

The LifeWorks Wellness and Employee Assistance Program

What is LifeWorks wellness and employee assistance program?

If you haven't used LifeWorks before, it is a solution that offers help with life, health, family, money, work and everything in between. You have access to free and confidential support, information and resources across a variety of personal and work related topics, along with a confidential phone line.

Registering on the LifeWorks wellness site and earning Wellness Incentive Points

If you are enrolled in the company's medical plan, you have the opportunity to reduce your **2018** employee premiums by \$300 (\$25 a month) by registering on the LifeWorks site and earning 15 wellness incentive points by November 30, 2017.

If your spouse is also enrolled in the company's medical plan, participates in the Wellness Program and earns 15 wellness incentive points, an additional \$300 annual reduction will be applied towards the medical premiums. ***(Note, in order for your spouse to participate they must register separately using a different email address).***

Points can be earned as follows:

- Completing the health risk assessment (10 points)
- Downloading the **new Ceridian LifeWorks Mobile app.**
(2 points).
- Knowing your biometrics prior to completing the health risk assessment (2 points) as it provides valuable information when obtaining your health risk assessment results
- Utilizing the LifeWorks life coach or EAP counselors (1 point)
- Completing an online wellness workshop (1 point for each)
- Obtaining a routine physical exam; dental check-up or eye exam (1 point for each exam)
- Obtaining a flu shot (1 point)

Reminder: Be sure and log your points by November 30th under "Incentives" on the website.

How do I register?

First visit to LifeWorks Wellness site:

http://www.flexab.com/Wellness/HowToAccessLifeWorks_Sept2017.pdf

I registered but I forgot my user name and/or password?

Returning Visitor/Forgot login, password: Go to: login.lifeworks.com

Your username is the email address you entered when you first registered for your account. If you do not remember your username, please go to online@ceridian.com. Include your first name, last name and your company name Alexander & Baldwin to request your username.

If you forgot your password, click on "Forgot Password". Once logged in, you can change your password and security question at any time; go to profile tab located at the top, upper right hand side.

How do I earn and log my incentive points?

On the LifeWorks home page, go to the Quick Links section on the right side of the page and click on Wellness Tools. Click on the appropriate icons to take the Health Assessment, obtain Health Coaching, access Online Workshops, and log your Incentives. Incentives must be logged by November 30, 2017 to receive discounted medical premiums in 2018. You can also directly access the Health Assessment from the Quick Links section on the LifeWorks home page.