

BE WELL WITHIN

Your personal and lifelong journey to good health — mind, body and spirit.

MercyBeWellWithin.com



2017 Key Dates

As you complete each step on your 2017 Be Well Within journey, check the box and celebrate. Start today — the earlier you get started the more opportunities you have to win!

January 2, 2017

Log on to MercyBeWellWithin.com

and start completing your 2017 program requirements.

☐

By June 30

Complete your Health Screening

Onsite when available in your region from **March 1 – May 31**

Schedule your free, onsite Health Screening at MercyBeWellWithin.com

OR

Submit a Health Provider Screening Form by **June 30**

Download a Health Provider Screening Form from your Be Well Within site and submit results from a qualified visit with your provider. Note: Any co-pays, deductibles or co-insurance related to this provider visit are your responsibility. It is your responsibility to submit this form and confirm that it was successfully received by the deadline.

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By July 14

Enroll in a Health Management program

(if required)

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By September 8

Complete your online Well-being Assessment

at MercyBeWellWithin.com

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2017 Key Dates (continued)

By September 8

Check the results of your Health Screening

and complete any additional requirements to achieve Required Level.

View Health Screening results on your Be Well Within site within two weeks of your screening.

If you have three or more Health Opportunities, you will be prompted to complete additional required Challenges to achieve Required Level:

- Follow up with your provider **AND...**
- Enroll in a Health Management program by **July 14**
- Complete at least **six** weeks of a qualified Health Management program



Check out fun and new Challenges this year ...

Challenges are updated throughout the year, so check the site often to stay engaged and earn points towards Sweepstakes entries.

By December 15

Earn Be Well Within Sweepstakes Entries

Join fun Challenges to earn points throughout the year to achieve new bonus Levels and earn Sweepstakes entries for exciting prizes, including a Recharge Retreat — a \$5,000 travel voucher! You will earn:

- **1 entry** for achieving Required Level by **Sept. 8**
- **2 additional entries** for achieving Bonus Level 1, 2,000-2,499 points
- **3 additional entries** for achieving Bonus Level 2, 2,500 points or more



Yes, you're reading correctly! You have the chance to earn a total of six Sweepstakes entries!

Username: _____

Password: _____