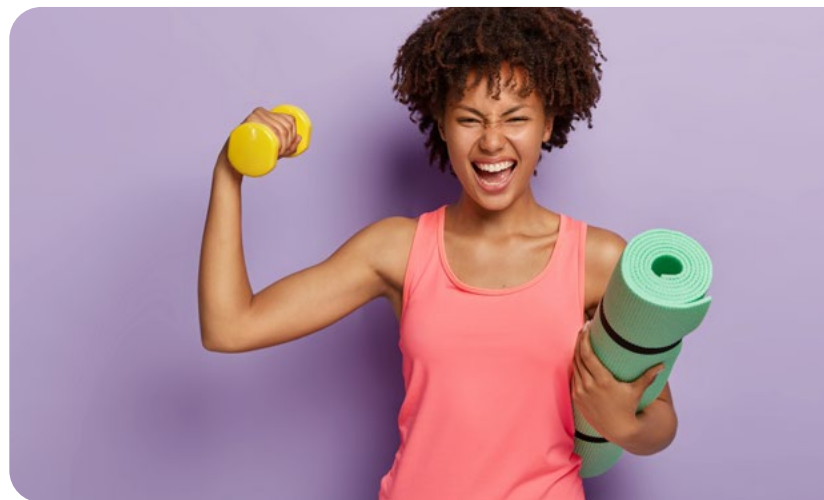
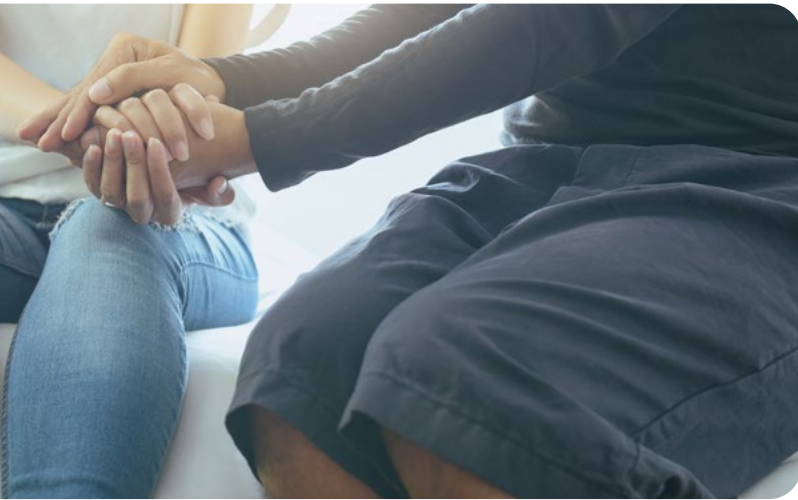




# Welcome to Your 2026 LiGHT Program

Oct. 1, 2025–Sept. 28, 2026



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Beacon Health System is excited to welcome you to the **LiGHT (Living in Good Health Together) Wellness Program**. The Beacon mission has long been to improve the wellbeing for the people of our community. Here at Beacon, our commitment to community begins with you and your family. The purpose of the LiGHT Program is to create a wellness “model of excellence” that encourages associates to support and exemplify our mission to enhance the physical, mental and emotional wellbeing of the communities we serve. Our number one goal is to improve associate health and wellbeing, and to do this, we are offering the LiGHT Program with the help of Asset Health.

**Explore the LiGHT portal at [assethealth.com/LiGHT](https://assethealth.com/LiGHT) for many tools and resources to help you and your family live a healthy lifestyle.**



## Get Started Program Overview

All Beacon associates and their spouses are eligible to participate in the LiGHT Wellness Program regardless of health plan coverage or hours worked.

The program is grouped into eight wellbeing categories: Prevention, Education, Exercise, Nutrition, Community, Mind/Lifestyle, Financial and Safety. You design a wellbeing program to best meet your wellbeing goals and then:

**Report Your Activities:** Visit the “Your LiGHT Activities” page to report your activities.

**View your Points Progress:** Your raffle entries are summarized on the “Your Raffle Entries” tile on the homepage of the LiGHT portal.

