



## Diocese of Sacramento HQ Bonus

Complete the HealthQuotient, set a My Health Assistant goal, and certify that you're tobacco-free (or complete a call with a health coach if you use tobacco) by 10/15/19 in order to earn an additional \$75 gift card to support your wellness goals! You will be able to choose one gift card from the following options:

• Big 5 Sporting Goods	• Safeway
• REI	• Trader Joes
• Lululemon	• Whole Foods
• Dick's Sporting Goods	• Raley's / Bel Air / Nob Hill

Once you complete HQ, you will be required to complete the following survey in order to receive your gift card: <https://www.surveymonkey.com/r/C97XNBL>

To get started:

- 1) Log in at [www.retatrust.org](http://www.retatrust.org)
- 2) Click on the WebMD logo
- 3) Complete the HealthQuotient (HQ) from the home page
- 4) Set a My Health Assistant Goal
- 5) Certify that you're tobacco –free (or complete a call with a health coach)
- 6) Complete the Survey

**\*Please note: Members and Spouses are eligible and must be enrolled in Reta's Medical Benefits to participate.**