

2026 Well-being Program Details

Cone Health values you and your health, and we believe our well-being program can help you achieve better health and empower you to make more informed decisions about your health, wellness, and care.

The Healthy Premium and Well-being Bucks program is administered and managed by our partner **ActiveHealth Management**, a leader in online wellness solutions. All personal health information you record in your online wellness account is kept confidential, in accordance with all HIPAA privacy rights.

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Accessing the LiveLifeWell Program

Who is eligible to earn rewards

1. **Healthy Premium:** Employees and spouses enrolled in a medical plan may be eligible to receive a discount of \$520 (\$20/PP) on insurance premiums in 2027.
2. **Well-being Bucks:** All employees (regardless if you are enrolled in a medical plan) may earn a maximum of \$250 cash in 2026. **Spouses are not eligible for Well-being Bucks*

I am a new employee. Can I participate?

Yes, if you were hired or had a status change (added a spouse to benefits) **after 1/2/2026**, you automatically earn the discount for the Healthy Premium. Your Healthy Premium requirements begin the following year after enrolling in a Cone Health medical plan to keep your premium discount. However, new employees are encouraged to begin participating in Well-being Bucks programs available to them. New employees typically have access to create their accounts one week after first day of employment.

How do I login into my online wellness account?

Please visit www.myactivehealth.com/wellbeing. If you or your spouse have not already created an account, go through the registration process. If you have registered previously, login with Passkey or Sign in with your phone number (you will receive a code via text). If you have difficulties logging in or creating an account, please call 1-855-294-6577.

Note: It is important to update your home address and cell number on Cone Health employee profile or you can contact **People Solutions Center** for assistance by calling **336-832-8100** or emailing peoplesolutionscenter@conehealth.com.

How do I get the ActiveHealth Wellness app?

Open the App Store or Google Play on your mobile device. Search for **MyActiveHealth Wellness** app. Download the app and register. If you have any difficulty, please call 1-855-294-6577 for assistance.

I am not able to check my Cone Health email or access the Cone Health network if I am not at work. Can I still get into my account?

Yes, you can access your online wellness account anywhere, anytime. Your account is not tied to your Cone Health credentials and you have a different access than the one at work. You do not need to be on the Cone Health network or at work to access the program.

LiveLifeWell 2026 Program Rewards

What rewards are available through the LiveLifeWell Program?

Three separate rewards are available:

1. **Healthy Premium Program** - Employees and spouses on a Cone Health medical plan on or before January 1, 2026, must:

- Get an [annual physical](#) between January 1, 2025, and September 1, 2026.
- Complete your [health assessment](#) between September 2, 2025, and September 1, 2026.

Remember, you **and** your spouse need to complete the Healthy Premium requirements every year to keep your premiums low! By completing these requirements, you earn a \$520 (\$20/PP) premium discount in 2027.

2. **Well-being Bucks*** - All employees (regardless of FTE or benefits enrolled) are welcome to participate and complete well-being activities to earn up to \$250 a year. Well-being Bucks program runs from January 1, 2026 - December 31, 2026.

*Spouses are not eligible for Well-being Bucks incentives.

3. **Healthy Pregnancy Program** – Employees, spouses, adult children (18 – 26 years old) enrolled in a medical plan is eligible for program and incentives. This program runs from January 1, 2026 - December 31, 2026.

4. **Diabetes Management Program** – Earn cash rewards through a quarterly Cone Health payroll payout to offset your diabetes medication and supply cost when participating in the Diabetes Program with ActiveHealth. Employees, spouses, adult children (18 – 26 years old) enrolled in a medical plan are eligible for the Diabetes Program and incentives. Children younger than 18 are eligible to participate.

How can I see if I have earned a reward?

Log into your account via the MyActiveHealth Wellness app or website (www.myactivehealth.com/wellbeing). Review the *Health Checklist* located within *Profile*. This shows all rewards you have earned and activities available for you to complete to earn a reward. If you cannot access your account, please call 1-855-294-6577.

Earning the Healthy Premium Discount

How do I earn the discount on my insurance premium in 2027?

Employees and spouses enrolled on a health plan on or before 1/1/2026, must complete these two activities listed below:

- Get an [annual physical](#) between January 1, 2025, and September 1, 2026.
- Complete your [health assessment](#) between September 2, 2025, and September 1, 2026.