**Your reported activities are based on the honor system, which is consistent with Beacon’s value of integrity.**

**2026 Program Year:  
Oct. 1, 2025 – Sept. 28, 2026**

### Quarterly Raffle Prizes

All associates and spouses, regardless of Beacon health plan coverage, can earn quarterly raffle prizes for participating in various challenges and activities. For every 25 points you earn in each quarter, you will earn one entry into the quarterly raffle drawing. *(There is no limit on how many raffle entries you can earn per quarter.)*

| Prize                 | Winners/<br>Quarter | Eligible Group |
|-----------------------|---------------------|----------------|
| Bonus PTO Day         | 10                  | All Associates |
| \$50 eGift Card       | 10                  | Spouses Only   |
| \$50 Beacon Brightest | 80                  | All Associates |

**Quarter 1:** Oct. 1, 2025 – Dec. 31, 2025

**Quarter 2:** Jan. 1, 2026 – March 31, 2026

**Quarter 3:** April 1, 2026 – June 30, 2026

**Quarter 4:** July 1, 2026 – Sept. 28, 2026



# Annual Wellness Screening

## Health Plan Coverage

To be covered under any of Beacon's health plans (CDHP, PPO or Medical Expense Plan (MEP) in the following calendar year, covered associates and applicable spouses are required to complete the 2026 Annual Wellness Screening process by **Aug. 31, 2026**. If you do not complete the process by this deadline, you and your family's health coverage will be terminated on Jan. 1, 2027 (*dependent children are not required to participate in the program, regardless of age and coverage*). If the covered spouse does not complete the process, their health coverage will terminate on Jan. 1, 2027.

For more about this requirement, see your medical plans Summary Plan Document.

## Medical Premium Discount

Associates enrolled in the CDHP or PPO medical plans through Meritain Health can qualify for a discount on next year's premium costs by collecting points throughout the program year. Points can be earned by completing your annual wellness screening, as well as by participating in various voluntary LiGHT activities. Your total points at the end of the program year will determine the discount you earn in 2027:

| Less than 400 Points | 400 – 799 Points | 800 – 1000 Points |
|----------------------|------------------|-------------------|
| No Discount          | 5% Discount      | 10% Discount      |

**New in 2026, associates and spouses who complete the annual wellness screening with either their PCP or at an onsite screening will earn 300 points. The 300 points will be awarded regardless of the values attained at the biometric screenings.**

**This is the last year that the discount will be offered as an incentive. In the 2027 program year, we will be launching a new incentive, and more information will be shared at a later date.**

**The premium discount for associates with spouses on the health plan will be determined by the AVERAGE of the associate's and spouse's total LiGHT points.**

Beacon associates and applicable spouses are required to complete the following four activities in the order listed below as part of the annual wellness screening.

- 1. Opt-in to the Program:** Sign the online consent form, available on the homepage of the LiGHT portal.
- 2. Complete the Tobacco Affidavit:** Attest your tobacco use status on the online affidavit, available on the homepage of the LiGHT portal. Your completion of the affidavit will satisfy the requirement, regardless if you use or don't use tobacco/nicotine products.
- 3. Complete the Health Assessment:** Beginning May 25, 2026, complete this online behavioral questionnaire on the "Health Measures" page of the LiGHT portal.
- 4. Schedule and complete your Annual Wellness Screening:** Schedule an on-site screening appointment between June 1 – Aug. 31 using the online scheduling system on the LiGHT portal. In 2026, you may also visit your PCP for a wellness visit with preventative labs. The three requirements listed above must be completed before you have access to the online scheduler (screening schedule will be available on the **Calendar** page of the LiGHT portal).
  - There is NO COST to you or your spouse to participate in the Annual Wellness Screening. The comprehensive lab work will serve as your wellness labs for the plan year; remember to share your results with your PCP at your next annual checkup.
  - Lab tests include: A1C, CMP, CBC with differential and lipids.

## Annual Wellness Screening: Your Biometric Results

All associates and spouses enrolled in the health plan **before** May 1, 2026 must complete their annual wellness screening between June 1, 2026 and Aug. 31, 2026. **You can only test once.**

You will be able to schedule your annual wellness screening beginning May 2026.

