

Welcome to Balls Foods Wellness Program!
Visit Balls Foods' Health & Wellness website and get started
IMPROVING YOUR HEALTH while **EARNING YOUR PREMIUM DISCOUNTS** for 2020.

Take a giant step

For your health
and well-being!



The **START**
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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 website – discover how it can help you reach your health goals!

It is necessary to do the following by **July 31, 2019** to earn your 2020 Start Now premium discounts:

1. Complete the annual **KYN Questionnaire (Health Risk Assessment)** online or by phone at mypathwaytohealth.com or by calling 800-550-2427 option #4.
2. Complete a **KYRKYN Biometrics Screening**, either at a Balls Food Stores screening event between March and June or with your primary care provider between 1/1/2019 and 7/31/2019.
3. 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 2/28/2019. 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.*