

Earn Healthy Rewards Cash Your Way!

Complete simple well-being activities by Nov. 30, 2026 and you could see up to \$400 added directly to your paycheck.

Have a spouse or domestic partner enrolled in a Credence Blue Cross and Blue Shield or Surest medical plan? If they complete ADT Balance activities, you'll earn an extra \$200 bringing your total reward to \$600.

Choose activities that fit your life and get rewarded! Explore the full activities list and find what works for you on the ADT Balance Well-Being Portal.

Your goals. Your journey. Your rewards.

Be Aware, Self-Care	Employee Earns	Sp/DP Earns
Health Assessment	\$100	\$50
Annual Physical* with your Primary Care Physician	\$150	\$75
Know Your Numbers (PRF or Quest Lab)	\$100	\$50
Preventative Dental Exam	\$25	\$15
NEW! Understand Your Numbers (Biometric Review Call with a health coach)	\$50	\$25
Strive to Thrive	Employee Earns	Sp/DP Earns
Daily Habits - Up to TWO plans	\$100 (\$50/plan)	\$50 (\$25/plan)
Positively Me (Telephonic Coaching) - FIVE calls	\$150	\$100
Invitational Team Steps Challenge - FIVE weeks	\$100 (\$20/week)	\$50 (\$10/week)
Wellness Challenges - TWO opportunities	\$50/challenge	\$25/challenge
Magellan well-being coaching – FOUR calls	\$100	\$50
NEW! Side Quests or Side Quest Duel	\$120	\$60
Tobacco Coaching (Telephonic Coaching) - FIVE calls	\$150	\$100
Steps Goal	\$275 (\$25/month)	\$165 (\$15/month)
Exercise Goal	\$275 (\$25/month)	\$165 (\$15/month)
Mindfulness / Sleep Tracker - Log 10 sessions/quarter	\$100 (\$25/quarter)	\$60 (\$15/quarter)
Better Self, Better Health, Better Wealth	Employee Earns	Sp/DP Earns
Attend Wellness webinars (EAP, Fidelity or Addition Wealth)	\$40 (\$20/webinar)	\$20 (\$10/webinar)
ADT Safe Places event or ADT local activity	\$20	\$10
Participate in a fitness event or activity	\$20	\$10
Stay Connected	Employee Earns	Sp/DP Earns
Community: Make a post	\$50 (\$10/post)	\$25 (\$5/post)
Community: Comment on a post	\$50 (\$10/comment)	\$25 (\$5/post)

Employees and spouses/domestic partners enrolled in a Credence Blue Cross and Blue Shield or Surest medical plan are eligible for the Well-Being Discount and Healthy Rewards Cash.

Employees can earn up to \$400 of Healthy Rewards Cash and spouses/domestic partners can earn up to \$200 of Healthy Rewards Cash.

Healthy Rewards Cash is paid in the employee's paycheck and is taxable. You must be an active employee at the time of payout.

*In person or virtually, if supported by your primary care provider.



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