

**Ready, Set ...
Take Action!**

**Sign up now
for your 2017
Take Action
activity.**

ra.staywell.com



**Rockwell
Automation**



Make Your Health a Priority in 2017

A new year means a new opportunity to build healthy habits and live your best life.

As an employee at Rockwell Automation, you have access to best-in-class programs and support to help you make your health a priority.

In addition, we want to reward you on your path to better health. Participation in the Health Management Program (administered by StayWell) can earn you up to \$450 in credits toward your 2018 medical premiums.

Questions?

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



Your 2017 Choices

1

10K-A-Day

**MOST
POPULAR AT
ROCKWELL
AUTOMATION**

Aim for 10,000 steps a day and use your favorite step tracker to record your activity. The more steps you take, the faster you move along one of the program's fun virtual routes.

How to Track: To get started, you must first register for the *10K-A-Day* challenge.

Once you're registered, there are two ways you can enter your steps: by syncing a tracking device or by entering them manually on the web or the *10K-A-Day* smartphone app.

If you own a tracker:

- You can set up your device to automatically sync with the challenge. For instructions on syncing your Fitbit, Garmin, YOO, Movable, Sony, Fitbug or Jawbone tracking device, log on to ra.staywell.com. (We will let you know when other devices become available, including Apple Health.)
- After you register and sync your device, your steps may be counted beginning Jan. 1, 2017, depending on the type of tracker you use (see the box below).
- Use the *10K-A-Day* smartphone app to track activity (which simultaneously syncs with your online account), view recipes and health tips, "visit" locations and follow your progress.

If you do not own a tracker, or you complete activities while not wearing your tracker:

- After you register, you can convert any activity into steps using the online tool and record the activity as steps.
- Or you can enter the step count from another type of step counter, pedometer or smartphone step tracker.

Goal: Stay active enough to complete 700,000 steps throughout the year. Or keep going to complete 1,400,000 steps and earn a second incentive.

Timing: You can go at your own pace. For every 2,000 steps you record, you'll move a mile on the *10K-A-Day* route.

Using a Tracking Device for *10K-A-Day*

If you are using a new tracker this year, be sure to update your challenge enrollment to make sure your device syncs.

If you sync a Garmin for the first time, it will sync your steps back three months. A YOO, Movable, Sony, Fitbug or Jawbone device will sync your steps back six months. And a Fitbit will sync back 365 days. So, for example, if you register a Jawbone on Sept. 1, 2017, the system will automatically backlog your steps from the previous six months. None of the devices will sync prior to Jan. 1, 2017.

Note: Even if you used your tracking device for Step It Up!, you must register your device for the *10K-A-Day* challenge.

Log on to ra

2 Get Fit on Route 66

Track your physical activity—any activity you choose—to take a virtual road trip along legendary highway Route 66. Every minute of activity moves you farther along the shores of Lake Michigan to the California Coast.

How to Track: Go online to log your physical activity minutes—whether it's walking, running, golfing, gardening, swimming or cycling—each day. Use the *Get Fit on Route 66* smartphone app to log activity, view recipes and health tips, “visit” attractions and track your progress.

Goal: Stay active enough to complete the 2,448-mile road trip. Or keep going to complete the trip twice and earn a second incentive. You must register again before you can take a second trip.

Timing: For every minute of activity you log, your virtual car will move two miles along the route. If you record 30 minutes of activity a day, five days a week, you'll complete the program in approximately eight weeks.

3 Enroll in a Weight Loss Program

Make the decision to join a weight loss program and feel fitter as you get lighter. If you keep up your participation in a qualifying program for 12 weeks, it will now count as one of your Take Action activities.

To qualify, a weight loss program must include all of the following features:

- It must promote healthy weight loss (1–2 pounds per week)
- It includes nutrition and physical activity guidelines
- It provides in-person weight tracking, and coaching or group support

This includes well-known programs such as Weight Watchers, Jenny Craig® and Choose to Lose (offered in Mequon/Milwaukee), as well as programs offered through fitness centers or health clubs, or guided by a registered dietitian or certified weight loss specialist.

How to Track: Once you complete 12 weeks, go to ra.staywell.com, click Weight Loss Program #1 (or Weight Loss Program #2 if you're completing a second program) and then click Self Report Now. That's it!

Goal: Complete at least one 12-week weight loss program during 2017. You can then use a further 12-week program or any other Take Action activity as your second qualifying activity.

Timing: Attend 12 of the program's weekly meetings within a consecutive four-month period. Your program must be completed — or both programs if you go for the second — by Dec. 31, 2017.

4

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. 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
- Rockwell Automation Sales Office
- ROK Around the World
- Mayfield ROKs
- Rockwell Automation Operations

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. Complete the same challenge a second time or choose a different route to earn a second incentive.

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.

NEED HELP CHOOSING?

Look for these icons to find the right Take Action activity for you.



For those of you who want to track your steps



Includes a focus on healthy eating



Lets you work with a personal health coach



Good choice if you already exercise regularly

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, 2017.

6

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 and back care to 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. Talk to your coach about other coaching opportunities and earn a second incentive when you complete a second program.

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

7

“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 2017 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 track your progress for you.

Goal: Complete three phone calls and receive three mailings. Get help with a second habit and earn another incentive when you complete the second program.

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

2017 Health Management Program At-A-Glance

1 Take Action Activity

Complete activities, such as challenges and coaching programs, to earn up to \$200 (\$100 per activity) off your 2018 medical premiums. Review this brochure for your choices and then visit your home page on ra.staywell.com.

Timing: You can sign up and get started today.

2 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. Complete the screening to earn up to \$250 (\$50 for every healthy target you meet) off your 2018 medical premiums.

Timing: You can complete the Health Care Provider forms beginning Feb. 1, 2017. Onsite screenings will be held at certain locations this fall. Watch for more information about health screenings.

3 The Health Risk Questionnaire

The online Health Risk Questionnaire (HRQ) gives you an overall picture of your health and how your decisions now may affect your future health. The HRQ is required to avoid paying an additional \$100 in medical premiums and to earn any incentives.

Timing: You can complete the HRQ in the fall.

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