



Welcome To Healthy Merits

Ricoh Electronics, Inc.

Looking for an excuse to get healthy and stay that way? We are excited to announce our new health and wellness program—Healthy Merits! Through Healthy Merits, employees on the medical plan get access to a multitude of wellness resources, including monthly wellness challenges, tracking and fitness device integration, a health assessment tool and flu shots. The goal of Healthy Merits is to help you become healthier by establishing smart and easy habits to last a lifetime, versus setting temporary goals.

Healthy Merits will be available to you on January 1, 2021. Here are a few highlights you'll find on the Healthy Merits platform:

- **Personalized experience.** Log in using your own unique login and customize the program to suit your needs. There are many challenges available—choose the ones that speak to you and your health journey.
- **Device syncing.** Have a Fitbit®, Apple Watch, or other wearable device or app? Sync it up with your Healthy Merits account and let it do the tracking for you.
- **Go mobile.** Participate on the go using the iOS and Android mobile apps. Everything you can do on the site, you can do in the app!
- **Text reminders/mobile notification.** Set the days and time you want to be reminded to start your activity. Not only does it remind you, but a simple text message reply actually tracks your progress! There's no need to log in! Don't want the extra text messages? Set up mobile notifications to remind you instead.
- **Real-time progress.** Earn points and see your progress update in real time. Always know where you stand and how far you have to go before you hit the next achievement level.
- **Awesome customer support.** Healthy Merits support is eager to help. Just contact Healthy Merits at **1.877.348.4533** or email **healthymerits@meritain.com**.



Get rewarded for getting healthier!

Ricoh Electronics values your health and wellness. Complete wellness activities throughout 2021 to earn a 20 percent lower insurance premium discount in 2022!

Your privacy

Healthy Merits is fully compliant with the Health Insurance Portability and Accountability Act (HIPAA). Your identity and personal information are protected by law and remain strictly confidential and secure at all times. Your employer will never see your personal health information.

Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

Advocates for Healthier Living

At Meritain Health®, we care about your well-being! That's why we offer a number of tools and resources to help you on your wellness journey.

