Being healthy is about more than not being sick. It’s a state of total well-being where you feel comfortable and confident about all aspects of your life. Physical Wellness is having good health and enough energy to get things done daily.

You can support your physical wellness and earn points toward your Healthy Living incentive by completing any of the following activities. Any points entered through the Healthy Living website will be posted within 24 hours.

1. **Health Coaching (75 points)**
   Get the support and guidance you need to meet your health and wellness goals. You and your coach will talk over the phone about topics like healthier eating, increasing physical activity, stress management, weight loss and more. Earned points will be posted at the end of the program year.

2. **Tobacco Affidavit (75 points)**
   If you do not use tobacco products, go to [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving)* and complete the online Tobacco Affidavit. If you use tobacco products and want to quit, consider completing the five-session tobacco cessation program.

3. **Designate a Primary Care Physician (50 points)**
   It’s important to have a relationship with a Primary Care Physician so they can manage your care. Designate your Primary Care Physician by submitting the Physician Form, which can be found at [https://provant.statementout.com/10024](https://provant.statementout.com/10024).*

4. **Dental Exam (50 points)**
   Routine wellness exams are important for your teeth and overall health. Exams completed between Nov. 12, 2016, and Nov. 10, 2017 count toward your Healthy Living Incentive. Afterwards, report your exam at [http://www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*

5. **Vision Exam (50 points)**
   Routine wellness exams are important for your eyes, too. Exams completed between Nov. 12, 2016, and Nov. 10, 2017 count. Report your exam at [http://www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*

6. **Preventive Medical Exam (50 points)**
   It’s important to get the recommended preventive exams. A list of exams can be found at [www.anthem.com/preventive-care/](http://www.anthem.com/preventive-care/).* You and your physician complete and return the Healthy Living Physician Form, which can be found at [https://provant.statementout.com/10024](https://provant.statementout.com/10024).* Exams completed between Nov. 12, 2016 and Nov. 10, 2017 will count. Earned points will be posted within 15 business days after the form is received.
   If you signed up for this summer fitness challenge, make sure you sync your step counter to the [10K-A-Day challenge website](http://www.firstenergycorp.com/healthyliving) or 10K-A-Day mobile app. You could be eligible for weekly prizes and a prize drawing at the end of the challenge, too.

8. **Online Wellness Workshop (25 points)**
   Learn valuable health information by completing an online wellness workshop, each a few weeks in length. Workshop topics can be found at [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving) (bottom of page). Earned points will be posted after completion.

9. **Community Race/Walk (25 points)**
   Participate in a race or walk that is at least one mile in length. Then, report your race/walk at [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*

10. **Weight Loss Program (25 points)**
    Participate in a weight loss program that is physician-approved (or led by a facilitator or trainer) and report it at [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*

11. **Flu Vaccine (25 points)**
    The best way to protect yourself and your loved ones against the flu is to get vaccinated. You can get a free flu vaccination at a FirstEnergy onsite health fair. If you get a flu shot elsewhere, report it at [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*

12. **Gym Membership (25 points)**
    You can earn points for a gym membership. Report your membership at [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*

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**REMINDER: Two Annual Requirements**

In order to earn any incentive through the program, employees must complete two required activities each year:

1. The online **Health Risk Assessment** questionnaire at [www.firstenergycorp.com/healthyliving](http://www.firstenergycorp.com/healthyliving).*
2. The **biometric screening**, which you can complete at your primary care physician’s office, at an approved lab, at an approved retail location or at one of the onsite health fairs at certain FirstEnergy work locations in the fall. Review the program guide for details.

**Program Deadline**

The Healthy Living Program was launched in March. Employees have until Fri., Nov. 10 to earn points. The more you do, the more you earn. The chart shows what incentive you can earn based on the number of points you earn.
How Many Healthy Living Points Have You Earned So Far?

This week we’re halfway through this year’s Healthy Living program, which runs through Nov. 10. If you’re not half way to earning the points you set as your goal, here are some ways you can earn points quickly and easily to help catch up.

**50 Points**
- Enroll in the Fidelity Portfolio Advisory Service, or have a financial planning session with any financial advisor

**25 Points**
- Donate blood
- View a Fidelity or Life Resources financial wellness video, webinar or workshop
- Become a better health care consumer through an Anthem or HealthEquity webinar, tutorial or video
- Use the Life Resources Employee Assistance Program online or in person

Questions

If you have any Healthy Living Program questions:
- View the [program guide](#)
- Email provantone@provanthealth.com
- Call 855-883-0367

*By clicking this link, you are leaving the FirstEnergy website and entering a website maintained by an outside party that is entirely responsible for its content.*