

Your Wellbeing

My Health at Mercury 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.

The program starts October 27, 2021 and runs through October 16, 2022! All activities will be voluntary; however, in order to earn the incentive, your participation is required!

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 at Mercury*. The more you do, the more points you earn, and that means more rewards for you and your family.

How to Join

To register for the program, go to **myhealthatmercury.limeade.com** and click "Get Started."



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.

**Have a Question?
Need Help Signing Up?**

855-352-3742

adminsupport@limeade.com



Inspire Others

Rewards & Incentives

Team Member enrolled in any Mercury medical plan on 1/1/2023 can earn:

Level	Points	Incentive
Get Started	500	\$200 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	MHAM backpack and entry into a drawing for a wellness day off! (3 winners)
Wellbeing Champion	5,000	<i>My Health at Mercury</i> baseball cap

Spouse enrolled in any Mercury medical plan on 1/1/2023 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 at Mercury</i> backpack
Wellbeing Champion	5,000	<i>My Health at Mercury</i> baseball cap

Note: Team Member and/or spouse **not** enrolled in a Mercury medical plan on 1/1/2023 can each earn up to \$100.

Share Your Journey

At Mercury, we believe well-being is a journey — a journey we share as a company and as individuals. *My Health at Mercury* offers a Limeade social feed that lets you connect with other participants, post photos, share health tips, and more! To get started, just click the “FEED” tab at the top of your MHAM homepage.

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 MHAM Wellbeing Ambassador Network! Request an application at myhealth@mercuryinsurance.com.

For More Information

- **Email:** myhealth@mercuryinsurance.com
- **Phone:** 877-716-6372 (then press 3)
- **Fax:** 323-857-4936