Once you complete your Annual Wellness Screening, you can view your full results by clicking on the "Health Measures" page. **You can print your results to share with your primary care provider on that page.**

All the information you share through the Annual Wellness Screening process, including your HA, lab results and activity tracking, will remain completely confidential and will NOT be shared with Beacon, as your employer, or Meritain Health. Beacon will only be aware that you and your spouse have completed all steps in the process, so that your health coverage will remain in force. Beacon will periodically receive aggregate reports reflecting the entire population's results, which will help us design future programs and enhancements to improve associates' health and manage the health plan's costs.

## Did You Join the Beacon Health Plan on or after May 1, 2026?

As a new member on the Beacon CDHP Health plan, you are not required to complete the 2026 annual wellness screening process to be eligible for the health plan in 2027.

## LiGHT Activity Points

You can earn points all year long for completing and reporting voluntary activities that improve your health and wellbeing. See below for details regarding your 2026 LiGHT activities:

| Preventive - Prevention is key to maintaining good health and avoiding illness.<br>(420 Points Available, 420 annual max) |        |     |                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------|--------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Activity                                                                                                                  | Points | Max | Detail                                                                                                                                                                                                             |
| Eye Exam                                                                                                                  | 25     | 25  | One annual eye exam at optometrist or ophthalmologist. Upload documentation: proof of appointment, receipt, or Explanation of Benefits.                                                                            |
| Dental Cleaning (2)                                                                                                       | 30     | 30  | 15 points per dental cleaning, 2x per year. Automatically reported from Cigna.                                                                                                                                     |
| Mammogram                                                                                                                 | 25     | 25  | One screening mammogram per year as recommended by your provider. Automatically reported from Meritain.                                                                                                            |
| Dermatology                                                                                                               | 25     | 25  | One screening skin check at dermatologist or PCP per year. (Dermatology is not covered under Beacon's health plan as preventive.) Upload documentation: proof of appointment, receipt, or Explanation of Benefits. |
| PSA                                                                                                                       | 25     | 25  | One PSA as recommended by your provider. Automatically reported from Meritain.                                                                                                                                     |
| Annual Physical                                                                                                           | 25     | 25  | One annual wellness exam with your PCP. Automatically reported from Meritain.                                                                                                                                      |
| Chiropractor                                                                                                              | 25     | 25  | One visit per year to receive max points. Upload documentation: proof of appointment, receipt, or Explanation of Benefits.                                                                                         |
| Colonoscopy                                                                                                               | 25     | 25  | One colonoscopy as recommended by your PCP. Automatically reported from Meritain.                                                                                                                                  |
| OB Check                                                                                                                  | 25     | 25  | Receive routine checkups by your obstetrician for pregnant women. Upload documentation: proof of appointment, receipt, or Explanation of Benefits.                                                                 |
| GYN Visit/Pap Smear                                                                                                       | 25     | 25  | One GYN visit/Pap smear as recommended by your provider. Automatically reported from Meritain.                                                                                                                     |

