Welcome to ONB well. We are committed to supporting your health and well-being through our partnership with Activate Healthcare, offering you a variety of resources, programs and opportunities to create a personalized wellness experience.

**WHAT DO I GAIN FROM ONB WELL?**

- Get to know your health numbers by completing a Biometric Screening and reflect on your daily lifestyle habits through the Health Profile
- Work with a health coach, if you'd like, to set and work toward goals to pursue a healthier lifestyle
- Choose to learn more about health topics of interest to you
- Challenge yourself to complete self-directed and group health campaigns
- Take steps to improve your financial well-being
- Complete preventive checks specific to your gender and age
- Engage in local events within your community
- Submit completed trackers and quizzes and track your earned and yet to earn rewards through Twine Health app, either through a personal computer or via mobile device
- Earn credits towards a Reward for Wellness Day (paid time off in 2019)

**HOW DO I PARTICIPATE?**

- Go to [www.activatehealthcare.com/onb](http://www.activatehealthcare.com/onb)
- Select the ONB well apple logo to access program instructions and links to all activities, quizzes and challenges
- Register for the Twine Health app to complete your Health Profile, upload completed trackers and quizzes and track your earned and yet to earn rewards
- Work with an Activate Health Coach either in person, through messaging via the Twine Health app, by phone or by video from your home.
- Use the Twine app to communicate with your coach (ongoing) by December 31, 2018:
  1. Health Profile —REQUIRED
  2. Biometric Screening —REQUIRED
  3. Earn a total of 30 Wellness Credits (including Health Profile and Biometric Screening)
- Your level of employment determines the number of hours you are eligible to receive for your Reward for Wellness Day.

<table>
<thead>
<tr>
<th>ELIGIBILITY</th>
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</thead>
<tbody>
<tr>
<td>8 Hours</td>
<td>Full-time Associates</td>
</tr>
<tr>
<td>6 Hours</td>
<td>Part-time Level 1</td>
</tr>
<tr>
<td>4 Hours</td>
<td>Part-time Level 2</td>
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</tbody>
</table>
STEP ONE: REGISTER FOR TWINE HEALTH

1. Download the Twine Health app or login to app.twinehealth.com using your work email address on file with ONB Human Resources and your birthdate. You can login on your personal mobile device or from a desktop or laptop computer using Chrome, Firefox or Safari browser.

   Note: Have you visited an Activate Health & Wellness Center? If so, when you register in Twine Health, use the same email address provided at the time of your visit. This will ensure you are connected with the ONB well group to access and track your rewards.

2. When you login, you will see the Welcome! screen. Progress through the intro by clicking through the arrows in the lower right corner.
GET INFORMED

Through completing the Health Profile and Biometric Screening, you will gain important information about your current health and well-being. You will then have the ability to choose your priority health improvement areas and select activities that will support your focus. The Health Profile and the Biometric Screenings are required to earn your Reward for Wellness Day. You will earn 8 credits for each of these activities.

Health Profile (required)

1. Select “Me” in the left menu
   - You may enter your Motivation Statement statement, and scroll down to view your care team and your biometrics results.
   - This statement may describe what is most important to you and/or your life purpose, and may help determine and keep your focus on your goals.

2. To complete the Health Profile questions, select one of the categories and answer the questions in each of three sections:
   a. Lifestyle Behaviors
   b. Mental Wellbeing
   c. Preventative Care

Upon completing each section, click the back arrow in the upper left corner to select another section.

There are no right or wrong answers. Your answers simply provide our coaches information to guide you in identifying and setting meaningful health goals and action plans. You may wish to modify these answers throughout the year to keep an accurate profile over time.

You will know you have completed the Health Profile when all sections indicate 100% complete.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
Biometric Screening (required)

Health screenings are intended to help you identify health risks early. Your results are confidential and screenings can provide you with a better understanding of your health status. Now is the time to gather invaluable information about your current health. It’s Your Health. Know Your Numbers.

