

Supporting Your Wellness

2016–2017



To encourage you on the path to wellbeing, Cedars-Sinai supports healthy behavior all year long and offers generous incentives. This year, to make participation easy and fun, we're offering an exciting new way to interact with wellbeing at Cedars-Sinai.

Meet Jiff, Our New Wellbeing Partner

With Jiff, wellbeing is simple and Good for You.™ Jiff's fun, mobile-based program helps you work toward health goals while earning HealthFund dollars and/or other great rewards.

Jiff is...

- **Mobile** – Access Jiff anywhere, from your mobile device (or a computer if you don't have a smartphone)
- **Integrated** – Sync your Fitbit, MyFitnessPal and a variety of other fitness and wellbeing apps with Jiff
- **Social** – Challenge and encourage your coworkers.

The Jiff mobile app puts wellbeing at your fingertips. Tracking health activities through Jiff is easy and convenient, saving you time.

You must be a Cedars-Sinai benefit eligible employee to participate.

How to Earn the HealthFund

1. Be enrolled in a Cedars-Sinai medical plan.
2. Earn 1,200 points from any combination of the healthy activities outlined in step 2. The quickest route is to complete Partner with Your PCP (400 points) and Biometrics (800 points) – but points from any of the healthy activities will do.
3. Redeem your HealthFund in the Jiff Rewards Center.



Jiff POWERED



CEDARS-SINAI®

1 GET STARTED

DOWNLOAD Jiff

Download the Jiff – Health Benefits app from the Google Play Store or Apple App Store.

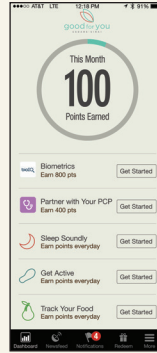
If you don't have access to a smartphone, go to app.jiff.com.



Activate an account using the Jiff token:

good4you

Then verify your identity by entering your Employee ID.



Customize your Jiff experience and select your programs.

\$50 credit

Get your first reward!
Just for activating your account, you get \$50 credit in the Jiff Store. Use it on items (like a fitness tracker) to help you meet your health goals.

2 EARN POINTS*

Earn points for taking healthy actions and tracking them through the Jiff app or website.

PLEDGE FOR GOOD HEALTH...

Available to employees with Cedars-Sinai medical coverage

PARTNER WITH YOUR PCP

Earn 400 points for linking out to the CS Benefits app, which makes it easy to access Anthem and CS-Link – your first step to getting in touch with your PCP.

1. From the Jiff app, select the Partner with your PCP program, and then follow the “Learn More” and “CS Benefits” links to get to the CS Benefits app.
2. Download the CS Benefits app onto your mobile device by going to **CSBenefitsApp.com**.
iPhone users: Be sure to follow the instructions to authorize the app on your phone.

BIOMETRICS

Earn 800 points for completing your biometrics. Get started with the program in Jiff, then follow the instructions in BioIQ to get your results at a local lab or from your physician.

- **Lab:** Get your screening through a wide array of labs, including LabCorp. BioIQ will recommend a lab near your home or work location or you can select your own preferred location. Results will automatically be sent to Jiff.
- **Physician:** When you select the Physician screening option, you'll receive an email from BioIQ. Simply take the BioIQ physician form to your appointment and follow the instructions on the form. Either your doctor's office or you will need to send the results to BioIQ.

Points will show when Jiff receives your results from the lab or from your physician.

AND PLAY!

Available to all benefits-eligible employees, with or without Cedars-Sinai medical coverage

GET ACTIVE

Track your steps by linking and syncing an activity tracker (Fitbit, Garmin, Jawbone, etc.) with Jiff. Earn points every day for taking steps:

- 5,000 steps/day = 3 pts
- 7,000 steps/day = 4 pts
- 10,000 steps/day = 5 pts

Sync steps within 7 days for credit.

SLEEP SOUNDLY

Earn 2 points for every night you track your sleep.

Sync sleep within 3 days for credit.

TRACK YOUR FOOD

Earn 5 points for every day you track what you eat on the mobile app/website MyFitnessPal.

Sync food within 3 days for credit.

3 REDEEM POINTS IN THE JIFF REWARDS CENTER*

If you're enrolled in a Cedars-Sinai medical plan...

Redeem your first 1,200 points for a HealthFund contribution, based on your pay rate:

- Under \$35/hour = \$300
- \$35 or more/hour = \$150

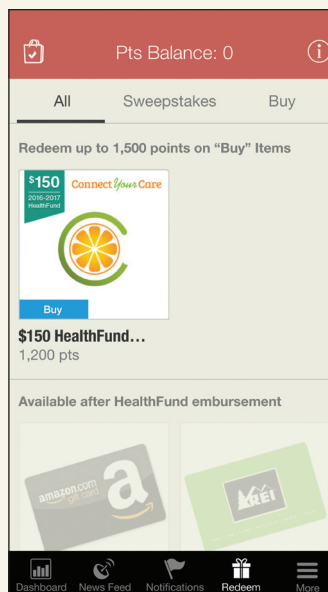
You must redeem the HealthFund first before having access to other rewards.

Once you've redeemed your HealthFund contribution, you can redeem up to 300 more points for:

- 150 points – \$25 ecard (Starbucks, Amazon or VISA)
- 150 points – \$25 Jiff Store credit

Additional points may be redeemed for:

- 25 points – Sweepstakes entry for other rewards



* Wellbeing programs and rewards change each benefit plan year (July 1- June 30); these rewards must be earned and redeemed by June 30, 2017.

If you're not enrolled in a Cedars-Sinai medical plan, you can still participate!

As long as you're benefit eligible, you can:

- Register with Jiff and track wellness goals
- Get a \$50 credit to use at the Jiff Store on a fitness tracker or another item to help you meet your wellbeing goals
- Earn points in the Get Active, Sleep Soundly and Track your Food programs
- Enter sweepstakes for your chance to win rewards.

For help with...	Contact...
Jiff app/website technical or downloading issues	Jiff Web: helpcenter.jiff.com Email: support@jiff.com
<ul style="list-style-type: none"> ▪ General questions about the Jiff Good for You™ program ▪ How the HealthFund works ▪ CS Benefits app technical or downloading issues 	MBC HR Benefits Help Desk Phone: 888-302-3941 Email: MBC.cshs@milliman.com

Note: If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the MBC HR Benefits Help Desk at 888-302-3941 and we will work with you (and, if you wish, with your doctor) to find a reasonable alternative that is right for you in light of your health status.