## Preventive - Prevention is key to maintaining good health and avoiding illness.

*(420 Points Available, 420 annual max)*

| Activity                                             | Points | Max | Detail                                                                                                                                                                                                                                                                                                   |
|------------------------------------------------------|--------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Review Wellness Screening lab results with physician | 25     | 25  | Share and review wellness screening lab results with PCP. Upload Provider Checklist signed by Primary Care Provider.                                                                                                                                                                                     |
| Flu Vaccine                                          | 5      | 5   | Receive 1 annual flu vaccine to earn points. Self-report date.                                                                                                                                                                                                                                           |
| Covid-19 Vaccine                                     | 5      | 5   | Receive 1 COVID-19 vaccine to earn points. Self-report date.                                                                                                                                                                                                                                             |
| Covid-19 Booster Vaccine                             | 5      | 5   | Receive 1 COVID-19 Booster to earn points. Self-report date.                                                                                                                                                                                                                                             |
| Tobacco Free/<br>Pelago                              | 50     | 50  | Points will automatically be awarded once you attest to being tobacco-free on your 2026 Tobacco Affidavit. If you are not tobacco-free, you can get credit for this activity by completing Beacon's Pelago tobacco program.                                                                              |
| Register for Beacon Patient Portal                   | 5      | 5   | Beacon provides 8 telehealth visits per calendar year to associates. Download the app to your smart device to receive points. Enter date of download.                                                                                                                                                    |
| Meet with a Health & Wellness Coach                  | 60     | 60  | Beacon provides no-cost visits with an on-site health & wellness coach to associates covered on the medical plan. Contact coach to schedule, email <a href="mailto:associatewellnessteam@beaconhealthsystem.org">associatewellnessteam@beaconhealthsystem.org</a> . Points applied by coach after visit. |
| Advanced Directive                                   | 5      | 5   | Receive points for having an Advance Directive in place. For assistance setting up an Advance Directive, contact Beacon at 574-647-6990. Enter year Advance Directive was put into place or revised.                                                                                                     |
| Attend a health/<br>wellness fair                    | 5      | 5   | Attend any health or wellness fair, in-person or virtual, to learn more about living a healthy lifestyle. Enter date of event.                                                                                                                                                                           |

## Continuing Education - Continuing to learn and grow mentally is key to a healthy brain.

*(93 Points Available, 171 annual max)*

|                                                                              |    |    |                                                                                                                                                         |
|------------------------------------------------------------------------------|----|----|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Complete a Beacon Academy Course                                             | 5  | 20 | Complete a Beacon Academy Course of your choice, either in-person, online or virtual. Self-report your activity in your LiGHT portal.                   |
| Take a class or attend a conference                                          | 15 | 15 | Take any class or attend a conference of your choice, either for work or personal development. Self-report. Enter date of attendance/completion.        |
| CEU/CEC completion                                                           | 10 | 10 | Complete CEU or CEC. Self-report date of completion.                                                                                                    |
| Learn a new skill                                                            | 10 | 10 | Learn something new to you, either for work or personal. Self-report. Enter date of completion.                                                         |
| Read one book a month                                                        | 2  | 24 | Read one book per month. Earn 2 points per month max. Self-report date after each book read.                                                            |
| Complete a college course                                                    | 20 | 20 | Finish a college course of your choice, for professional or personal development. Enter course name. Enter date of completion.                          |
| Get a certification                                                          | 20 | 20 | Receive a certification of your choice, for professional or personal development. Enter course name.                                                    |
| Asset Health e-courses                                                       | 5  | 20 | Earn five points for completing an Asset Health e-course. Points automatically applied after course completion.                                         |
| Read Asset Health Monthly Newsletter                                         | 1  | 12 | Read Asset Health's monthly newsletter, available on the portal. Enter date of completion.                                                              |
| Participate in a study of choice (online, religious study, mindfulness, etc) | 5  | 20 | Participate in any type of study of your choice to further your education. Study can be online, virtual, or in-person. Enter study name each quarter. . |