Three ways to receive your Biometric Screening:

- For associates with nearby Activate Health & Wellness Centers, call your clinic location to schedule your appointment for a Biometric Screening.
- Onsite Biometric Screenings will be offered at some ONB locations. Watch for more details on the schedule.
- If you do not have access to a screening location, visit your primary care doctor and have them complete the physician form and submit via fax to the Evansville Activate Health & Wellness Center at 812.602.3301 or scan and upload to Twine messages.

To upload in the messages feature of your Twine Health app from your computer, select the paperclip and find the document you wish to attach. From your mobile device, take a picture of the form and attach it to your message. When you click “Send” you will see the document name within the message.

Within two weeks of submitting your physician form, you will hear confirmation from your wellness team that your labs and vitals have been processed, and can access them in the ME section of your Twine Health app.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
ENGAGE IN COACHING, EDUCATIONAL MODULES, CHALLENGES AND OTHER ACTIVITIES

Go to www.activatehealthcare.com/onb and select the ONB well apple logo. In Step 3, find links to activities you may complete and submit to your Activate team.

After registering for Twine Health, you will receive a welcome message from your Activate team within two business days of completing your Health Profile. At that point you may begin to complete additional activities in the following categories:

+ Improve
+ Learn
+ Challenge
+ Community Events
+ Financial

Use Twine Health to submit and keep track of your completed wellness activities and rewards.

IMPROVE Health Coaching

Using your Biometric Screening results and Health Profile, you can work together with a personal health coach to create meaningful goals and health action plans. Actively track and complete at least four scheduled touch points which may include phone, messaging, and video call via the Twine Health app, or in person. You must complete all four sessions to qualify for the coaching credits.

+ If you have convenient access to an Activate Health & Wellness Center, you may meet with a coach in person.
+ If you do not have convenient access to an Activate Health & Wellness Center location, contact the Evansville clinic at 812.602.3300 to set up an appointment for either a phone or video coaching session.
+ Actively track and make progress toward the goals and action plans you and your coach develop together over a time period that you both agree upon.

Note: You can develop your own action plans; however, to be eligible for reward credits, you must contact an Activate health coach for support.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
IMPROVE (CONTINUED)

Preventive Exam (2 credits each; maximum 4 credits)

Each year you are encouraged to seek age and gender appropriate preventive care by your healthcare professionals. The typical preventive exams include: dental exam, eye exam, mammogram, cervical cancer exam, prostate cancer exam and colorectal exam. You may submit up to two preventive exams per year.

Flu Shot (1 credit; maximum 1 credit)

Getting an annual flu vaccination can protect you from contracting the flu. Although the flu shot doesn't always provide total protection, it is worth getting for containing the spread of disease.

After you receive a preventive screening or flu shot send a message to your coach with the name of the preventive exam performed and the date the screening was received via your mobile device; or if you are using a clinic, submit to your clinic team next time you visit.

LEARN

Educational Modules (1 credits each; maximum 12 credits)

To earn credits, read about a topic of interest and complete the quiz. Then print the quiz, take a picture and attach it to a message to your coach via your mobile device or computer.

These educational modules will be updated monthly - check the ONB well website for new topics to learn about!

CHALLENGE

Personal Choice Challenges (2 credits each; maximum 24 credits)

To earn credits, select personal challenges from the choices listed on the ONB well website to complete and log your activities over the next 30 days. You can either print your completed log form, take a picture and attach it to a message to your coach via your mobile device; or you can complete the log, save the document and attach it to a message to your coach via your computer.

