Welcome to SimplyWell®
Where Health Counts™

C&A Industries
Employee Packet
About SimplyWell

SimplyWell improves population health by educating, engaging and empowering individuals. SimplyWell helps you realize a healthier lifestyle by placing important health information and resources at your fingertips.

Eligibility

✓ 2018 Eligibility - AurHealth Tracker Points
  - All In-House employees (Part-time and Full-time and Off-Site) are eligible to participate in the AurHealth Tracker Points. Employees will be sent an email the first of the month following their in-house hire date inviting them to register at www.SimplyWell.com. Once an employee is registered, all you have to do is start tracking your movements, choose some healthy entrees, and don’t forget to sign up for some of the AurHealth events, such as walks, lunch-n-learns, and weigh-to-goal, etc. It’s as easy as 1-2-3!

✓ 2018 Eligibility - Wellness Discount
  - A health screening is an important component of any comprehensive health and wellness program. All In-House employees (Part-time and Full-time) are eligible to participate in the AurHealth benefit programs, as well as the SimplyWell benefit program. An employee who participates in the SimplyWell biometric program, completes a Health Risk Assessment (HRA) and completes a tobacco affidavit will not only receive a comprehensive health report, but also be eligible for Wellness Discounts. In order to receive a Wellness Discount, you have to be a participant in C&A’s Health benefits. (For more information see the section Wellness Discounts)
  - Current Employee Eligibility (Employees who are full-time and have completed 1 year of service or more)
    - Current employees will complete their biometric testing in September/October. The 12 month period for the Wellness Discounts will be applied December of the current year through November of the following year. An employee who does not complete their biometric screening in September/October or complete a Medical Provider Engagement Form, along with a HRA and a tobacco affidavit, will not be eligible for any discounts.
  - New Hire Employee Eligibility (Employees who are full-time and have been employed less than 1 year)
    - New Hire Employees will complete their first biometric testing in September/October or December (if applicable) following their in-house hire date. The initial biometric testing results will be their baseline. The 12 month period for the Wellness Discounts will be applied December of the current year through November of the following year. Any employee who does not complete their biometric screening in September/October or complete a Medical Provider Engagement Form, along with a HRA, and a tobacco affidavit will not be eligible for any discounts. All discounts will be applied going forward.

✓ Annual Biometric Testing and Health Risk Assessment (HRA)
  - In-House employees will be offered annual on-site biometric screenings and will need to update and complete their HRA during September/October. Employees who are hired between October 1st and December 31st, and miss the on-site screening, may be asked to have their biometric screening completed at Nebraska Medicine (UNMC). Employees have the option to go to their own physician’s office to have the biometric testing completed and may do so at their own expense. They will need to have their physician complete the Lab Results by a Medical Provider form. All lab results are submitted directly to SimplyWell, not C&A’s Benefits and Insurance Department.
  - Off-Site Employees: In-House employees who work from home on a regular basis are considered off-site employees. These employees who do not have access to the annual on-site testing can go to their personal physician for testing. Employees will need to have their physician complete the Lab Results by a Medical Provider Form and fax this form directly to SimplyWell. The Form can be found on ca.com under the Benefits and Insurance link or on www.simplywell.com. The deadline for completing and submitting the Form is 10/6/17. Employees will be reimbursed any expenses related to the SimplyWell program that are not covered by your health plan. All expenses need to be submitted directly to the B&I department, and not processed through C&A’s Expense system.
Incentive Details*

- AurHealth incentives as provided through tracking and attending applicable events.
- Reduced insurance premiums
- Early detection of health issues by measuring your cholesterol, blood sugar and blood pressure

✔ 2018 AurHealth Tracker Points
  - AurHealth Points are earned by completing portions of the Health Tracker within your Simply Well Profile. Each month, if you obtain at least 50 points on your Health Tracker, you will receive a $5 gift card. AurHealth Points are in no way connected or influence your Wellness Incentive discount.

