



# Your WELLBEING

*"My Health"* is our voluntary wellbeing program that rewards and supports you and your loved ones in being the healthiest you can be. Your physical, emotional, and financial health are assets that directly contribute to Mercury's profitability. We want to help you start and end each day with energy, vitality, enthusiasm, creativity, and resilience.



## Go Mobile

Don't wait — download the Limeade app on your mobile device today! The app lets you:

- Track your progress against your wellbeing goals each day
- Join activities and challenges
- Track your points, levels, and rewards
- Connect to your other devices and apps, and syncs to Fitbit, Apple Watch, Garmin, etc.

## How to Join

To register for the program, go to [myhealthatmercury.limeade.com](https://myhealthatmercury.limeade.com) and click "Get Started."

**The program starts October 30, 2023 and runs through October 13, 2024! All activities are voluntary; however, to earn the incentive, your participation is required!**

In the 2023/24 program, all Team-members who complete the **Wellbeing Assessment** (*My Health* activity) and earn enough points will be able to **earn up to \$500** in level incentives. Spouses are eligible to **earn up to \$200**. Spouses are also required to complete the Wellbeing Assessment.

Enrollment in Mercury medical is no longer a requirement to receive the full incentive.

The program offers a variety of challenges and team activities to let you customize your wellbeing journey. You can:



Register to receive individual sessions with a life coach, attend webinars, and take financial workshops;



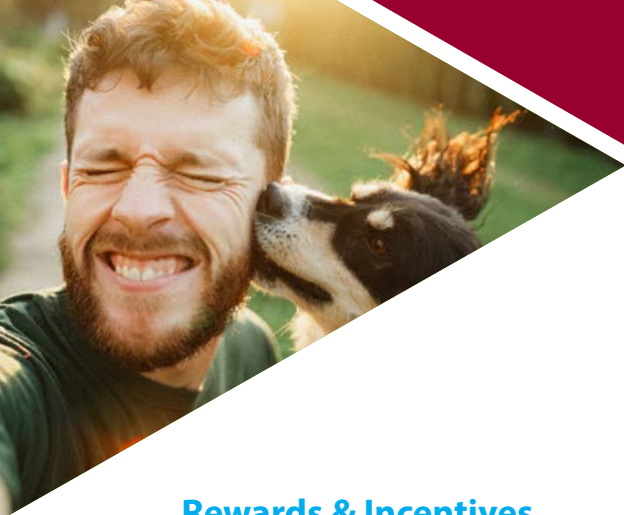
Get information on a range of health topics; and



Learn new life skills to help you become stronger and more resilient.

Both you and your spouse can participate in *My Health*. The more you do, the more points you earn, and that means more rewards for you and your family.





## Rewards & Incentives

Team Member who completes the Wellbeing Assessment can earn:

Level	Points	Incentive
Get Started	500	\$250 Wellbeing Incentive
Pick Up the Pace	1,000	Total of \$350 Wellbeing Incentive
Go the Distance	1,500	Total of \$500 Wellbeing Incentive
Lead the Way	2,000	<i>My Health</i> item <b>and</b> entry into a drawing for a wellness day off! (3 winners)
Wellbeing Champion	5,000	<i>My Health</i> Wellbeing Champion Certificate

Spouse who completes the Wellbeing Assessment can earn:

Level	Points	Incentive
Get Started	500	\$100 Wellbeing Incentive
Pick Up the Pace	1,000	Total of \$150 Wellbeing Incentive
Go the Distance	1,500	Total of \$200 Wellbeing Incentive
Lead the Way	2,000	<i>My Health</i> item
Wellbeing Champion	5,000	<i>My Health</i> Wellbeing Champion Certificate

Incentives earned from October 30, 2023 through October 13, 2024 will be awarded in January 2025, and require you to be employed on the day of the payout.

## Become a Wellbeing Ambassador!



Building a culture of wellbeing at Mercury takes passion, time, and teamwork. If you have what it takes to inspire, lead, and make a difference, we invite you to join the *My Health* Wellbeing Ambassador Network! Request an application at [myhealth@mercuryinsurance.com](mailto:myhealth@mercuryinsurance.com).



### Share Your Journey

At Mercury, we believe wellbeing is a journey — a journey we share as a company and as individuals. *My Health* offers a Limeade social feed that lets you connect with other participants, post photos, share health tips, and more!

### For More Information

- **Email:** [myhealth@mercuryinsurance.com](mailto:myhealth@mercuryinsurance.com)
- **Phone:** 877-716-6372, option 3