Remember, you **and** your spouse (both) need to complete the Healthy Premium requirements every year to keep your premiums low! By completing these requirements, you earn a \$520 (\$20/PP) premium discount in 2027.

What should I do to confirm that my spouse and I completed both Healthy Premium activities?

You and your spouse each must create an account and log into your own wellness profile and **click on *Profile and on Health Checklist*** to confirm that you see the Physical Exam and for the Health Assessment under the “Completed” section.

I completed both Healthy Premium activities, but do not see completion on the Health Checklist?

Please call ActiveHealth support at 1-855-294-6577 for assistance.

I am adding my spouse to my medical plan in 2026. What do I need to do to ensure I qualify for the premium discount for 2027?

Spouses added to a medical plan between 1/2/2026 and 12/31/2026 will automatically be eligible for the premium discount in 2027.

What do I need to know about the annual physical?

Your physical must be performed by a primary care physician or OB/GYN. Your provider will document a well visit using specific "*preventive service codes*". These codes are then captured and used to determine your eligibility for the Healthy Premium rate. [Click here](#) for the list of codes typically used. It may be helpful to take this list with you to your "well visit" and ask your provider if your visit should be documented using these codes.

You must complete your **annual physical** between 1/1/2025 and 9/1/2026 (20-month window). The completion will automatically upload into your ActiveHealth account via insurance claim within 6-8 weeks.

To find an Aetna provider, click on [Provider Search - Home \(aetna.com\)](#) or call **800-544-5307**.

What do I need to know about the Health Assessment?

A health assessment is a private and confidential questionnaire to check in on your general health and well-being. The questions are about topics around lifestyle, eating habits, physical activity, managing health conditions, and stress. It takes less than 15 minutes to complete. You can complete it at any time and you do not need to wait for your annual physical to be completed. Employee and spouse must complete the Health Assessment every year to earn the premium discount.

You must complete your **Health Assessment** by 9/1/2026.

How do I complete the Health Assessment?

1. Open the Active app or go to www.myactivehealth.com/wellbeing
2. Click on **Profile**
3. Click on **MyHealth100** score
4. Click on the option to complete the HRA

Important Note: Once you finish the Health Assessment and **clicked SUBMIT**, you will receive an email confirmation, but if you don't receive the email confirming that you successfully completed the Health Assessment, log into MyActiveHealth and go to the "Health Checklist" to confirm that you see the Health Assessment as "**Completed.**"

Telephonic HRA

If you do not have a smart phone or do not have access to a computer or a tablet, you may call ActiveHealth support at 1-855-294-6577 for assistance. You must have an account created first in order for the customer support or coach teams to be able to assist you.

1. Download the MyActiveHealth Wellness mobile app from the App store or Google Play or go to www.myactivehealth.com/wellbeing
2. Create your account before you contact ActiveHealth support at 1-855-294-6577 for assistance.

Spouse Completion Status (if you have a spouse as a medical dependent)

This card tracks your spouse's progress toward Healthy Premium rewards. Once your spouse completes the Health Assessment and Annual Physical Exam, the activity card will show as COMPLETED. Completion deadline is 9/1/2026.

Earning the Well-being Bucks (cash rewards)

How do I earn Well-being Bucks?

All employees (regardless of FTE or benefits enrolled) are welcome to participate and complete well-being activities (see table below) to earn up to **\$250 a year**. Well-being Bucks program will run from January 1, 2026- December 31, 2026.

You will earn "Hearts" when completing activities, and it will convert into dollar incentive. See the table below:

Hearts	2026 Reward	Activity	Eligible to Earn the Reward
5,000	\$50	Cone Health – Two sessions with a Registered Dietitian	All employees
5,000	\$50	Cone Health – Advance Care Planning	All employees
5,000	\$50 each	Cone Health – Boost Your Mental Well-being Classes (up to 5 classes in a series in this category)	All employees
5,000	\$50 each	Cone Health – Health Education Classes (up to 2 classes in a series in this category)	All employees
2,500	\$25	Cone Health – One Corebridge Financial Visit	All employees