✔ 2018 Wellness Discounts
  - There are two wellness discount levels.
    - $50 per month discount -
      - In order to receive this discount, you will need to complete the annual biometric screening, along with the HRA, and the tobacco affidavit in September/October and score 80 points or more, or Improve your annual biometric score 5 or more points from the previous year, or Complete the Medical Provider Engagement Form and meet with your physician a minimum 3 times per year (see SimplyWell Physician Forms for more details).
        - Note: To receive a Wellness Discount, you must be a participant in C&A’s health benefits.
    - $35 per month discount -
      - In order to receive this discount, you will need to complete the annual biometric screening, along with the HRA and the tobacco affidavit in September/October and score between 70-79 points.
        - Note: To receive a Wellness Discount, you must be a participant in C&A’s health benefits.
    - No discount -
      - If you score less than 70 points, you will not receive a discount for the current year; however, you may be able to earn the discount by improving your score the following October. Any discounts earned will be applied going forward. Employees are not eligible for any retro discounts.
      - If you choose not to participate in the annual September/October biometric testing, you need to realize:
        - You will not have an initial baseline score. The following year you will not be eligible to receive the SimplyWell Benefit by improving your score 5 or more points because you have not established a baseline score.
        - You will not be able to test at a later date this year to receive the SimplyWell Benefit. If you have a life event later in the year and you want to enroll in the health benefits, you will not be eligible for the SimplyWell discount benefit until the following year.

✔ Employees who earn a Wellness Discount will be able to view the SimplyWell Discount directly on their paycheck. Wellness Discounts will correlate to the health benefit deductions. The 12 month period for the Wellness Discounts will be applied December through November. (Benefit Deductions and Wellness Discounts will start one month prior to your benefit effective date).

*The above summary is provided as a service to assist with the analysis of benefits. Plan incentives may change at any time during the plan year. Where discrepancies may occur, C&A’s management team will make the final determination.
Health Screening
SimplyWell On-site Health Screening

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/21/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Home Office</td>
</tr>
<tr>
<td>9/26/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Home Office</td>
</tr>
<tr>
<td>9/27/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Lakeside Office</td>
</tr>
<tr>
<td>9/28/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Home Office</td>
</tr>
<tr>
<td>9/29/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Lakeside Office</td>
</tr>
<tr>
<td>10/3/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Lakeside Office</td>
</tr>
<tr>
<td>10/4/2017</td>
<td>6:30AM – 11:00AM</td>
<td>Lakeside Office</td>
</tr>
<tr>
<td>10/5/2017</td>
<td>6:30AM – 9:30AM</td>
<td>Home Office</td>
</tr>
<tr>
<td>10/6/2017</td>
<td>6:30AM – 9:30AM</td>
<td>Home Office</td>
</tr>
<tr>
<td>10/3/2017</td>
<td>8:00AM – 9:00AM</td>
<td>Celebrity Staffing – Lincoln, NE</td>
</tr>
<tr>
<td>10/3/2017</td>
<td>8:00AM – 9:00AM</td>
<td>Celebrity Staffing – Merriam, KS</td>
</tr>
</tbody>
</table>

Your company sponsored health screening will consist of the following:
- Height, Weight, Blood Pressure & Body Fat analysis
- Lab draw: Hemogram, Fasting Glucose and Lipid Panel

You are able to purchase additional lab tests when you register for your health screening.

Tips for a Successful Health Screening
- Avoid heavy meals, alcohol and vigorous exercise the evening before your screening.
- Please fast for at least 8 hours prior to your lab draw. If you are diabetic or on medication to control your blood sugar, please consult your physician before fasting. Inform the check-in person if you have not been fasting.
- Drink some water the morning of your screening.
- Do take prescribed medications that can be taken without food. Consult your physician on any questions regarding medications and this test.
- Bring any reading glasses needed to fill out your check-in form.
- Wear shoes that are easy to remove and light clothes providing easy access to your arms.
- Inform the examiner if you are a hard stick or are prone to fainting.
- Feel free to have your blood pressure taken after your lab draw or rechecked if you feel it is higher than usual.
- Review for accuracy all bubbled in data on your scantron card before you hand in your card. If you see a mistake or need a value re-measured or corrected, please inform one of the examiners or your site contact. Also remember to sign the back of the card.

