



# ahealthyme<sup>SM</sup>

Everything to live a healthier life

Take a personalized health assessment. Discover interactive tools.  
Find information tailored to your needs. It really is all about you.

## Online Health Assessment Incentive

Open to Employees and Spouses in 2016!

Begins February 1, 2016

Berkshire Health Group subscribers can earn a \$25 gift card for completing the on-line Health assessment on the ahealthyme website. This program is in effect from February 1, 2016-December 31, 2016. In 2016, we have opened up participation to spouses, as well. This gift card incentive is available to the first 250 people who complete the Health Assessment. So we recommend you get this completed soon!

### Here's how you will receive your incentive:

1. Complete the online Health Assessment. The assessment is 45 questions and takes about 15 minutes. [Click here to access this.](#)
2. BHG will receive a report the following month with the date that you completed the Health Assessment.
3. BHG will then mail out a \$25 gift card voucher to you, if you are one of the first 250 people to complete the Health Assessment.

If you have any questions or need support with the ahealthyme website call: 888-617-0696.

#### Questions? Please contact:

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Berkshire Health  
Group & You...



Healthy Together