2,500	\$25 each	Cone Health – Healthy Habit Challenges (up to 4 challenges per year)	All employees
1,500	\$15 each	ActiveHealth – Wellness Webinar Live or on demand (up to 10 webinars per year)	All employees
100	\$1	ActiveHealth – Track 7,500 steps or 20 Minutes of Activities daily	All employees
10,000	\$100	ActiveHealth – 3 Calls with a Lifestyle Coaching or Condition Coaching	Employees Medical enrolled
5,000	\$50	ActiveHealth – 3 Group Coaching Online Classes	Employees Medical enrolled
15,000	\$150	ActiveHealth – Tobacco Cessation	Employees Medical enrolled

[Well-being Bucks Activity Details](#)

Cone Health Registered Dietitian Sessions

Earn 5,000 Hearts/\$50, one time per year, for completion of 2 sessions. Please note, you that you may complete up to 3 sessions with a Cone Health Registered Dietitian. Employees can get assistance with meal planning, managing diabetes, lowering cholesterol, or weight management by working with a registered dietitian who can individualize recommendations to fit your preferences and lifestyle.

Locations include Greensboro, Burlington, and Reidsville.

For more details [click here](#). To schedule a session, **call 336-832-3236**.

Cone Health Education Classes

Earn 5,000 hearts/\$50 for completing a 3-classes series. You are eligible to complete up to TWO series per year. Classes listed on the LiveLifeWell website will indicate if it is eligible for Well-being Bucks. If you do not see it listed in the description, the class is not eligible. [Click here](#) to register.

- Smart Meal Mastery
- Race to Retirement
- Caring for Your Financial Future

Advance Care Planning

Earn 5,000 Hearts/\$50, one time per year, for completion of documentation for advance directives.

Please keep in mind, you only receive \$50 for first time uploads. If you completed ACP in the past, it would not be eligible.

When you make your health care preferences known today, you’re planning for your future. Making future plans with input from your family, loved ones, and physician as needed will mean your medical care will continue to look the way YOU want it to look--from start to finish. It will also take the pressure off your family or other health care decision makers because they’ll be clear on your medical wishes.

Advance care planning means you are completing specific documents to make your health care wishes clear. That way, if you become unable to communicate your care wishes, these documents will speak on your behalf.

Steps to how you can complete an advance directive (ACP) for the incentive:

- 1) Attend an onsite employee clinic throughout the year. Schedules will be shared in Cone Health Today newsletter. Special events can be arranged for units/teams/one on one by contacting advancecareplanning@conehealth.com.
- 2) Already have completed documents, but haven't uploaded them? Submit completed documents to HIM (ACP_Documents@conehealth.com) for upload (include coversheet with your documents).
- 3) Print and complete the ACP packet from the Cone Health website at <https://www.conehealth.com/patients-visitors/advance-care-planning/>. **Please note: to complete a Healthcare Power of Attorney and/or Living Will you will need two witnesses and a notary. Contact advancecareplanning@conehealth.com for questions completing the form or setting up an appointment with a notary.*
- 4) Review what document(s) are available to your care team via MyChart. If you do not see your document on file but believe you submitted one previously, reach out to advancecareplanning@conehealth.com.

Boost Your Mental Well-being Classes

Earn 5,000 hearts/\$50 for completing a 3-classes series. You are eligible to complete up to FIVE series per year.

Each series will explore topics that impact our day-to-day mental and emotional wellbeing. These interactive webinars will develop our awareness and skills toward better care for ourselves, our patients, and our communities. Classes listed on the LiveLifeWell website will indicate if it is eligible for Well-being Bucks. If you do not see it listed in the description, the class is not eligible. [Click here](#) to register.

- Grief and Loss
- Healthy Relationships
- Emotional Wellness
- Nourishing Minds
- Burnout
- Schwartz Rounds (must attend 3)

Healthy Habit Challenges

Earn 2,500 hearts/\$25 for completing a Cone Health Healthy Habit Challenge. May complete up to FOUR challenges per year.

Join the fun and create a new healthy habit. Challenges will be announced in the LiveLifeWell monthly newsletter and offered once a quarter throughout the year.

View Wellness Webinars Live or on Demand

Earn 1,500 hearts/\$15, monthly, per live or on demand webinar. May watch up to 10 webinars per year.

Each monthly Wellness Webinar will highlight a different topic to help you work on things like being more active, losing weight, and eating better. Each webinar is about 45 minutes in length. Get incentive for one webinar a month, whether live or recorded, and you cannot watch the same webinar more than one time.

How do I register or view the webinars?