Quarterly Challenges (4 credits each; maximum 16 credits)

Periodic interactive, fun challenges to promote overall health and well-being will be offered throughout the year. Quarterly challenges require a separate registration and login.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
COMMUNITY EVENTS (1 credit each; maximum 4 credits)

To earn a credit, find a local wellness event and participate. After finishing the event, send a message to your coach and attach a photo of you participating or finishing the event.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
FINANCIAL (2 credits each; 4 credits maximum)

401k Salary Deferral Increase/Step Ahead

To change your employee contribution percentage and/or enroll in Principal Step Ahead, log on to principal.com/web/increase. After electing your contribution amount and clicking “Continue,” you will be asked if you would like to increase your contributions annually. Follow the prompts to elect this feature. Increasing your percentage by just 1% each year can make a significant difference in your overall retirement savings.

Beneficiary Awareness

Just a few minutes of time can ensure your beneficiary designation is up-to-date so your retirement benefits can be paid out as you directed. Simply visit principal.com/beneficiary today.*

It’s easy; the site is secure and if you have questions, just call the Principal Financial Group® at 1.800.547.7754. Retirement specialists from The Principal® will help steer you in the right direction.

*Certain beneficiary designations cannot be completed online; instead, a paper form must be completed and signed. If needed, you will be given the option to print the paper beneficiary form from the website.

Once you have increased your contribution percentage and/or enrolled in Principal Step Ahead, send a message to your coach via Twine confirming completion. Your beneficiary designation update will be provided automatically from Principal Financial Group, and your credits will be awarded in Twine by the 15th of the month following completion.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
EARN REWARDS FOR YOUR EFFORTS

As described in Steps 2 and 3, you will earn credits for completing your Health Profile and Biometric Screening and tracking completion of the activities in five categories — Improve, Learn, Challenge, Community, and Financial.

Accumulate 30 credits (including the 8 Health Profile and 8 Biometric Screening credits) to qualify for paid time off in 2018.

You can find your Reward Center in the “Me” section of your Twine Health app, below the Health Profile.

You will see ONB well and the total number of credits you have earned to date.

Click anywhere on the white bar or gift box to view a list of all rewards, those still available to earn and the rewards you have already earned.

Upon opening “Rewards”, you will see the “available” listing. To view the credits you have already earned, select the “Earned” menu.

As you accumulate earned credits, your Reward Center will be updated accordingly. Please allow two weeks after completing an activity for the credits to be loaded.

Need help? Call 317.434.2232 or email helpdesk@activatehealthcare.com.
## Step 4

### Reward Center

<table>
<thead>
<tr>
<th>Get Informed</th>
<th>(required to be eligible for Reward for Wellness Day)</th>
<th>Credits Each</th>
<th>Total Potential</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ Health Profile (formerly Wellness Assessment)</td>
<td>8</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>+ Biometric Screening</td>
<td>8</td>
<td>8</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Improve</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>+ Health Coaching — earn your credits through completing four touch points as scheduled together with your health coach</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>+ Preventive Exams — dental, eye, mammogram, Pap, prostate, colorectal</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>+ Flu Shot</td>
<td>1</td>
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<table>
<thead>
<tr>
<th>Learn</th>
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</thead>
<tbody>
<tr>
<td>+ Educational Modules — complete the topic of choice and corresponding quiz</td>
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<td>12</td>
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<table>
<thead>
<tr>
<th>Challenge</th>
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<tbody>
<tr>
<td>+ Personal Choice Challenges — complete and submit completed monthly form</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>+ Quarterly Challenges — complete and your credit will be granted</td>
<td>4</td>
<td>16</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Community Event</th>
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<tbody>
<tr>
<td>+ Complete a local event and message your coach with a photo of you participating or finishing the event</td>
<td>1</td>
<td>4</td>
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</table>

<table>
<thead>
<tr>
<th>Financial</th>
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<tbody>
<tr>
<td>+ Beneficiary Awareness — complete and message your coach</td>
<td>2</td>
<td>2</td>
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<tr>
<td>+ 401K Deferral Increase/Step Ahead</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

### Need Help or Have a Question?

+ Call **317.434.2232** or email **helpdesk@activatehealthcare.com**
+ **Support hours** (Eastern time zone):
  - Monday – Friday: 6 am – 7 pm
  - Saturday: 8 am – 2 pm