



DO YOU WANT TO **SAVE** MONEY ON YOUR MEDICAL PREMIUM?

SAVE MONEY AND GET HEALTHY!

Choose ONE of the following *Healthy Directions* wellness program options to earn a wellness discount each quarter!



1. RALLY

Learn about YOU with an online health assessment and wellness modules.

Enroll at myuhc.com

+ Complete 2 modules per quarter

= EARN WELLNESS DISCOUNT



2. FITBIT

Keep active with a nifty fitness tracking device.

Purchase your FitBit* through payroll deductions by completing [this form](#)

+ Average 6,000 steps daily

= EARN WELLNESS DISCOUNT

**FitBit priced
as low as \$15!*



3. REAL APPEAL

Manage your weight and feel great!

Enroll at healthydirections.realappeal.com

+ Complete one coaching session in the 1st quarter

+ Complete 10 online sessions per quarter

= EARN WELLNESS DISCOUNT



4. LIVONGO

Take charge of diabetes. Be the boss.

Enroll at livongo.com

= EARN WELLNESS DISCOUNT

(you must have Company medical insurance to participate)

If you're enrolled in an ABX Air sponsored medical plan, then you're eligible to participate.

You must meet one of the quarterly goals to receive the discount for the next quarter.

What's holding you back from a healthier—and wealthier—2019?

Click on a link and get started!

For more information, email healthy.directions@abxair.com or contact your Human Resources Representative.