



Caring for you so you can care for our community.

Welcome to **myHealth Rewards**, a wellness program for Palmetto Health team members. The **myHealth Rewards** team is committed to providing you with interactive tools to plan your fitness, dietary and health goals. Play an active role in reaching your best health and get rewarded for it!

Log into the myHealth Rewards wellness portal and begin your journey to better health.

myHealthRewards.PalmettoHealth.org

Rewards Program

We reward team members and their families for adopting a healthier way of life.

Health Management Programs

We provide enhanced services to team members and their families to help them achieve their health goals and address health risk factors.

Health Screening

Getting a health screening is one of the most important things you can do for your health. Free health screenings are conducted each year on Palmetto Health campuses.

Wellness Resources

Visit our online wellness portal to plan your fitness, dietary and health goals. Track your water intake, create a personal exercise plan, choose a meal plan or speak with a Health Coach.



Earn rewards for staying healthy!

The Health Insurance premium discount offers a significant reward, depending on your coverage and pay rate. As a new team member, you automatically receive the health insurance premium discount during your first 90 days. To qualify to keep the discount, use *myHealth Rewards*' wellness portal to complete a few easy steps within 90 days of your hire date or change of status. Please note, *if you do not complete all steps, you will have to pay the full health insurance premium.*

For more information, please contact myHealth Rewards at 803-296-5920 or email myHealthRewards@PalmettoHealth.org.

How do I continue receiving my 2017 health insurance premium discount?

- Login to the wellness portal at myHealthRewards.PalmettoHealth.org
- Complete the Health Questionnaire and a brief survey.

How do I continue receiving my HRA/HSA contribution?

- As a new team member, you will automatically receive the HRA/HSA contributions during your first year of coverage by the Palmetto Health health plan.
- To continue receiving the 2018 contributions, you will need to earn 300 points by participating in *myHealth Rewards* wellness activities. View a list of these activities in the Incentive Summary on the wellness portal.