

Helping you live a long, successful, and healthy life is our priority. To encourage healthier lives, our voluntary employee wellness program creates an overall culture of health and wellness for all employees. When we're more focused on improving our health, we have more energy, which can help us improve our lives at work and at home.

Taking care of our health can also help spend fewer dollars on avoidable health care costs. This is why our wellness program includes monetary rewards for everyone who participates.

If you participate in the wellness program, you will earn a \$50 per month premium discount for 2027. To earn this incentive, you must complete the following items by August 31, 2026:

1. Complete the Mobile Health App Health Assessment (required annually)
2. Complete a biometric screening with eHealth Screenings (must be submitted to eHealth Screenings by August 31st to qualify)
3. Participate in and complete any of the below options:
 - Mobile Health Consumer peer challenges
 - Wondr Health (Naturally Slim)
 - Teladoc Diabetes or Teladoc Hypertension
 - Complete a skin cancer screening with SkinIO
 - Complete a breast exam with Bexa

Austin College partners with clinical vendor partners, Wondr Health, an online behavioral weight loss program that promotes healthy eating habits; and Teladoc, a maintenance program for individuals with diabetes and hypertension. These programs are available at **NO COST** to all employees and spouses on AC's medical plans.

Mobile Health is our wellbeing and engagement platform designed to help you live your best life. Achieve your physical, emotional, financial, and career wellbeing goals with Mobile Health's hyper-targeted experience. The Mobile Health App considers your health, lifestyle, motivation and preferences allowing you to develop your own sense of holistic wellbeing.

Mobile Health

With Mobile Health, you receive the right information to make the best choices for your health. You will receive an individualized plan such as health alerts, education and reminders to better understand health and wellbeing resources. Throughout the year, you can participate in activities to earn points toward rewards and recognition, and discover your best self.

HOW CAN I REGISTER?

Three Easy Steps:

- Register & Login
- Complete Health Assessments
- Start Earning Rewards

DOWNLOAD MOBILE HEALTH CONSUMER

mobilehealthconsumer.com/web/pages/login.html