| Physical Activity<br>(163 Points Available, 290 annual max)        |        |     |                                                                                                                                                                                                                                                                                                                                              |
|--------------------------------------------------------------------|--------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Activity                                                           | Points | Max | Detail                                                                                                                                                                                                                                                                                                                                       |
| Sunburst walk/race or any competitive race (bike, run, etc.)       | 20     | 40  | Participate in Beacon's Sunburst run or walk. Also, participate in any other walk, run, bike, or any competitive race to earn points. 20 points for each event. Enter event name.                                                                                                                                                            |
| Participate in any BHF Program                                     | 20     | 20  | Participate in any program or Health Talk offered at Beacon Health & Fitness to assist you on your journey to better health. Enter program name.                                                                                                                                                                                             |
| Weekly fitness class                                               | 5      | 25  | Join a fitness class for 5 consecutive weeks to earn max points. Points are awarded quarterly. 5 points max per quarter. Enter name of class.                                                                                                                                                                                                |
| Sync wearable activity tracker or app with the LiGHT Portal        | 5      | 5   | Sync your compatible device or APP to your wellness account. Points awarded automatically after sync setup is complete.                                                                                                                                                                                                                      |
| Complete fitness assessment at BHF or any fitness facility         | 10     | 10  | Beacon Health & Fitness, and most gyms/fitness centers, offer free fitness assessments for members. Complete an assessment for LiGHT points. Self-report date.                                                                                                                                                                               |
| 10,000 steps a day                                                 | 1      | 50  | Earn one point for each day you reach 10,000 steps (up to three times per week). Sync your activity tracking device or app for automatic reporting or report your steps manually. You can report your steps for days in the past.                                                                                                            |
| 30 minutes physical activity                                       | 1      | 20  | Achieve 30 minutes of moderate physical activity 3 or more times per week. Examples of moderate physical activity are brisk walking, water aerobics, gardening, dancing, slow speed biking. Points are awarded quarterly. Sync device or self-report date of each workout.                                                                   |
| 30 minutes strenuous weight or vigorous-intensity aerobic activity | 1      | 20  | Achieve 30 minutes of vigorous-intensity aerobic exercise, or strenuous weight training, 3x a week. Examples of vigorous aerobic exercise are running, high speed biking, high intensity exercise class, rowing, etc. 1 point for each workout. Self-report date of each workout.                                                            |
| 1 Million Steps Challenge                                          | 100    | 100 | Sync your mobile device or fitness tracker to the LiGHT portal and complete 1 million steps this year.                                                                                                                                                                                                                                       |
| Nutrition<br>(40 points available, 100 annual max)                 |        |     |                                                                                                                                                                                                                                                                                                                                              |
| Activity                                                           | Points | Max | Detail                                                                                                                                                                                                                                                                                                                                       |
| Meet with a Registered Dietitian                                   | 10     | 10  | Meet with a registered dietitian (in-person or virtual) 3 or more times to earn max points. Discuss resources with your PCP or take advantage of Beacon's onsite service by emailing <a href="mailto:associatewelnessteam@beaconhealthsystem.org">associatewelnessteam@beaconhealthsystem.org</a> . Points applied by dietitian after visit. |
| Stay hydrated                                                      | 5      | 20  | Your doctor or dietitian can help you determine the amount of water that's right for you every day. Drink 2.7 liters or more per day for 5 days per week for 4 weeks straight. Self-report activity each week completed.                                                                                                                     |
| Eat daily fruits and vegetables                                    | 5      | 20  | Consume the recommended 6 servings of a combination of fruits and vegetables per day for 5 days per week. Self-report activity.                                                                                                                                                                                                              |
| MyPlate eating plan                                                | 10     | 10  | Create a MyPlate eating plan to assist you with appropriate food portions and types of foods at <a href="http://www.myplate.gov">www.myplate.gov</a> . Self-report completion date.                                                                                                                                                          |
| Calorie counting/food log                                          | 5      | 20  | Maintain a meals log or food journal of your daily meals using an APP of choice or handwritten. Earn max 5 points per quarter for maintaining journal entries daily. Self-report date one time per quarter.                                                                                                                                  |
| Meal plan and prep                                                 | 5      | 20  | Create a meal plan for the week and meal prep at least one healthy meal per day for the entire week. Do this weekly and earn max 5 points per quarter. Try to stay on track weekly to make healthy meal planning a habit. Self-report one time each quarter.                                                                                 |