1. Open the MyActiveHealth app or go to www.myactivehealth.com/wellbeing
2. Click on **Explore**
3. Click on **Webinar**

One Corebridge Financial Visit

Earn 2,500 Hearts/\$25, one time per year, for completing one meeting with your Corebridge financial advisor.

For a financial meeting to count towards your Well-being Bucks, please expect the following:

- Meeting with your financial advisor will be **20-30 minutes**.
- Meetings are available by phone, Microsoft Teams, or in-person.
- To be eligible, the advisor will review:
 - Retirement plan education and investment review
 - Contribution/Saving Strategy
 - Beneficiary and Trusted Contact Submission
- [Click here](#) to set up an appointment with an advisor nearest you.
- Please make your advisor aware you would like credit for Well-being Bucks.

Track 7,500 Steps or 20 minutes of activity Daily

Earn 100 Hearts/\$1 daily by completing 7,500 steps or 20 minutes of physical activity. Enter your daily activity in the [ActiveHealth Tracker](#) (online wellness account or MyActiveHealth Wellness mobile app).

Remember you can **sync wearable devices** on MyActiveHealth. Syncing your device makes it easy to track your activities!

You will receive your reward after each quarter has ended, and **you must review the online tracker** making sure that all your steps or minutes of activities are successfully entered on the tracker.

How to track my steps or minutes of activity manually?

If you are tracking manually, you will only be able to go back 6 days to track your physical activity. A total of 7 days: today plus 6 days back. Therefore, **you must log into the app or website once a week**.

What fitness trackers can I use?

Please visit www.myactivehealth.com/wellbeing for a list of compatible devices. Click on My Health, Connected Devices to view all devices.

How to connect your Apple Health app.

The Apple Health app is compatible with ActiveHealth. The Apple Health app must be synced using the ActiveHealth mobile app. See below information.

➤ **Connecting your Apple Watch/HealthKit**

You will need to connect your Apple HealthKit using the ActiveHealth mobile app.

1. Download the ActiveHealth Wellness mobile app
2. Log into the mobile app or [website](#)
3. Go to the trackers and click on “Connect a health tracker”
4. Click to go to Apple Health and Continue
5. Click on “Turn All Categories On”
6. Click “Allow” on the top hand side of the screen to finalize the connection.

➤ **Sync your steps and minutes of activity from Health app to ActiveHealth tracking tool**

- To transfer your daily steps or minutes of activity from the Health app to ActiveHealth tracking tool, you MUST log into the ActiveHealth Wellness mobile app to activate the sync.

ActiveHealth Tobacco Cessation Program (Telephonic Program)

Earn 15,000 Hearts/\$150, one time per year, for completing the 3 calls for the tobacco cessation. *This activity is only eligible to medical plan members.* Nicotine Replacement Therapy available for participants. The Tobacco Cessation Program form ActiveHealth uses proven methods and real-world motivation to help you quit. We know it’s a hard thing to do all at once. We help you break it down so you can handle it. You will have a Lifestyle Coach to give you the personal guidance you need to succeed. To get started, call 1-855-294-6577.

Three Calls with a Lifestyle Coach or Nurse

Earn 10,000 Hearts/\$100, one time per year, for completing at least 3 coaching calls covering a wide variety of chronic conditions or lifestyle topics. *This activity is only eligible to medical plan members.*

Why participate in Lifestyle Coaching or Chronic Conditions call?

You’ll get specific information to help you improve your health. It will include personal health actions to help you on your way. But you set the tone and pace. You also choose how and when to interact with us. And you can contact your Lifestyle Coach or Nurse directly through calls or secure messages.

Who is my Lifestyle Coach or Nurse?

ActiveHealth’s team of Lifestyle Coaches and nurses are qualified professionals like Registered Nurses, Registered Dietitians, Nutritionists, Certified Health Educators, and Exercise Physiologists.

How do I schedule a call with Health Coaching or a Nurse?

1. Go to www.myactivehealth.com/wellbeing.
2. Click on **Profile**.
3. Scroll down to **Coaching Hub** and click on **Explore opportunities**.
4. **One-to-one Coaching sessions** is the first option.
5. Click **Schedule your appointment**.

You can also call ActiveHealth support at 1-855-294-6577 to schedule an appointment with a Health Coach or Nurse.

How do I know that the Coach or Nurse is calling me?

If you have AT&T or T-Mobile, the Caller ID will be “Wellness Program Support.” If you have Verizon or other provider, you will see a toll-free number.

