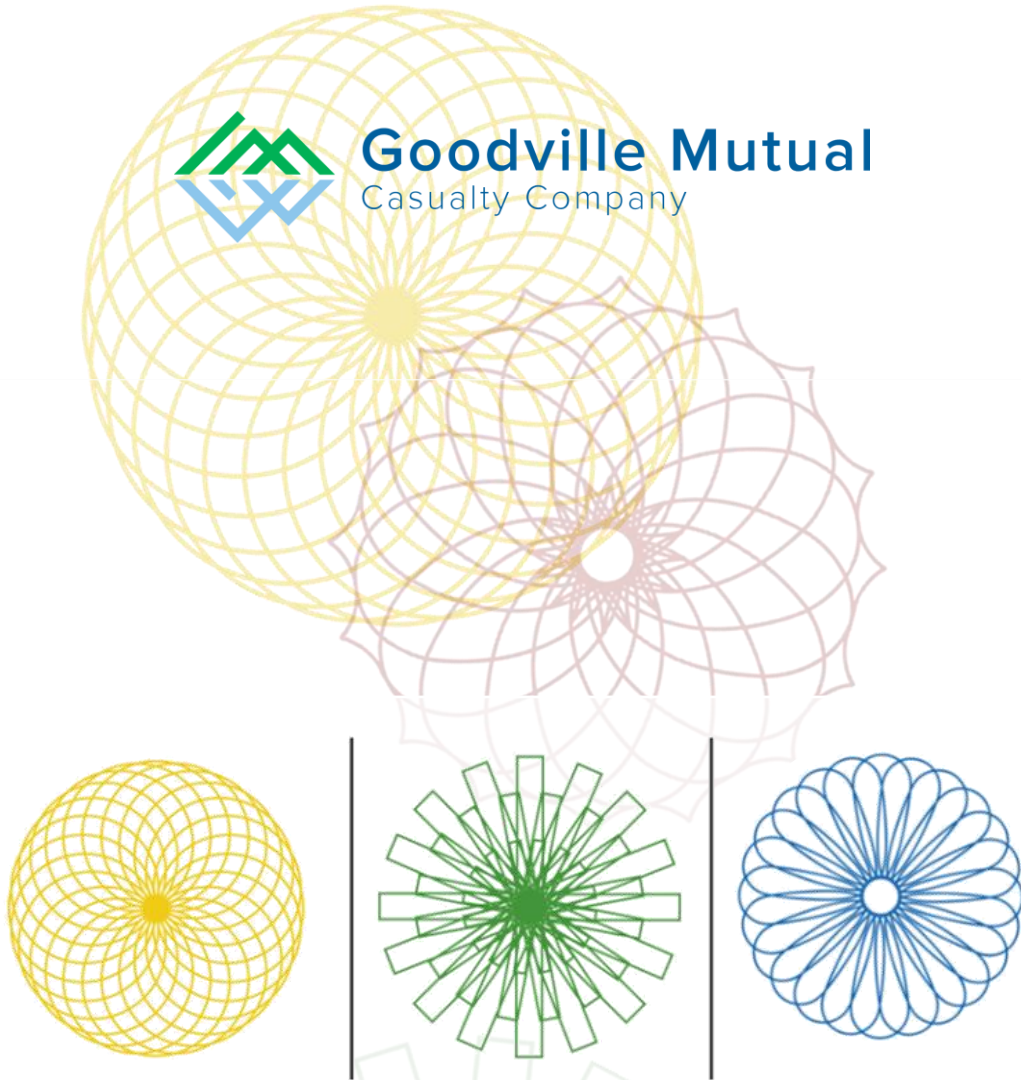




Goodville Mutual
Casualty Company



PASSPORT

TO HEALTH™

2025

passport.attentivehealth.com | 877.875.0333 | goodville@attentivehealth.com

ATTENTIVE
HEALTH

PASSPORT TO HEALTH™



WHAT IS PASSPORT TO HEALTH™?

The PASSPORT TO HEALTH™ is a voluntary wellness program offered by your employer which awards you points for completing various activities. The program is designed to reward you for your smart decisions, and the steps you take toward a healthy lifestyle.

All benefits eligible employees at Goodville can earn a **\$150 Payroll Bonus** by reaching the **FINISH LINE** by **December 1, 2025**.

The **EXTRA MILE** award includes the bonus plus additional prize raffle entries. See the chart below for the annual minimum point requirements for each award level.



REWARDS

“FINISH LINE” 100 POINTS (Step 1: 50 points, Step 2: 50 points)	\$150 payroll bonus
“EXTRA MILE” 100 - 150 POINTS (Step 1: 50 points, Step 2: 50+ points)	payroll bonus + 1 raffle entry for every 10 Passport points <i>(up to 5 entries)</i>

To be eligible for rewards, you must be employed at Goodville when the reward is paid. Bonus amount shown is before taxes.