Deadline Reminders
10/06/2017 – Complete Health Screening and Health Risk Assessment (HRA) *
10/06/2017 – Labs by Medical Provider Form Submitted to SimplyWell
12/29/2017 – Health Score Appeals Form Submitted to SimplyWell
12/29/2017 – Health Screening Waiver Form Submitted to SimplyWell
08/31/2018 – Medical Provider Engagement Form Submitted to SimplyWell

*Employees must complete their on-line registration and have their Health Risk Assessment (HRA) completed prior to their on-site Biometric Testing Date.
How to Access Your Account

Go to www.simplywell.com.

Click the Log In button at the top of the page.

**Current Users**: Enter your User ID and Password.

**First Time Users**: Register by entering your Personal ID, Date of Birth and Gender.

PID = CA + First Initial of First Name + First Initial of Last name + Last 4 of Social Security Number

5 Step Enrollment Process

**Step 1 - Account**

**First Time Users**: Create your User ID and Password for future access.

**Current Users**: Update your Account Information.

Review and Accept the Agreement and Policy Information. Complete your tobacco affidavit.

**Step 2 - Profile**

Update your Preferences and Contact Information.

**Step 3 - Health Screening**

Choose a Health Screening option.

**Step 4 - Medical History**

Update your Medical History.

**Step 5 - Health Questionnaire**

Complete your Health Questionnaire.

**Questions?** Contact us at 1.877.991.9355 or info@simplywell.com.
Health Screening Results

How do I access my Health Screening Results?

From the My Health tab, mouse over Health Screening Results and you are able to see a preview of your most recent results. By selecting View your Health Screening Results, you’ll see a complete list of results from your most recent health screening including the date completed and the range your results fall within.

Chart My Results

Year over year comparative data can be found within the Chart My Results drawer at the bottom left-hand side of the page. Simply click on the tab and your chart will display.

Questions? Contact us at 1.877.991.9355 or info@simplywell.com.
My Plan

Within the My Plan tab, mouse over My Plan and select View your detailed Plan Information. Here you can view your points earned by looking at the table shown.

To the left of each item in your plan, you’ll see a checkmark if you have completed a task; or an in-progress circle, if you are still working toward your goal. Each item is linked to its own page of the portal, so you can visit it directly.

Chart My Plan

The Chart My Plan feature is located at the bottom left-hand side of the page. Here you can compare your plan progress. Simply click on the tab and your chart will display.

Questions? Contact us at 1.877.991.9355 or info@simplywell.com.
Health Score

From the My Health tab, mouse over Health Score. Once your health screening is complete, your up-to-date score will appear on this mega menu. For a more in-depth look, simply click on View your Health Score. Each of the results corresponds to a numeric score. These are added up to create your composite Health Score.

Your Health Score is a unique, scientifically based assessment of eight critical health indicators gathered during your health screening. This number is where health counts – literally. It provides a snapshot of your overall wellness, on a scale from 45 to one hundred – where a score of one hundred represents picture-perfect health.

Health Score Overview

Your Health Score will be available approximately two business days after your health screening. If data for any of the categories is missing, your score will not be calculated.

<table>
<thead>
<tr>
<th></th>
<th>Target</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Result</td>
<td>Score</td>
<td>Result</td>
</tr>
<tr>
<td>Body Mass Index (BMI)¹</td>
<td>&lt; 25</td>
<td>30.0</td>
<td>25 - 29.9</td>
</tr>
<tr>
<td>Diastolic Blood Pressure</td>
<td>&lt; 80</td>
<td>15.0</td>
<td>80 - 99</td>
</tr>
<tr>
<td>Systolic Blood Pressure</td>
<td>&lt; 120</td>
<td>15.0</td>
<td>120 – 159</td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>&gt; 39</td>
<td>10.0</td>
<td>35 – 39</td>
</tr>
<tr>
<td>Women</td>
<td>&gt; 49</td>
<td></td>
<td>45 – 49</td>
</tr>
<tr>
<td>LDL Cholesterol²</td>
<td>&lt; 130</td>
<td>10.0</td>
<td>130 – 159</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt; 150</td>
<td>10.0</td>
<td>150 – 199</td>
</tr>
<tr>
<td>Glucose³</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Diabetic</td>
<td>&lt; 101</td>
<td>10.0</td>
<td>101 – 125</td>
</tr>
<tr>
<td>Diabetic</td>
<td>&lt; 126</td>
<td></td>
<td>126 – 149</td>
</tr>
<tr>
<td>Nicotine</td>
<td>If Positive -10 Points From Score</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>100.0</td>
<td>70.0</td>
<td>45.0</td>
</tr>
</tbody>
</table>

¹ The measurement that offers the better point advantage will contribute to your health score.
² If your triglycerides are above 400 mg/dL, your LDL cannot be measured. However, you will be awarded 2.5 points.
³ Ranges are based on fasting glucose results, if you did not fast your glucose result may be in a higher range.

