

Reta Trust Health and Wellness

Live Well Program 2019

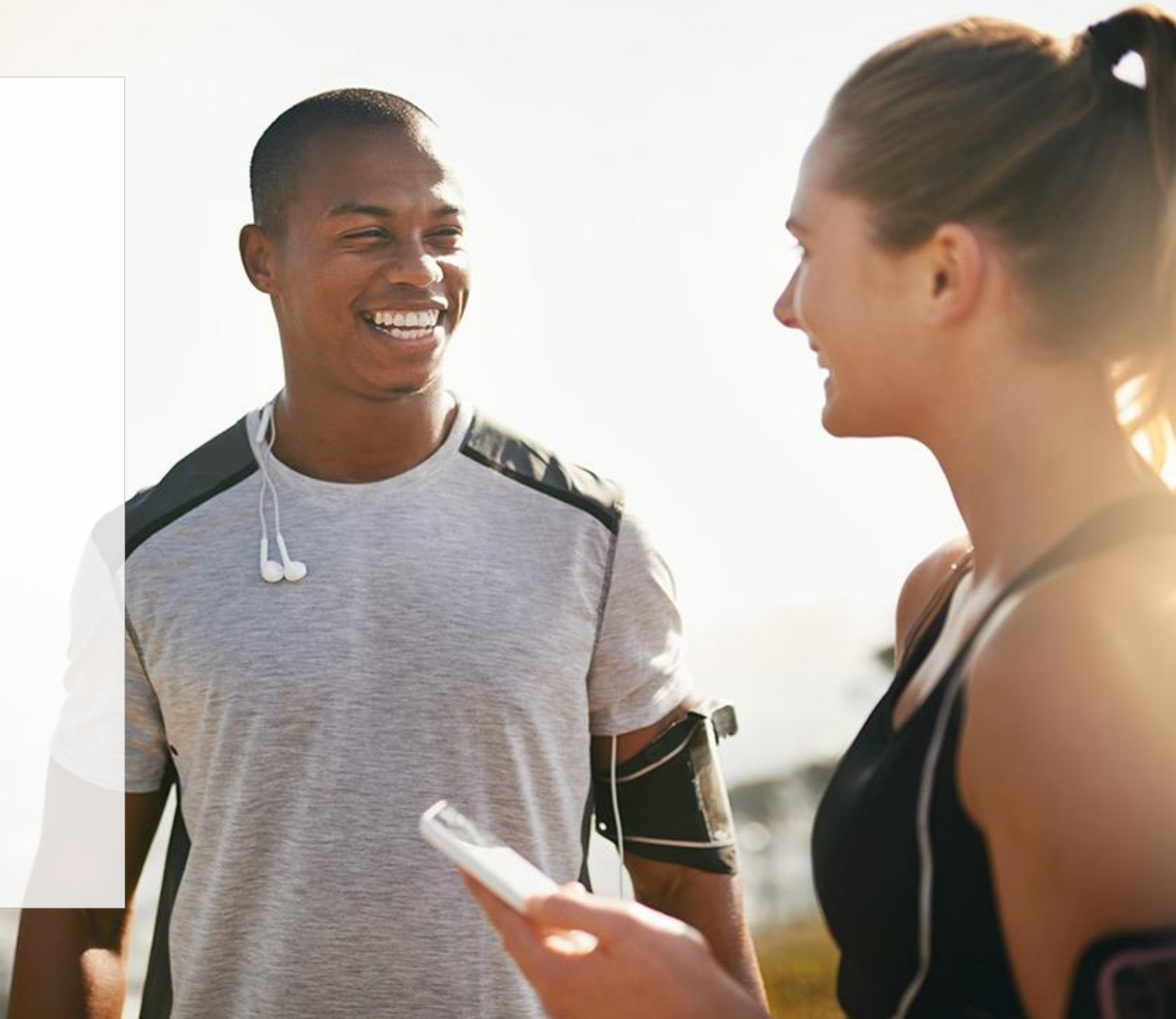
WebMD
health services

+

 **Reta**
A Catholic Healthcare Trust



Reta Trust Live Well Program



Live Well Program

What is the Reta Trust Health and Wellness Program?

