

# EARN HEALTHY REWARDS CASH YOUR WAY!

Earn up to \$400 cash in your paycheck by completing **well-being activities**. Have a spouse/domestic partner also enrolled in a Credence Blue Cross and Blue Shield or Surest medical plan? If they complete ADT Balance activities, up to an additional \$200 will be deposited in your paycheck.

*Complete well-being activities that match your goals. For a comprehensive list of activities, visit the [ADT Balance Well-Being Portal](#).*

Be Aware, Self-Care	Employee Earns	Sp/DP Earns
Health Assessment	\$100	\$50
Annual Physical with your Primary Care Physician (PCP) - In person or virtual	\$150	\$75
Know Your Numbers (home test kit, PRF or Quest Lab)	\$100	\$50
Preventative Dental Exam	\$50	\$25
Strive to Thrive	Employee Earns	Sp/DP Earns
Daily Habits – Up to TWO plans	\$100 (\$50 per plan)	\$50 (\$25 per plan)
Positively Me (Telephonic Coaching) – FIVE calls	\$150	\$100
Invitational Team Steps Challenge – FIVE weeks	\$100 (\$20 per week)	\$50 (\$10 per week)
Wellness Challenges – TWO opportunities	\$50 (per challenge)	\$25 (per challenge)
Magellan Lifestyle Coaching – FOUR calls	\$100	\$50
Tobacco Coaching (Telephonic Coaching) – FIVE calls	\$150	\$100
Steps Goal – 25 points each month	\$300	\$100
Exercise Goal – 25 points each month	\$300	\$100
Mindfulness / Sleep Tracker – Log 10 sessions per quarter (25 points each)	\$100	\$100
Better Self, Better Health, Better Wealth	Employee Earns	Sp/DP Earns
Attend Wellness, Addition Wealth or Fidelity webinars	\$40 (\$20 per webinar)	\$20 (\$10 per webinar)
ADT Safe Places event or ADT local activity	\$20	\$10
Participate in a fitness event or activity	\$20	\$10
Join or participate in BERGs	\$20	N/A
Enroll or contribute to ADT FSA/HSA or 401K	\$25	N/A
New! Participate in a new 2025 benefits program	\$20	N/A
Stay Connected	Employee Earns	Sp/DP Earns
Download the Wellness At Your Side app (First time enrollees only)	\$25	\$25
Community: Make a post	\$50 (\$10 per post)	\$25 (\$5 per post)
Community: Comment on a post	\$50 (\$10 per comment)	\$25 (\$5 per post)
Sync ONE device (Example: Garmin, Fitbit, Apple iWatch)	\$25	\$25

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.



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