



Live Well. Be Well.



Wellness begins with you

2024 Rewards Program

Parsons' Live Well. Be Well. is a voluntary program offering a wide variety of activities, events, tools, tips, challenges and health resources to help you achieve your wellbeing goals. Regardless of your fitness level, the program provides a variety of opportunities for you to choose what is important to your wellness.

Enrolled in a Parsons medical plan?

As part of the program, medically enrolled employees can receive a \$50 monthly wellness credit for the 2025 plan year by completing the two items below between January 1 - December 31, 2024:

- a. Complete an annual physical exam
- b. Earn 1,000 points by participating in rewardable activities

All U.S. based benefits eligible employees can earn 250 points per quarter by completing rewardable activities to be entered into random prize drawings throughout the year.

Get started at parsons.sharecare.com

Already have an existing Sharecare account? Sign in with your existing Sharecare username and password. New to Sharecare? Follow the prompts to create a new account. Verify your eligibility. Enter your identifying information as requested.



Before downloading the app, you must register for Sharecare at parsons.sharecare.com in order to unlock the full benefits of the Parsons member experience.

Have Questions?

Call 855-203-5506 for more information.



2024 Live Well. Be Well. Rewards Program

Wellness Credit Activities	Points
<p>Required for current employees enrolled in a Parsons medical plan before 10/1/24 to earn the 2025 Wellness Credit:</p> <ul style="list-style-type: none"> Complete (and log) an annual physical exam Earn 1,000 points by participating in rewardable activities <p>While activities can be completed in any order, points will not be earned until the annual physical has been completed.</p>	<p>50</p> <p>1,000</p>



Start date:
January 1, 2024

Deadline to earn points and/or the 2025 Wellness Credit:
December 31, 2024

Live Well. Be Well.
Earn Rewards!

[Click Here for 2024 Rewardable Activities](#)



Well-Being Pillar: Physical

Activity	Points/Max
Finding Your Fitness Workshop (January 2024)	100
Snooze Soundly Challenge (February 2024)	200
Take (or re-take) the RealAge Test	100
Wellness Wednesday Coffee Talk	25/150 max
Stay Active 2x/week	25
Watch the Sleep Program	100
Parsons Benefit Webinar	25/50 max
Lifestyle Management Coaching	25/150 max
Read the 2024 Live Well. Be Well. Physical Well-Being Newsletter	10
Hinge Health	25/75
Dental Cleaning	50
Vision Screening	50
Preventative Cancer Screening	50



Well-Being Pillar: Emotional

Activity	Points/Max
Natural Ways to Reduce Anxiety Workshop (April 2024)	100
Stress Less Challenge (May 2024)	200
EAP - Live & Work Well	10/20 max
Workday or LinkedIn Learning	10/20 max
Stay Active 2x/week	25
Unwinding by Sharecare	100
Watch the Breathe and Relax Program	100
Attend Mindful Moments	25/150 max
Complete a Daily Check-In	1/300 max
Read the 2024 Live Well. Be Well. Emotional Well-Being Newsletter	10



Well-Being Pillar: Social

Activity	Points/Max
Building Positive Relationships Workshop (July 2024)	100
Team Destination Challenge (August 2024)	200
Charity/Volunteer Events	10/20 max
Parsons Give Back	10/20 max
Stay Active 2x/week	25
Join a Workplace Group	10/40 max
Follow a Sharecare Health Topic	5/50 max
Watch the Movement Program	100
Attend Stretch & Flex	25/150 max
Read the 2024 Live Well. Be Well. Social Well-being Newsletter	10
Track Green Days	5/300



Well-Being Pillar: Financial

Activity	Points/Max
Pack your Pantry, Pad your Wallet Workshop (October 2024)	100
Savings Challenge (October 2024)	200
Create a Budget	25
Principal or SoFi Engagement	10/20 max
Wellness Wednesday Coffee Talk	25/150
Stay Active 2x/week	25
Employee Discount Program - Working Advantage	10/20
Sharecare Financial Health Assessment	25
Breaking Bad Habits	50
Read the 2024 Live Well. Be Well. Financial Well-Being Newsletter	10
Add a Medical Card to Your Sharecare Wallet	25

Questions? Contact Sharecare at support.you.sharecare.com or call 855-203-5506.