Reta Trust has partnered with WebMD to offer Reta members an opportunity to build their own personalized path to wellness and the potential to earn **up to \$400 in rewards** by simply participating!

Members will have access to:

- Health Risk Assessment
- Health and Wellness Coaching
- Wellness Challenges
- Online Health Assistant Tools
- Biometric Screenings/Preventative Exam Rewards and MUCH MORE!

2019 Rewards Program

Program Year: Jan 1, 2019 – Dec 31, 2019

1) “Immediate” Reward: \$50 + Elite Blender

- HQ Completion
- Set a My Health Assistant Goal
- Certify Tobacco Free on HQ OR Complete 1 Coaching Call if Tobacco User

2) “Engagement” Reward: \$350

Total Reward Potential: \$400 + Elite Blender



2019 Rewards Program - Priests

Program Year: Jan 1, 2019 – Dec 31, 2019

1) “Immediate” Reward: \$50 + Elite Blender

- HQ Completion
- Set a My Health Assistant Goal
- Certify Tobacco Free on HQ OR Complete 1 Coaching Call if Tobacco User

2) “Engagement” Reward: \$350

3) Annual Physical: \$150

Total Reward Potential: \$550 + Elite Blender



Accessing your WebMD Portal



Reta Trust – Log In

Reta Members can visit
www.retatrust.org and
click the **Log In** button in
the upper right.

Real People. Real Reta.

There are good reasons why Reta continues to add new members as they bring increasing value to those they serve. But this story is best told by the *Real People of Reta*.



JIM CARNEY
CHIEF FINANCIAL OFFICER
DIOCESE OF HELENA, MT



Quality Healthcare. Catholic Values.

Welcome to Reta. We are a non-profit employer trust that has provided affordable, quality healthcare for employees and members of Catholic organizations nationwide for over 40 years.

Importantly, all Reta healthcare plans are designed to comply with the Ethical and Religious Directives of the Catholic Church.

