



Your 2022-2023 Incentives at a Glance

Ricoh Electronics, Inc.

Are you on track to earning all of your wellness points? Earn all your wellness points by August 31, 2023 and complete the two gateway activities to earn a 20 percent lower medical insurance premium.

Hire Date	20 percent discount on 2024 Medical Premiums*
Before March 31, 2023	Earn 1,300 points
April 1, 2023 and June 30, 2023	Earn 750 points

*REI reserves the right to change or modify this program based on REI employees participation.

Start by completing the gateway activities:

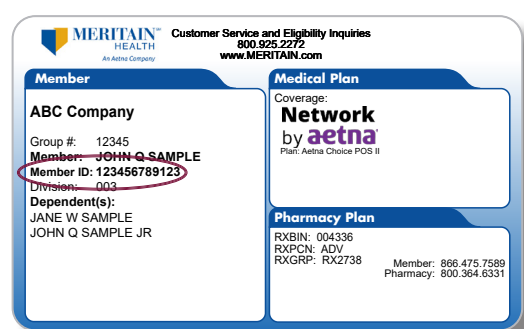
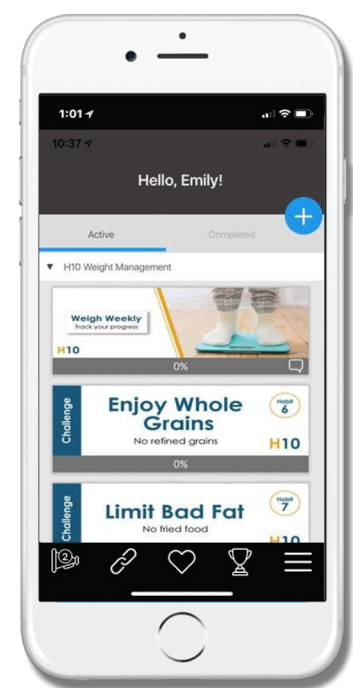
1. Register for the Meritain Health® website at <https://account.meritain.com/portal/registration>.
2. Register for the Healthy Merits website at <https://rei.healthymerits.com/act/auth/login>. You will need to use your medical ID insurance card to register. Enter your name exactly as it appears on your ID card. If your middle initial or middle name is listed you will need to enter this on the first name box. Your unique ID will be your member ID number.

Spouses now have access to Healthy Merits

Spouses can register after the employee using the email address their spouse provided. Employees will earn 200 points when their spouse registers.

Healthy Merits mobile app

Prefer to participate in the wellness program on your smartphone? Download the Healthy Merits app in the iOS App Store®, Google Play Store™ or scan the QR code below. Use the company code REI to get started.



Android app



Apple app

Complete these activities between September 1, 2022 and August 31, 2023 and self-attest on the Healthy Merits website

Qualifying activities	Description	Wellness Points you can earn	Maximum points
SayAah—preventive exam	Examples include: annual physical, colonoscopy, mammogram, lab work, etc.	500	1,000
OpenWide—dental exam	Complete a dental exam.	150	300
FourEyes—vision exam	Complete a vision exam.	200	200
Immunize yourself or New! On-site vaccine clinic	Get a flu shot or other immunization. Participate in the on-site vaccine clinic. No need to do self-attest. Please allow four weeks for these points to show as completed.	300	300
New! VolunteerOPs	Volunteer in the community, take a picture during the event and self attest on the website.	100	400
Teladoc® Health	Register for Teladoc Health at www.Teladoc.com or call 1.800.362.2667 . No need to do self-attest. Please allow four weeks for these points to show as completed.	200	200
New! Spouse Healthy Merits registration	If a spouse has medical coverage under REI medical's plan and registers on the Healthy Merits website, the employee will earn 200 points. Please note: Spouses must register after the employee has registered. No need to do self attest. Please allow four weeks for this to show as completed.	200	200
New! Company event	Participate in a Benefits Department company sponsored event such as a wellness meeting, 401k meeting, etc. No need to do self attest. Please allow four weeks for these points to show as completed.	200	400
AgeGage—health assessment	Complete or update the online health assessment.	100	100
HealthyU—online courses	Complete online education courses.	100	500
Movelt or StepTolt	Track 1,080 minutes per quarter. That's 30 minutes, three times per week! Or manually sync wearable device and achieve 90,000 steps per quarter.	75 points per quarter	300
Personal challenge	Complete a 30-day personal wellness challenge on the Healthy Merits website.	100 per challenge	300
Nicotine Free—tobacco cessation	Only if you use tobacco. Complete the online tobacco cessation program.	500	500
Nurse Coaching	Only available for those eligible for the Nurse Coaching Program. Sign up and complete sessions as directed by your coach. Points will show after each quarter.	250 per quarter	1,000
			Total points possible 5,700

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

Follow us:  @meritainhealth |  Meritain Health