ALEXANDER & BALDWIN

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. This benefit is available to you and your family members.

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 **2019** employee premiums by $300 ($25 a month) by registering on the LifeWorks site and earning 15 wellness incentive points by **November 30, 2018**.

If your spouse is also enrolled in the company's medical plan, participates in the Wellness Program and earns 15 wellness incentive points by November 30th 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)

- Knowing your biometrics prior to completing the health risk assessment (2 points) as it provides valuable information when obtaining your health risk assessment results

- Enrolling in either HMSA's or Kaiser's Active & Fit program (1)

- Participating in Fidelity's Financial Wellness Web Workshops scheduled as follows. Additional information on registering for the workshops will be provided in September (1 point for each of the two workshops)

Date	Time	Workshop Topic
October 2, 2018	8:00 AM HT	Create a Budget, Ditch Your Debt, and Start Building for the Future
October 9, 2018	2:00 PM HT	Create a Budget, Ditch Your Debt, and Start Building for the Future
October 16, 2018	2:00 PM HT	Identify and Prioritize Your Savings Goals
October 30, 2018	8:00 AM HT	Identify and Prioritize Your Savings Goals

- Completing an online wellness workshop (1 point for each)

- Participating in the LifeWorks 4th quarter challenge from October 22-November 12th, a three week challenge called "Water you are drinking".

- Obtaining a routine physical exam; dental check-up or eye exam (1 point for each exam)

- Obtaining a flu shot (1 point)

- Downloading the LifeWorks mobile app (1 point)

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

Not a member of the company's health plan? We still encourage you to register and take advantage of the valuable benefits and information available on the LifeWorks website.

How do I register and create a personal account?

Log in to the new LifeWorks platform **login.lifeworks.com** using the A&B's shared username and password:

Username: alexander (all lower case)

Password: baldwin (all lower case)

Click on "Wellness Tools" under the "Life" drop-down menu. You will be prompted to automatically to create a personal account.

How do I log my incentive points?

On the LifeWorks home page, go to the Life drop-down menu at the top of the page next to the company logo 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.

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

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 **wellness@lifeworks.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.

Can I update my Username email address on the LifeWorks site?

Yes, if you need your email address updated on the LifeWorks site, you will need to email **support@lifeworks.com**.