RetaMembers
and Employers

LOG IN

For Help Call
877-303-7382

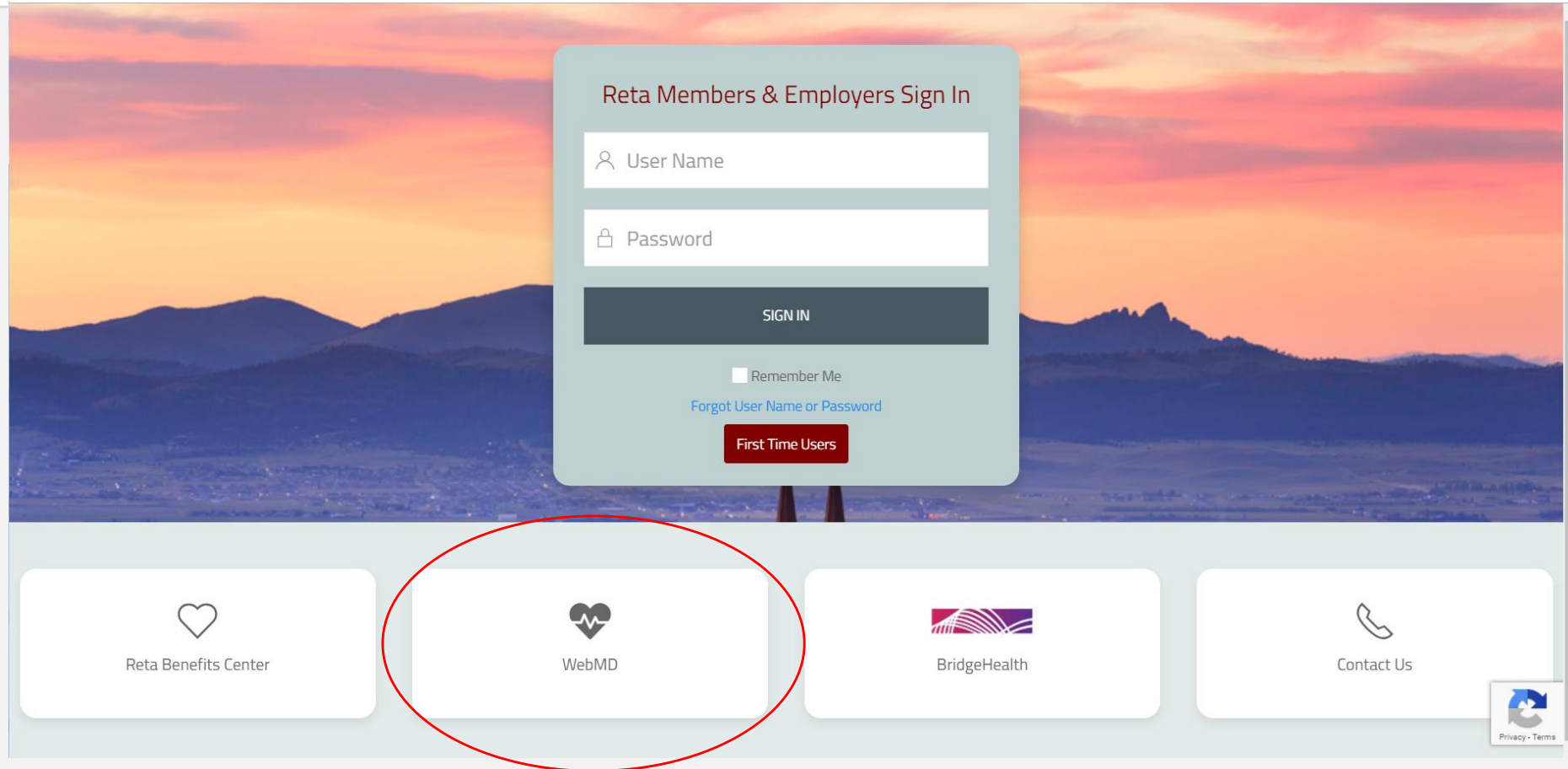
Click below to learn more

- ▶ Reta Benefits Center (RBC)
- ▶ Reta Wellness - Spouse Login
- ▶ Reta Leadership Info

- ▶ About Reta
 - The Reta Advantage
 - Member Organizations
 - Reta Leadership
 - Contact Us
 - Home

Choose WebMD

Click WebMD



Reta Members & Employers Sign In

User Name

Password

SIGN IN

☐ Remember Me

[Forgot User Name or Password](#)

[First Time Users](#)

