

2024 SOTERA HEALTH WELLBEING PROGRAM

We'll support your health and wellness journey.



EARN A 2025 PREMIUM REDUCTION WHEN YOU COMPLETE THESE ACTIVITIES BY NOV. 30, 2024

Sotera Health wants to reward you for your healthy choices. That's why you and your spouse/domestic partner have access to a wellness program through Quantum Health. You'll earn a premium reduction in 2025 when you complete the required activities and accrue 1200 total points (EE and SP/DP).



Complete the Wellness Assessment (100 points)

This brief, confidential questionnaire will give you an overview of your current health and help identify potential health issues.



Complete a preventive screening (300 points)

Get a Breast Cancer, Colorectal Cancer or Cervical Cancer screening or have your annual physical.



Complete a biometric screening (300 points)

Find out if you have risk factors for certain health conditions by measuring your weight, waist circumference, blood pressure, cholesterol and blood sugar levels.



Be tobacco-free (200 points)

If you self-attest to tobacco/nicotine usage on the wellness portal, you must complete the coaching program to increase your chance of quitting and earn points.

Participation is voluntary. It is your responsibility to meet the requirements between Jan. 1, 2024, and Nov. 30, 2024, to earn the rewards. Keep in mind that scheduling an appointment for your physical and/or biometric screening may take time, so be sure to allow time to complete the steps before the deadline.

If it is medically inadvisable or unreasonably difficult to achieve this program's standards because of a medical condition, contact your Quantum Health Care Coordinators at (866) 920-1968 to discuss alternative options.

REWARDS AND ELIGIBILITY

Premium Reduction is awarded in January 2025.

This program is available to employees and spouses/domestic partners enrolled in the Sotera Health medical plan. Spouses or domestic partners enrolled with an effective date between Sept. 1, 2024, and Dec. 31, 2024, will automatically earn the 2025 incentive, but must participate in 2025 to earn the incentive for 2026.

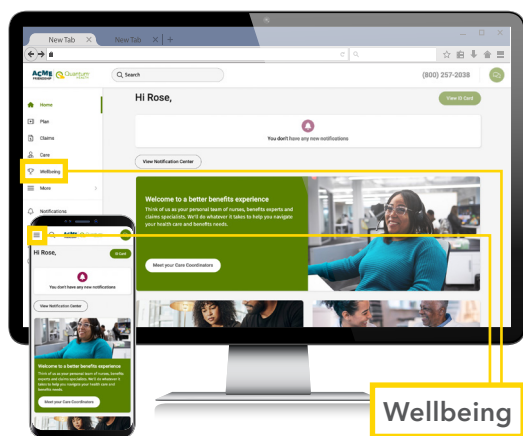
TAKE THE NEXT STEP TO EARN YOUR REWARDS

To earn the incentive, you must complete the following steps between Jan. 1, 2024, and Nov. 30, 2024.

- Complete all three Quantum Health Health Coaching calls (300 points)
- Manage your chronic condition(s); members must meet 100% of the care path items, if applicable (300 points)
- Complete the evaluation through Airrosti (MSK vendor) and submit confirmation on the wellness portal (300 points)
- Designate your PCP (200 points)
- Register on the Quantum Health portal (200 points)
- Watch a video about the Employee Assistance Program (EAP) and attest to having watched the EAP video on the wellness portal (100 points)
- Complete two challenges (100 points each; 200 point max reward)

Learn more about how to get started
earning your rewards on the next page.





GET STARTED EARNING YOUR REWARDS

Log in to your online account at **SoteraHealthBenefits.com** and click **Wellbeing**.

Welcome to a new wellbeing experience!

You may notice that the wellbeing section of your Quantum Health website looks a little different. The site was updated to make it even easier to find the information you need.

If you have any questions along the way, contact your Care Coordinators at (866) 920-1968.

MORE SUPPORT AND RESOURCES

Quantum Health provides additional resources to meet you wherever you are in your wellness journey.

- **Health Coaching** provides one-on-one support from coaches to help you improve your health – whether you want to prevent illness, lose weight, eat healthier, be more active, manage stress or sleep better.
- **Early Steps® Maternity** coaches and nurses offer support and resources that focus on the health of both you and your baby, while also helping you understand your maternity benefits.
- **Tobacco Cessation** helps you successfully reduce and quit using tobacco. A coach will work with you throughout the stages of quitting with expertise and encouragement – and they'll provide free tobacco cessation aids, if appropriate for you.
- **Challenges** provide healthy competition over a two-to-six-week period and are focused on weight management, financial wellness, nutrition, physical activity and overall wellness.
- **Tracking tools** help you understand your current health and monitor your physical activity, biometric markers and health-related goals.

You can log in to your account at **SoteraHealthBenefits.com** and click on **Wellbeing** to sign up or learn more.



SoteraHealthBenefits.com

(866) 920-1968
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

