

Find Health and Happiness

The **Living >> Well** program offers tools that can help you feel happy, healthy and ready to enjoy life's best moments. Whether you'd like to spend more time being active, enjoying nutritious meals, connecting with loved ones or something else, we're here to help you start healthy habits that can help lead to lasting well-being.

Earn rewards up to \$480

As a new hire, you have the opportunity to earn rewards for taking time to feel your best. Here's how it works:

- **Living >> Well Promise:** Earn up to \$480 a year (\$40 per month) in premium discounts for 2022 for learning about your health. Just complete a health assessment or biometric screening by July 1, 2021* (only for those enrolled in health insurance coverage through KEHP).
- **Living >> Well Engagement rewards:** Earn up to \$200 a year in gift cards and prizes for taking part in healthy activities of your choice (for those eligible to enroll in health insurance coverage through KEHP, even if coverage was waived).

It starts with the health assessment

Visit KEHPlivingwell.com and complete the health assessment. In just 10 minutes, it will provide a personalized health report and point you toward tools that can help you reach your well-being goals. Even better, we'll use the results to tailor your **Living >> Well** experience to you.

Questions? Call 866-746-1316

Discover better well-being today
at KEHPlivingwell.com.

*The requirement to complete a health assessment or biometric screening to earn the LivingWell Promise Rewards applies only to new hires with at least 90 days of active health insurance coverage during the Promise period of January 1 through July 1, 2021. Please allow 10 business days to obtain access to the site.

Living >> Well



Kentucky Employees'
Health Plan

Enjoy the Moment
BE PRESENT. BE WELL.