Reta Benefits Center

WebMD

BridgeHealth

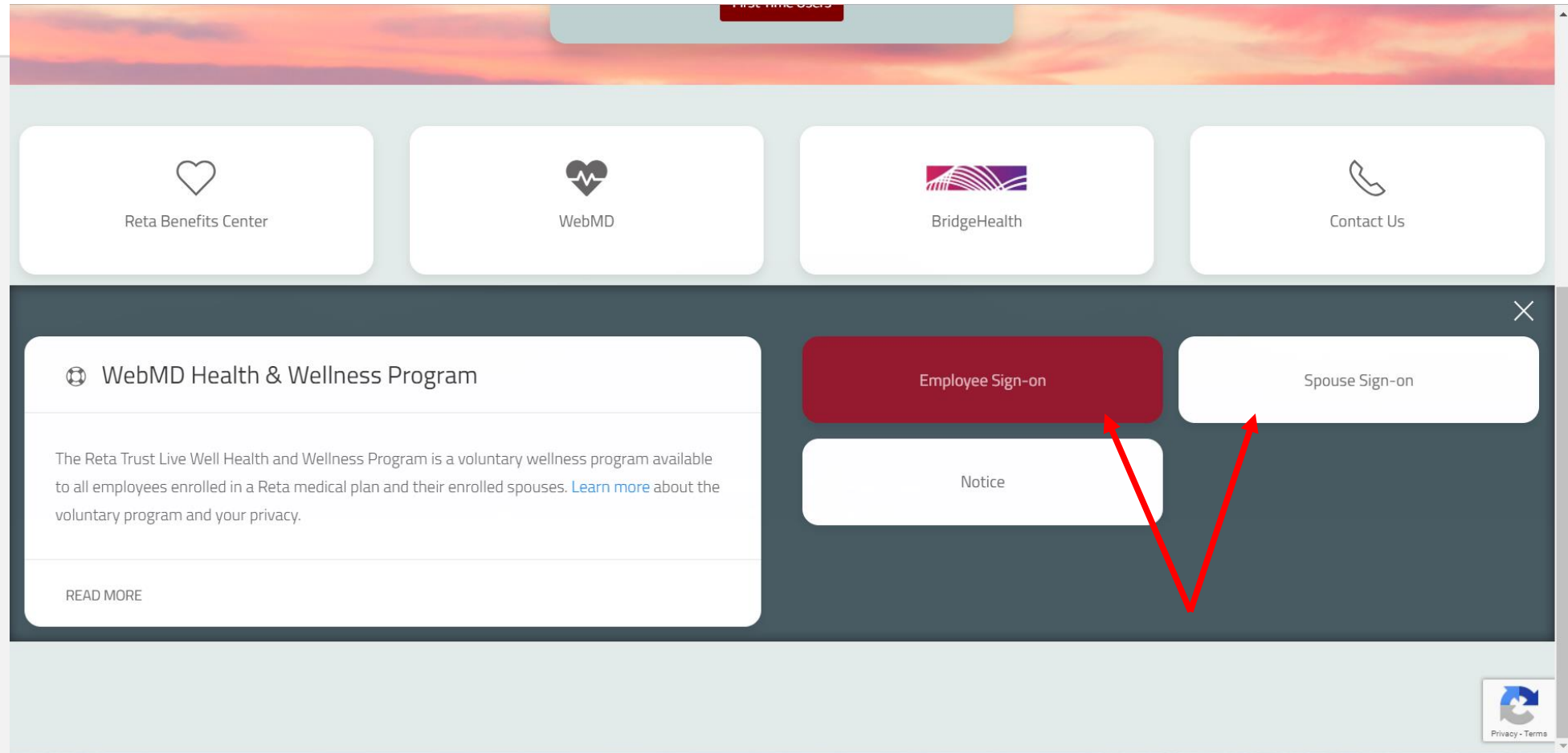
Contact Us

Privacy - Terms

Choose Sign-On

Employees can click
Employee Sign-On.

Spouses can click
Spouse Sign-On.



Employees Sign In

Employees will need to enter their RetaEnroll credentials.

Reta Members & Employers Sign In

User Name

Password

WEBMD SIGN IN

WebMD Sign In

You're on your way to WebMD! Just enter your RetaEnroll credentials and you'll be taken to your customized WebMD experience!

protected by reCAPTCHA
Privacy - Terms

Reta Benefits Center

WebMD

BridgeHealth

Contact Us

WebMD Login

First time users must Register and create a WebMD account.

Spouses will always be taken to this page to **login** to their WebMD Portal.

WebMD Health Manager

POWERED BY WebMD health services

En Español

Username |

Password

☐ Remember Me

Log In

[Forgot username or password?](#)

[First Time Here? Register](#)

The Reta Trust Live Well Health & Wellness Program

The Reta Trust Live Well Health and Wellness Program is a voluntary wellness program available to all employees enrolled in a Reta medical plan and their enrolled spouses. [Learn more about the voluntary program and your privacy.](#)

About Your Privacy

WebMD is committed to protecting your privacy. We encourage you to read our privacy policy which describes how WebMD may use and disclose your information.

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NCCA
With Disease Management Accreditation and Health Information
urac
ACCREDITED
Health Website
Expires 07/01/2018
HON
@
CODE
CERTIFIED
12/2016
TRUSTe
Certified Privacy

WebMD Portal Home Page

Start earning Rewards! The next steps in
your wellness journey can be found listed
here

Schedule a biometric
screening here

Home Healthy Living Health Record Health Information Rewards

1 TestFirstName En Español

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POWERED BY **WebMD** | health services

TestFirstName's Action Plan

Today would be a great day to...

- Contact your health coach
- Start earning now - check out your rewards
- Find a training plan & sign up for a half marathon

2019 Biometric Screening Scheduler

Access the 2019 biometric screening scheduler and get to know your numbers.

Watching Over Your Well-Being

Earn rewards when you make your health a priority. Earn your first \$50 & an Elite Blender by completing the HQ, Setting a My Health Assistant goal & certifying you are tobacco free!

