



ZILBER 2025 WELLNESS PROGRAM

ANNUAL POINTS-BASED PROGRAM

This program is based on completing health activities that will award you points toward incentives. All employees who work 30 hours or more a week are eligible to participate in this program and earn incentives. Spouses are eligible to earn incentive 1.

WHAT ARE THE REQUIREMENTS?

Incentive 1: (Also available to spouses)

- ✓ Complete the physician screening form with your doctor and submit it to Asset Health.
- ✓ Complete your online Health Risk Assessment (HRA) questionnaire.
 - Earn \$100 cash

Incentive 2: (only eligible employees)

- ✓ Complete wellness program activities totaling 400 points.
 - Earn \$400 cash, no partial incentive paid

**Employees must complete incentive 1 to be eligible for incentive 2.*

New Hires: If your hire date falls on or after June 1, 2025, you will not be required to submit the physician screening form in order to be eligible to earn the 2025 wellness bonus.

Visit assethealth.com/zilber on your desktop or mobile device to activate your login.

Returning visitors, please use the credentials you established on your initial login.

First-time users, including spouses, please use the default login information below:

Username: first initial of first name, full last name and last four digits of SSN

Password: date of birth (mmddyyyy) (TBD)

First-time users: You will be asked to change your username and password after logging in.

Questions? Contact Asset Health Support at 855-444-1255 or support@assethealth.com.





HOW TO EARN POINTS

Healthy Activities	Points Per Activity	Max	Reporting Method
Health Risk Assessment Completion	50	50	Asset Health Portal
Physician Screening Form	50	50	Email Form
Health Coaching – complete entire program (four calls)	120	120	Asset Health Portal
Asset Health Webinars	60	180	Asset Health Portal
Financial Wellness Webinars	60	180	Asset Health Portal
Wellness Challenge Completion (offer three per year)	60	180	Asset Health Portal
Volunteer in your community	60	60	Self-report on Portal
Preventive Exams (physical, dental, vision, well-woman, mammogram, etc.)	40	80	Self-report on Portal
Physical Activity Reporting (7,500 steps/day OR 30 minutes of physical activity – max. is 2 points per day) – Activity device or manual report on portal	2	400	Asset Health Portal
Knowledge Management Course Completion – 80% test threshold	20	100	Asset Health Portal
SMART Goals	12	60	Asset Health Portal
Daily Mini Challenges - on portal	4	80	Asset Health Portal
Sync a Device	4	4	Asset Health Portal