Percent body fat - Men

<table>
<thead>
<tr>
<th>Rating / Age</th>
<th>&lt; 20</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent = 30 points</td>
<td>10 or less</td>
<td>12 or less</td>
<td>13 or less</td>
<td>15 or less</td>
<td>16 or less</td>
<td>17 or less</td>
</tr>
<tr>
<td>Doing well = 30 points</td>
<td>&gt;10 - 15</td>
<td>&gt;12 - 16</td>
<td>&gt;13 - 17</td>
<td>&gt;15 - 19</td>
<td>&gt;16 - 20</td>
<td>&gt;17 - 20</td>
</tr>
<tr>
<td>Needs improving = 20 points</td>
<td>&gt;15</td>
<td>&gt;16</td>
<td>&gt;17</td>
<td>&gt;19</td>
<td>&gt;20</td>
<td>&gt;20</td>
</tr>
<tr>
<td>Caution, High risk = 15 points</td>
<td>24+</td>
<td>25+</td>
<td>26+</td>
<td>26+</td>
<td>27+</td>
<td>28+</td>
</tr>
</tbody>
</table>

Source: Wellsore and SimplyWell uses the Canadian Standardized Test of Fitness, Third Edition for scoring methodology.

Percent body fat - Women

<table>
<thead>
<tr>
<th>Rating / Age</th>
<th>&lt; 20</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent = 30 points</td>
<td>19 or less</td>
<td>21 or less</td>
<td>22 or less</td>
<td>23 or less</td>
<td>24 or less</td>
<td>25 or less</td>
</tr>
<tr>
<td>Doing well = 30 points</td>
<td>&gt;19 - 23</td>
<td>&gt;21 - 25</td>
<td>&gt;22 - 26</td>
<td>&gt;23 - 27</td>
<td>&gt;24 - 28</td>
<td>&gt;25 - 29</td>
</tr>
<tr>
<td>Needs improving = 20 points</td>
<td>&gt;23</td>
<td>&gt;25</td>
<td>&gt;26</td>
<td>&gt;27</td>
<td>&gt;28</td>
<td>&gt;29</td>
</tr>
<tr>
<td>Caution, High risk = 15 points</td>
<td>29+</td>
<td>32+</td>
<td>33+</td>
<td>33+</td>
<td>34+</td>
<td>35+</td>
</tr>
</tbody>
</table>

Source: Wellsore and SimplyWell uses the Canadian Standardized Test of Fitness, Third Edition for scoring methodology.
Health Trackers

- Go to My Plan at the top of page
- In the mega menu, hover your mouse over Health Trackers
- Click View all your Health Trackers on the right side of the Health Tracker’s mega menu

Tip: sync your wellness application to your SimplyWell account to automatically track health activities such as exercise, sleep, and more!

Click on any health tracker to record an entry or chart your tracker history. Trackers can be recorded up to 90 days in the past.

Questions? Contact us at 1.877.991.9355 or info@simplywell.com
Contact Information

Questions about your eligibility or incentive:
Brenda Royle, 402-891-6916, broyle@ca-industries.com
Dana Jarosz, 402-891-0009, Ext 1218, djarosz@ca-industries.com

Questions about AurHealth:
Veronica Goodwin, (800) 456-5857, Ext. 2059, vgoodwin@aureusmedical.com
Windy Bullock, (800) 574-9829, Ext. 1211, wbullock@ca-industries.com

Questions about SimplyWell
Call: 1.877.991.9355
   Option 1 – Nurse Call Line
   Option 2 – Password and Technical Support
   Option 3 – All other SimplyWell questions
Email: info@simplywell.com
Fax: 402.552.3355