Call Your Health Coach

To start working with a coach, just complete the HQ. Using HQ results, you and your coach will set goals and create health strategies that work for you (866) 302-6343.

Get the whole picture! Sync your device with WebMD

LET'S GO

Get Rewarded

Start earning now by completing healthy activities.

Healthy Habits Made Easy

Put exercise habits in your pocket with Daily Victory

Connect With Your Coach

Message your coach to help stay on track and help you with your goals

Your coach should respond by the end of 01/15

HealthQuotient

Click Health Living to
access your
HealthQuotient

If you have not yet
completed the HQ yet,
the direct link will be
listed here

The screenshot shows the Reta HealthQuotient website. The navigation bar at the top includes links for Home, **Healthy Living** (circled in red with an arrow pointing to it), Health Record, Health Information, and Rewards. Below the navigation bar is the Reta logo and the text "A Catholic Healthcare Trust". To the right, there is a search bar with the text "TestFirstName" and a language selector set to "En Español".

The main content area features a large banner with the text "TestFirstName's Action Plan". Below this banner is a list of three action items, each with a right-pointing arrow:

- Today would be a great day to...
- Contact your health coach
- Start earning now – check out your rewards
- Find a training plan & sign up for a half marathon

Below the action plan, there are three promotional tiles:

- 2019 Biometric Screening Scheduler**: Access the 2019 biometric screening scheduler and get to know your numbers.
- Watching Over Your Well-Being**: Earn rewards when you make your health a priority. Earn your first \$50 & an Elite Blender by completing the HQ, Setting a My Health Assistant goal & certifying you are tobacco free!
- Call Your Health Coach**: To start working with a coach, just complete the HQ. Using HQ results, you and your coach will set goals and create health strategies that work for you (866) 302-6343.

At the bottom, there are three more tiles:

- Get the whole picture! Sync your device with WebMD**: A purple tile with a person icon and a "LET'S GO" button.
- Get Rewarded**: A green tile with a gift icon and the text "Start earning now by completing healthy activities."
- Healthy Habits Made Easy**: An orange tile with a smartphone icon and the text "Put exercise habits in your pocket with Daily Victory".

Finally, there is a teal tile at the bottom left with a speech bubble icon and the text "Connect With Your Coach". Below this, it says "Message your coach to help stay on track and help you with your goals" and "Your coach should respond by the end of 01/15".

HealthQuotient


Under the Healthy Living
Tab, you can access your
HealthQuotient


The screenshot shows the HealthQuotient website interface. At the top, there is a navigation bar with tabs: Home, Healthy Living, Health Record, Health Information, and Rewards. The 'Healthy Living' tab is selected, and its dropdown menu is visible. In this menu, 'HealthQuotient' is highlighted with a red circle, and a red arrow points from the text on the left to it. Other options in the 'Healthy Living' menu include 'Symptom Checker', 'Health Coach', 'My Health Assistant', 'Condition Management', 'Wellness At Your Side', 'Daily Victory', 'Weigh Today', and 'Recipes'. Below the navigation bar, there are three main sections: 'Contact your health coach', 'Find a training plan & sign up for a half marathon', and 'Sync your device with WebMD ...and earn Rewards!'. The bottom section features four promotional tiles: '2019 Biometric Screening Scheduler', 'Watching Over Your Well-Being', 'Call Your Health Coach', and 'Get Rewarded'. The 'Get Rewarded' tile includes a green background with a white gift icon and the text 'Start earning now by completing healthy activities.'


HealthQuotient


After answering the questions on each page, click Save & Continue until you get to the end!

[Home](#) [Healthy Living](#) [Health Record](#) [Health Information](#) [Rewards](#)



4 TestFirstName ▾ En Español 







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A Catholic Healthcare Trust

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HealthQuotient

1. Questionnaire  Next Steps  Results


About You  Lifestyle  Well-being  Conditions  Lab Tests  Screenings 

THE BASICS | THE SPECIFICS

How tall are you?


5
height in feet


6
height in inches


Save & Finalize 


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Expires 07/01/2020

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CSF Certified