Three Group Coaching Classes

Earn 5,000 Hearts/\$50, one time per year, for completing at least 3 online wellness series group coaching classes on a variety of topics. *This activity is only eligible to medical plan members.*

What is group coaching?

Group coaching is a 6-week series of interactive sessions over a specific health topic led by an ActiveHealth coach. Each session lasts 30 minutes. Many different topics are available.

Where can I find the schedule of Group Coaching sessions for 2026?

A schedule of group coaching sessions can be found on the “Coaching Hub” section of your online wellness account.

1. Go to www.myactivehealth.com/wellbeing.
2. Click on **Profile**.
3. Scroll down to **Coaching Hub** and click on **Explore opportunities**.
4. Scroll down to Group Coaching and click on it to choose a topic.
5. Click on **Enroll Now** after you chose a topic.

You can also call ActiveHealth support at 1-855-294-6577 to schedule an appointment with a Health Coach or Nurse.

Can I complete three sessions from different Group Coaching topics and series?

Yes. You may complete different topics and in different quarters but must complete three individual sessions to earn the 5,000 Hearts/\$50 Well-being Bucks reward.

Healthy Pregnancy Program Rewards

Earn up to 3,000 Hearts/\$300 for participating in the Healthy Pregnancy Program with American Health Holdings.

What is the Healthy Pregnancy Program?

It is an exciting time in your life. And whether you are a new or experienced mom, you may have a lot of questions or need support. So, count on us to help give your baby a healthy start. Our nurse coaches have a lot of experience helping pregnant women and new moms. And they understand the joys and challenges of parenthood.

As part of the maternity program, you will get helpful information about:

- Prenatal care
- Early labor symptoms
- What to expect before and after delivery
- Newborn care, and more

How do I earn the rewards?

To earn rewards, start by enrolling in the program in your first trimester and earn \$100. Getting started after 14 weeks? No worries, you can enroll at any stage in your pregnancy! Then each subsequent trimester, complete program requirements, which also includes Cone Health Childbirth and Breastfeeding classes for first time moms, and earn \$100 each trimester, for a total of \$300.

- Enroll in the program by 16 weeks - Earn \$100
- Complete end of 2nd Trimester Assessment - Earn \$100
- Complete end of 3rd Trimester and Post-Partum Assessments - Earn \$100

To register for the Childbirth and Breastfeeding classes, go to [Cone Healthy Baby - Maternity Care at Cone Health | Cone Health](#)

Get started today by calling **1-833-713-0125** to schedule your first call with a nurse coach!

Please note: The payout for this reward will be quarterly after each trimester has ended and to the employee who has the health plan coverage and will be included in the employee's paycheck.

Diabetes Program

Earn cash rewards through a quarterly Cone Health payroll payout to offset your diabetes medication and supply cost when participating in the Diabetes Program with ActiveHealth.

When getting your diabetes medications at the **Cone Health pharmacy**, you will pay for any cost that remains after the pharmacy applies eligible manufacturer copay cards.

1. Cone Health Community Pharmacy will report your total out-of-pocket costs for all approved diabetes prescriptions to payroll. You will not need to submit pharmacy receipts.
2. On one paycheck per quarter, you will receive a reward equal to your costs (or those of your spouse or dependents) minus payroll taxes. The IRS classifies money reimbursed to you for healthcare expenses as taxable income.
3. **Medications** - you must use medication or supplies covered under Cone Pharmacy Formulary. A list of formulary medications can be found [here](#).

Diabetes Supplies Covered

In addition to covering approved medications, the Diabetes Pharmacy Benefit and Rewards Program covers select test strips, lancets, pen needles, and syringes. Freestyle test strips and lancets are the preferred, covered products for testing blood glucose. If you use a Medtronic insulin pump, the plan

may cover Contour test strips. DME benefit through Aetna will pay at 80% coverage. Member is responsible for the remaining 20% coinsurance.

Get started today by calling **1-855-294-6577** or by scheduling your first call with a nurse coach!

How do I schedule a call with an ActiveHealth nurse to start the Diabetes Program?

1. Go to www.myactivehealth.com/wellbeing.
2. Click on **Profile**.
3. Scroll down to **Coaching Hub** and click on **Explore opportunities**.
4. **One-to-one Coaching sessions** is the first option.
5. Click **Schedule your appointment**.