



# POWER UP

**DO HEALTHY ACTIVITIES.  
GET REWARDED.**



**+ 2019 WELLNESS  
PROGRAM GUIDE**

# HERE'S WHAT YOU NEED TO KNOW.

**POWER UP** is our new wellness program. When you register for the program and participate in healthy activities, you earn points. It's that simple. You can track your progress on the wellness portal, [powerup.hess.com](https://powerup.hess.com), or by using the SimplyWell app. If you earn at least 700 points in 2019, you may be eligible to receive free money from Hess in your Health Savings Account (HSA) to spend or save in 2020.

# 1

## **SIGN UP**

for our new wellness program via the SimplyWell\* app.

\*SimplyWell is our wellness program administrator.

# 2

## **EARN POINTS**

for participating in **POWER UP** activities.

# 3

## **GET MONEY in 2020**

added to your HSA from Hess by reaching 700 points.

# 700 pts = \$375

Every employee can benefit by participating in the wellness program, but you must be in the Hess Medical Plan to earn HSA dollars.



# WHY YOU SHOULD TAKE ACTION.

Hess cares about your well-being and wants to help you become your best self. With our new wellness program, you can “**POWER UP**” in four areas to achieve a sense of satisfaction that comes with knowing you’re living life to the fullest.



## **EMOTIONAL** *Live happy*

Deal with mental health concerns such as stress, depression and anxiety.

Create emotional balance between your professional and personal life.



## **SOCIAL** *Get connected*

Engage with family, friends and colleagues.

Give back to the community.



## **PHYSICAL** *Move more*

Make good lifestyle choices to improve your health.

Avoid preventable diseases.

Help manage any existing medical conditions.

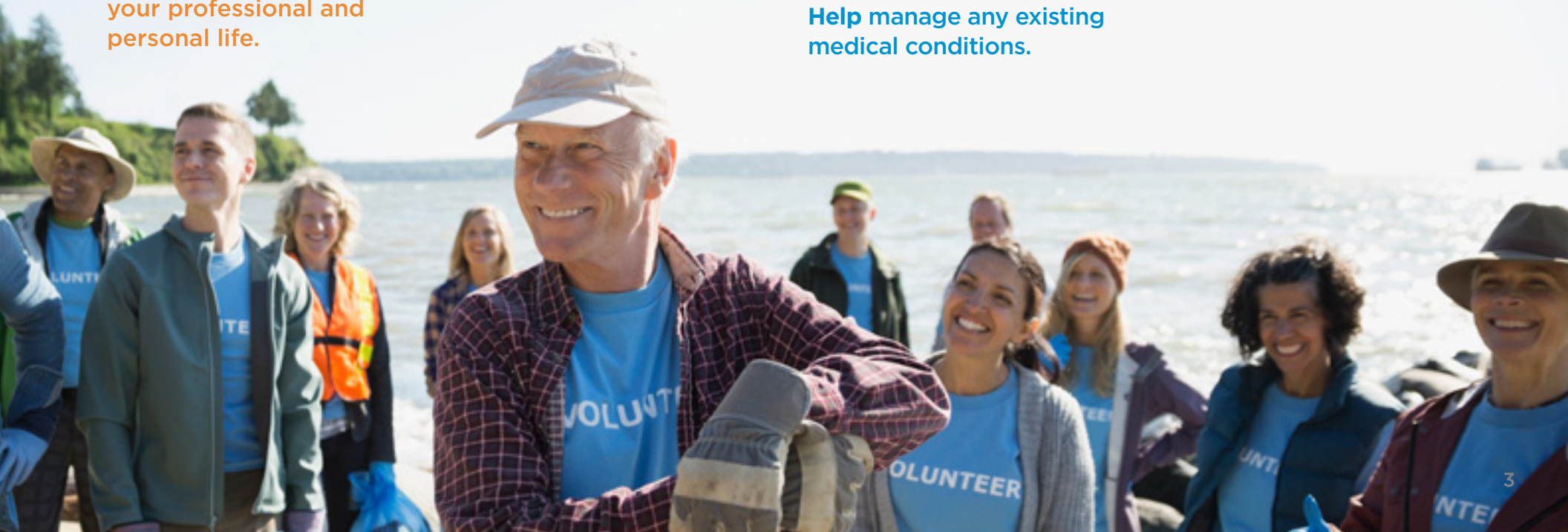


## **FINANCIAL** *Be prepared*

Have control over your finances.

Stay on track to meet your goals.

Absorb a financial shock.



