25	\$25

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

