

**Welcome to Balls Foods Wellness Program!**  
Visit Balls Foods' Health & Wellness website and get started  
**IMPROVING YOUR HEALTH** while **EARNING YOUR PREMIUM DISCOUNTS** for 2019.

# Take a giant step

For your health  
and well-being!



The **START**  
**ก้าว**  
on your journey to better health  
balls food stores

Wellness Plan provides a **personalized approach** for reaching your **health goals.**

## Take part in the **START NOW** Wellness Program from Balls Food Stores. The **REWARDS** will be financial, as well as physical.

Teammates and spouses in the health plan may participate in the program and can earn:

1. A **Tobacco-Free Insurance Premium Discount**
2. A **START NOW** incentive

AND

have access to a **Personalized Online Wellness Account** with

- health coaches
- a complete health library
- a personal health profile explaining your health risks
- health trackers and tools to log activity and progress in real time

Get to know the [MyPathwaytoHealth.com](http://MyPathwaytoHealth.com) website – discover how it can help you reach your health goals!

It is necessary to do the following by **June 30, 2018** to earn your 2019 premium discounts:

1. Complete a **Tobacco Use Statement** and be **tobacco free** for at least the last 90 days. Submit the form at [mypathwaytohealth.com](http://mypathwaytohealth.com) or by calling 800-550-2427 option #4.
2. Complete the annual **KYN Questionnaire (Health Risk Assessment)** online or by phone (See #1).
3. Complete a **KYRKYN Biometrics Screening**, either at a Balls Food Stores screening event between March and June or with your primary care provider between 01/01/2018 and 06/30/2018.
4. Enroll and participate in a **Start Now Health Improvement Program** (if eligible) – including Diabetes and Cardiovascular Care.



*\*If you are unable to meet a standard for the incentive under this program, you might qualify for an opportunity to earn the same incentive by different means. To be considered for a different means of earning the incentive, you must contact the Balls Foods Start Now hotline at 913-321-3663 ext 3444 by 2/28/2018. We will work with you (and, if you wish, with your doctor) to find an alternative with the same incentive that is right for you in light of your health status.*