# WHO CAN PARTICIPATE?

Any Hess employee who works in the U.S. with an “@hess.com” email address is eligible to participate and can benefit from the wellness program.

You will have access to the wellness portal — [powerup.hess.com](https://powerup.hess.com) — and the SimplyWell app. However, you must be enrolled in the Hess Medical Plan to receive an additional \$375 in your HSA in 2020 as your reward for reaching 700 points in the program, as explained in this guide.





# KNOW THE DETAILS.

**POWER UP** is a multi-faceted program that builds on Hess' wellness programs and activities of the past. Each year, you can:



## ACCUMULATE POINTS

toward an annual target (700 points in 2019) by taking qualifying actions and participating in eligible activities. Details on page 7.



## TRACK YOUR PROGRESS

on the wellness portal, [powerup.hess.com](https://powerup.hess.com), or by using the SimplyWell app.

- Qualifying company-sponsored activities will be recorded for you (look for the **POWER UP** Instant Points icon)
- Other activities may require you to upload a document as proof of completion
- Your running point total will be displayed on your home page
- Get your Health Score by completing a health assessment and biometric screening



## GET FREE MONEY

from Hess in your HSA to use the next year (\$375 to spend or save in 2020), if you are enrolled in the Hess Medical Plan.



# LET'S GET STARTED!

## STEP 1 REGISTER

You'll register using the SimplyWell app. Here's how:

- Search for the SimplyWell app in the App Store or Google Play.
- Download the app, open it and enter your last name, your date of birth, your eight-digit employee ID as the identifier and "Hess" as the registration code. Follow the instructions to complete your registration.
- Now you have access to **powerup.hess.com**! Check it out to see all that **POWER UP** offers and start the journey to becoming your best self. **And, you are now eligible to get a free Fitbit!**



## HOW TO GET YOUR FITBIT

You'll need to confirm that you've downloaded the SimplyWell app. Here's how:

1. On **powerup.hess.com**, click the Rewards tab > Incentives.
2. Scroll down and click Local/Regional Events, then click Self Report under "Download the SimplyWell App."
3. Add the date and click Save.
4. See **How do I order my Fitbit?**, on page 11, for instructions on how to register on the Fitbit portal and order your Fitbit.

Note that you will need to wait about two weeks after you've downloaded the SimplyWell app before you can order your Fitbit.





## STEP 2 START EARNING POINTS

You get points when you complete either company-sponsored or other well-being activities.

There are many ways to earn the points you need to get \$375 in your HSA. In fact, you may already be doing some of the activities on the list. Take a look!

For a full list of activities and point values, visit [powerup.hess.com](https://powerup.hess.com).

### ➡ ADD IT UP

+ Get a biometric screening	250 PTS
+ Do a health assessment	250 PTS
+ Complete three preventive services	200 PTS
+ Get a flu shot	50 PTS
+ Live tobacco-free	200 PTS
+ Read a featured educational article	20 PTS
+ Watch a featured educational video	20 PTS
+ Do a company-sponsored challenge	100 PTS
+ Do a peer challenge	50 PTS
+ Walk 250,000+ steps	100 PTS
+ Participate in a community run or walk	100 PTS
+ Attend a financial seminar	50 PTS

## **STEP 3**

# **USE YOUR WELLNESS RESOURCES TO TRACK YOUR PROGRESS**

### **POWERUP.HESS.COM**

- Track your progress toward earning the \$375 2020 HSA contribution
- See a complete list of qualifying activities and points
- Upload documents required as proof of completion for some activities
- Read educational articles and watch videos to earn points
- Participate in company-sponsored challenges and peer challenges

### **SIMPLYWELL APP**

- Do everything you can do on **powerup.hess.com** while on the go





# FREQUENTLY ASKED QUESTIONS.

## What is the Member Health Assessment (MHA)?

The health assessment examines lifestyle habits through a series of questions about your health, activity and nutrition. It can show you areas that may be holding you back from achieving your wellness goals, and it takes only 10 minutes to complete. You'll earn 250 points when you complete your health assessment at [powerup.hess.com](https://powerup.hess.com) or on the SimplyWell app. You can also complete your health assessment by calling SimplyWell at **1-888-848-3723**.

## How do I complete my biometric screening?

Hess will host onsite biometric screenings at all major locations in April. You can also have one done through your doctor. A biometric screening provides you with a snapshot of your current health, including measurements for cholesterol, glucose, blood pressure and body mass index (BMI). Complete your biometric screening and you'll earn 250 points. On the [powerup.hess.com](https://powerup.hess.com) home page, under Biometric Screening, click Register with Quest, and follow the instructions to schedule your screening.

