



Rockwell  
Automation



**START 2015 ON  
THE RIGHT FOOT.**

Sign up for your 2015  
Take Action activity.



live

[ra.staywell.com](http://ra.staywell.com)

# Take Action

is about incorporating healthy habits—like eating better and exercising more—into your everyday life. That’s why we offer a variety of programs that give you the tools and resources to introduce positive changes. For 2015, you can participate in any of the following programs starting **today**.

**Questions?** Call StayWell at **1.800.721.2696**, Monday – Thursday, 8 a.m. – 8 p.m.; Friday, 8 a.m. – 6 p.m.; Saturday, 8 a.m. – 1 p.m. (all Central time).

# 1 STEP IT UP!<sup>®</sup>

Step It Up! helps track your physical activity throughout the day. Any activity—like biking, basketball or exercise class—is easily converted into steps and counts toward your goal.



**How to Track:** Track your steps using a Fitbit that automatically syncs with the system. Or, log in to the StayWell<sup>®</sup> website to self-report your steps using a pedometer or the online activity conversion tool. You can record steps beginning on Jan. 1, even if you registered later.



**Goal:** Complete 700,000 steps.



**Timing:** Experts recommend that you walk or exercise the equivalent of 8,500 steps every day to reach 700,000 steps in about 12 weeks.

# 2 TIME OUT FOR HEALTH<sup>™</sup>

Time Out for Health helps you track the number of vegetable servings you eat each day. In general, a serving is about the size of your fist. You can find exact serving size information on food labels or nutritional websites. You can record vegetable servings beginning on Jan. 1, even if you registered later.



**How to Track:** Keep a food log to track your vegetable servings each day. Then log in to the StayWell website and record your servings.



**Goal:** Eat 300 vegetable servings.



**Timing:** Experts recommend four servings of vegetables a day for about 12 weeks.



## 3 PHONE COACHING

Personalized phone coaching gives you the opportunity to work one-on-one with a trained health coach to create a game plan that's right for you in areas ranging from weight management, exercise, nutrition, stress, back care, and managing your cholesterol and blood pressure. You can get started by calling StayWell at **1.800.721.2696** or going online at **ra.staywell.com**.



**How to Track:** Your health coach will keep track of your phone calls.



**Goal:** Complete the phone coaching program. You will receive credit for the program after your third coaching call.



**Timing:** Work with your health coach to determine a timeline that works best for your goals.

## 4 "EASY START" CALLS & MAILINGS

Not sure what healthy habit to target? Let a health coach guide you. The "Easy Start" Calls & Mailings program combines phone calls with a health coach and home mailings to help you kick-start healthy changes to achieve your 2015 goals. You can get started by calling StayWell at **1.800.721.2696** or going online at **ra.staywell.com**.



**How to Track:** Your StayWell professional health coach will keep track for you.



**Goal:** Complete three phone calls and receive three mailings.



**Timing:** This program will include a monthly phone call followed by an educational mailing. The program takes about three months to complete.

You earn \$100 (up to \$200 for two) off your 2016 medical premiums for every Take Action activity you complete. Sign up and learn more today at **ra.staywell.com**.

## 5 COMPETITIVE EVENTS

If exercise is already part of your everyday life, and you compete in events such as 5K or 10K walks/runs, half-marathons, marathons, triathlons or similar athletic competitions, take credit. We know most competitive athletes invest in at least 12 weeks of training time, and we want to acknowledge your hard work.



**How to Track:** Log in to the StayWell website after your event to record your participation.



**Goal:** Run, walk, ski, swim, bike, etc. in events such as 5K or 10K walks/runs, half-marathons, marathons, triathlons or similar athletic competitions.



**Timing:** Complete up to two events between Jan. 1 and Dec. 31, 2015.

## 6 **NEW** FOR 2015! THE ROCKWELL AUTOMATION WALKING CHALLENGE

The Rockwell Automation Walking Challenge is all about working more cardio into your life and staying active. To get started, you can choose one of the five walking challenges listed below. Then print your tracking map from [ra.staywell.com](http://ra.staywell.com). Just like Step It Up!, any physical activity counts. You can use the conversion chart found on the back of your tracking map to convert your activities into steps.

- 100 Miles in 100 Days
- ROK Around the World
- RockwellAutomationOperations
- RockwellAutomationSalesOffice
- Mayfield ROKs



**How to Track:** Track your steps on your tracking map. Once you complete your challenge, log in to the StayWell website **one time** to report your completion.



**Goal:** Make it to the last stop of your walking challenge.



**Timing:** Experts recommend that you walk or exercise the equivalent of 8,500 steps a day to reach 700,000 steps in about 12 weeks.

# 2015 HEALTH MANAGEMENT PROGRAM

In addition to Take Action, you have two other steps to complete. The deadline to complete the entire program is **Dec. 31, 2015**.

## THE HEALTH RISK QUESTIONNAIRE

The Health Risk Questionnaire (HRQ) gives you an overall picture of your health and how your decisions now may affect your future health.

**Timing:** You can complete the HRQ during Annual Enrollment this fall.

## HEALTH SCREENING

The health screening measures five healthy targets—blood pressure, cholesterol, blood glucose, body mass index (BMI) and cardiorespiratory fitness—that can help identify health risks early and track improvement year over year.

**Timing:** You can complete the Health Care Provider form anytime during the year. Onsite screenings will be held at certain locations this fall.

## YOUR 2015 INCENTIVES AT A GLANCE



Health Risk Questionnaire—required to avoid paying an additional **\$100** in premiums and to earn any incentives.



Take Action Activity—up to **\$200** (\$100 per activity) off your 2016 medical premiums.



Health Screening—up to **\$250** (\$50 for every healthy target you meet) off your 2016 medical premiums.

Existing within this material are brief, general descriptions of plans available. If any part of this information should conflict with a plan's legal documents, the legal documents will control. Participation in these plans is not a guarantee that benefit levels will remain unchanged in the future. The company reserves the right to change or terminate these plans at any time. If material changes are made, employees will be informed about them. Rockwell Automation partners with StayWell to administer our Health Management program. Rockwell Automation takes your privacy very seriously. Your individual health information is not shared with Rockwell Automation; the company only gets the aggregate results for participating employees.

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