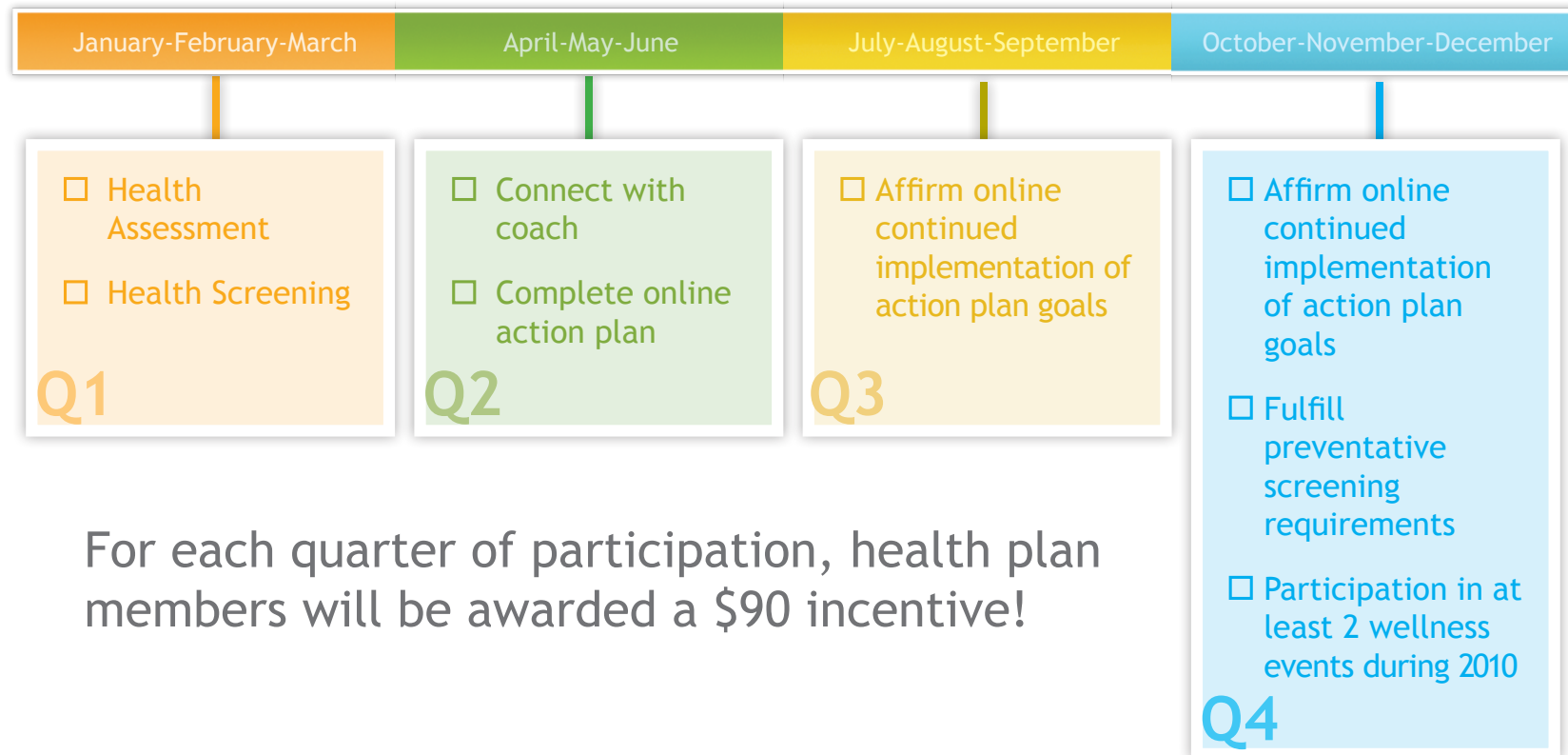
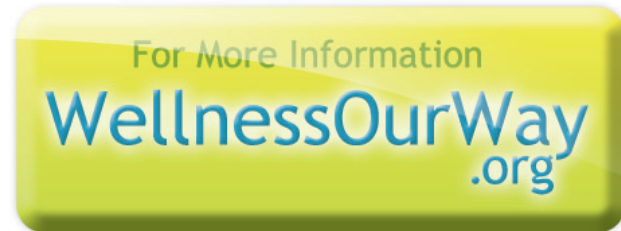


2010 Quarterly Requirements

Below is a checklist you may use to stay on task with your requirements. Many of the items are online initiatives allowing you to participate at your convenience - day or night. Each quarter's initiative builds on the previous one bringing you closer to your annual wellness goal.



For each quarter of participation, health plan members will be awarded a \$90 incentive!