STEPS TO SUCCESS

- **Step 1:** Complete a confidential **personal health survey** and **meet with a health coach** to earn 50 points.
- **Step 2:** Earn **an additional 50 points** from various PASSPORT TO HEALTH™ activities.
- **Step 3:** **By December 1, 2025, submit all your documentation** to Attentive Health to ensure you have 100 points total needed for your wellness reward.



SUBMIT AND CONTACT

Receipts for activities such as doctor visits and community events can be turned in:

FAX: 215.734.2333
MAIL: P.O. Box 61, Telford PA 18969
UPLOAD: passport.attentivehealth.com
EMAIL: goodville@attentivehealth.com

If you have questions about the program, please call Attentive Health: **877.875.0333**

PASSPORT TO HEALTH™

EVERY JOURNEY BEGINS WITH ONE STEP. START YOURS TODAY!

STEP 1:

Complete introductory activities and earn 50 points

ACTIVITY	POINTS
Personal Health Survey	25
Goal-Setting Meeting with Health Coach	25

STEP 2:

Complete at least 50 points from any activities listed

ACTIVITY	POINTS
Attentive Health Coaching	20 each <i>(up to 60)</i>
NEW! Clinical Coaching	20 each <i>(up to 60)</i>
EAP or Other Counseling	20 each <i>(up to 60)</i>
Routine Physical / Well Visit since 12/1/2024	25
Other Preventive Care Activities since 12/1/2024 <i>(i.e vaccines, dental/vision exams, colorectal cancer screening, mammogram, age/gender screening, etc.)</i>	15 each
Personal Fitness Program	1 pt each <i>(up to 50)</i>
Step Tracking	1-2 per wk <i>(up to 50)</i>
Wellness Challenge	25

STEP 3:

Submit documentation by 12/1/2025

FINISH LINE	POINTS
PROGRAM DEADLINE DECEMBER 1, 2025	100 TOTAL

alternate accommodations available upon request

ACTIVITY DESCRIPTIONS

PERSONAL HEALTH SURVEY & GOAL-SETTING –

Take 20 minutes to learn about your overall health. Complete a CONFIDENTIAL survey then follow-up with an Attentive Health coach to discuss your results & next steps. Survey and meeting schedule available online at passport.attentivehealth.com or by calling **877.875.0333**.

ATTENTIVE HEALTH COACHING – Get personalized & confidential support in achieving your health goals. In these 20-minute sessions, our health coach will help you work on your goals and support you in staying on track. Sign up at passport.attentivehealth.com or by calling **877.875.0333**.

NEW! CLINICAL COACHING – Receive individualized support from our Registered Nurse to identify strategies to help manage chronic conditions.

EAP/OTHER COUNSELING – Earn points for participating in counseling sessions. No need to provide details, just proof of visit. For more information on your EAP visit wellspaneap.org or call **800.673.2514**.

ROUTINE PHYSICAL/WELL VISIT – Get credit for your routine physical completed since 12/1/2024. REMINDER: Meritain will provide reporting needed to verify completion of your annual physical & points will be awarded automatically. No receipt needed!

OTHER PREVENTIVE CARE – Get credit for routine preventive care completed since 12/1/2024. No results needed...simply submit receipts or proof of visit like a provider's note or Explanation of Benefits.

PERSONAL FITNESS PROGRAM – Earn points for your own personal fitness regimen: give us a report of your visits to the gym and earn 1 point for every visit, up to 50 points. Or you can document your non-gym activities on a Fitness Log from Attentive Health and earn 1 point on your Passport for each point on the Fitness Log, up to 50 points. Fitness Logs are available online at passport.attentivehealth.com.

STEP TRACKING – Wear a Fitbit, Garmin, smartphone, or other fitness tracker and get 1 point for every week you reach 50,000 steps. If you reach 70,000 steps for the week, you'll earn 2 points for the week, up to 50 points total. To get credit for these activities, you will need to sync your device's steps to a free personal account in **MoveSpring** and join an Attentive Health challenge. Instructions can be found by clicking on Activities-Step Tracking at passport.attentivehealth.com.

WELLNESS CHALLENGE – Have fun while building new healthy habits & earning rewards in the process! Details will be announced.



LEARN
MORE!

PASSPORT TO HEALTH™ ONLINE

- ✓ check points
- ✓ upload receipts
- ✓ view webinars
- ✓ and more!

PASSPORT.ATTENTIVEHEALTH.COM