## How else can I earn points?

There are many ways to earn points, so you can reach the 700-point goal and get an additional HSA contribution in 2020.

- If you are tobacco-free, you can earn 200 points by completing the Tobacco Affidavit found on the [powerup.hess.com](https://powerup.hess.com) home page to verify you don't use tobacco. If you use tobacco, you can earn 200 points by watching and reading the Tobacco Reasonable Alternative Content.
- Put your Fitbit to good use and earn 100 points for every 250,000 steps you take.
- Participate in Hess-sponsored challenges throughout the year. They'll be promoted on [powerup.hess.com](https://powerup.hess.com) and via email.
- Create a peer challenge for you and your colleagues. Learn how on [powerup.hess.com](https://powerup.hess.com) > Well-being tab > Challenges.
- Find more options to earn points on [powerup.hess.com](https://powerup.hess.com) > Rewards tab > Incentives.



# FREQUENTLY ASKED QUESTIONS.

## **What's the deadline to reach 700 points?**

You need to reach 700 points by **August 31, 2019**, to qualify for the additional \$375 HSA contribution you'll receive from Hess in 2020.

## **Is the HSA contribution I receive for reaching 700 points in addition to the annual contribution Hess makes to my HSA?**

Yes. The \$375 HSA contribution you'll receive from Hess in 2020 for reaching 700 points is in addition to the contribution Hess makes to your account each year.

## **What if I accumulated the 700 points in 2019 but waive medical coverage in 2020? Can I still get the \$375 in my HSA?**

No. You must be enrolled in the Hess Medical Plan and have an active HSA in order to receive the HSA contribution.

## **I'm a new hire. Can I still earn a Fitbit and the \$375 HSA incentive?**

Yes. You can earn the Fitbit at any time, limited to one Fitbit per employee, per lifetime of the program. However, for the \$375 HSA incentive, you must be hired on or before May 31, 2019, in order to qualify for the 2020 HSA contribution. You are eligible and welcome to participate in activities but will not receive the HSA contribution until 2021 (for the **POWER UP** program year September 1, 2019–August 31, 2020).





# FREQUENTLY ASKED QUESTIONS.

## How do I order my Fitbit?

After downloading the SimplyWell app, registering and confirming you've downloaded the app on [powerup.hess.com](https://powerup.hess.com), SimplyWell will notify Fitbit that you are eligible to purchase a discounted Fitbit. (This will take about two weeks.) Once you're eligible, [click here](#) to order your Fitbit.

Create a Fitbit account using your Hess email address. (If you already have a Fitbit account, log in and change your email address to your Hess email address. You may change it back to your personal email address after you order your Fitbit.)

Once you're eligible to get a discounted Fitbit, you'll receive an email from [orders@fitbit.com](mailto:orders@fitbit.com) with a link that says "confirm your email address." This will take you back to the Fitbit site, where you'll be able to select the device of your choice and proceed to checkout. You'll receive an order confirmation email from [orders@fitbit.com](mailto:orders@fitbit.com).

If you have any questions or need help, call **1-844-5-FITBIT** (1-844-534-8248) or [click here](#).

## What if I already have my own tracker or don't want a Fitbit? Can I use the Hess subsidy to purchase another type of tracker?

We have partnered with Fitbit to offer select items. The company subsidy can only be used for those items.

## How do I sync my tracker to [powerup.hess.com](https://powerup.hess.com) or the SimplyWell app?

[Click here](#) for information on how to sync your Fitbit or other tracker to the website and app.

## Which Fitbit can I order?

Hess has arranged for Fitbit to provide the Inspire, Inspire HR and Charge 3 trackers, as well as the Aria 2 smart scale, to you free of charge. The Charge 3 Special Edition, Versa, Versa Special Edition, Ionic and Ionic Adidas are subsidized by Hess and offered at a discount. Just remember, it's one Fitbit per employee, per lifetime of the program.

Fitbit Product	Your Cost
Inspire	\$0
Inspire HR	\$0
Charge 3	\$0
Charge 3 Special Edition	\$16
Versa	\$44
Versa Special Edition	\$68.50
Ionic	\$101.50
Iconic Adidas	\$129
Aria 2	\$0

## Why am I receiving emails about the SimplyWell Connect Program?

As you know, SimplyWell is our **POWER UP** wellness program administrator. You may receive an email from [noreply@messages.simplywell.com](mailto:noreply@messages.simplywell.com) from time to time after you've completed an activity to help you further engage in our program.



**ANY QUESTIONS?**

Call SimplyWell, our wellness administrator, at **1-888-848-3723**.