| <b>Community</b><br><i>(33 Points Available, 84 annual max)</i>        |        |     |                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------|--------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Activity                                                               | Points | Max | Detail                                                                                                                                                                                                                                                             |
| Donate blood or plasma                                                 | 10     | 10  | Donate blood or plasma one time to earn max points. Enter location of donation.                                                                                                                                                                                    |
| Mentor/volunteer (50+ hours)                                           | 5      | 20  | Spend 4 or more hours mentoring or volunteering of your choice. Earn 5 points per quarter for 4 hours of volunteer/mentoring time. Examples: coaching, not-for profit orgs, etc. Earn 5 points per quarter. Enter name of location/organization name each quarter. |
| Donate goods/items                                                     | 5      | 20  | Donate goods, items, monetarily to an organization or charity of your choice. Make a one time donation each quarter to earn max 5 points per quarter. Enter charity name of donated goods/items.                                                                   |
| Attend a community group regularly                                     | 3      | 24  | Attend a community group or social club of your choice once per month to earn max 3 points per quarter. Examples: art class, book club. Enter name of community group or club one time per month.                                                                  |
| Volunteer on a board                                                   | 10     | 10  | Volunteer on a board of your choice to earn max points for the year. Enter name of board.                                                                                                                                                                          |
| <b>Mind/Lifestyle</b><br><i>(100 Points Available, 230 annual max)</i> |        |     |                                                                                                                                                                                                                                                                    |
| Activity                                                               | Points | Max | Detail                                                                                                                                                                                                                                                             |
| Take a vacation: one continuous week                                   | 5      | 5   | Self-report date on the LiGHT portal.                                                                                                                                                                                                                              |
| Take a vacation: two weeks                                             | 10     | 10  | Self-report date on the LiGHT portal after second week of vacation.                                                                                                                                                                                                |
| Relax (75 minutes in 1 week)                                           | 5      | 20  | Take time to relax and unwind daily or weekly to keep stress at bay. Relax 75 minutes a week. Examples: listening to music, meditation, mindfulness, watch a movie. Submit what you do to relax or unwind (only healthy activities, please).                       |
| Sleep (52 hours in 1 week)                                             | 5      | 20  | It is recommended to get at least 7 hours of sleep each night. Get 52 hours of sleep (7+ hours each night), or more, in one week. Sync device or self-report your number of hours of sleep on the Steps/Strength & Sleep page.                                     |
| Unplug at least one hour before bed                                    | 5      | 20  | Reduce all screen time (electronic devices, television, etc.) by at least one hour before bed every night to prepare for a restful night's sleep. Self-report date each quarter.                                                                                   |
| Take up a new hobby/skill                                              | 5      | 5   | Start a new hobby you enjoy or learn a new skill. Submit your new hobby/skill.                                                                                                                                                                                     |
| Spend time with a friend                                               | 5      | 5   | Spend time with a friend talking, sharing a meal, or doing something you enjoy together. Self-report date.                                                                                                                                                         |
| Practice mindfulness/meditation                                        | 5      | 20  | Schedule time into your routine to practice mindfulness or meditation. Self-report date.                                                                                                                                                                           |
| Spend time outdoors                                                    | 5      | 20  | Spend time doing something you enjoy outdoors. Gardening, picnicking, nature walk, fishing, hunting, bicycle riding, reading a book, etc. Submit activity name.                                                                                                    |
| Get a massage or acupuncture                                           | 10     | 10  | Get a professional massage or acupuncture to earn max points. Limit 1 per year. Self-report date.                                                                                                                                                                  |
| Mutual Respect Policy                                                  | 5      | 5   | Review Beacon's Mutual Respect Policy. Self-report date.                                                                                                                                                                                                           |

| EAP webinars or podcasts                                                           | 5      | 20  | Complete one webinar or podcast through Beacon's Employee Assistance Program (EAP) to earn 5 points per quarter. Submit name of webinar or podcast.                      |
|------------------------------------------------------------------------------------|--------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meet with counselor/therapist or participate in a support group                    | 10     | 10  | Meet with a counselor, therapist, or participate in a support group. Self-report activity date.                                                                          |
| Complete an Asset Health Challenge                                                 | 20     | 60  | Completion of Asset Health challenges will award points automatically after successful completion of the challenge.                                                      |
| <b>Financial</b><br><i>(95 Points Available, 125 annual max)</i>                   |        |     |                                                                                                                                                                          |
| Activity                                                                           | Points | Max | Detail                                                                                                                                                                   |
| Meet with the Transamerica retirement representative or personal financial advisor | 5      | 5   | Meet with Transamerica retirement rep or any financial advisor. Contact Beacon's advisor at rustom.dabush@transamerica.com. Self-report date.                            |
| Attend retirement fair or retirement education workshop                            | 5      | 5   | Attend Retirement Fair or Retirement Education Workshop. Self-report date.                                                                                               |
| Contribute 10% to your Retirement Savings Plan                                     | 5      | 20  | Contribute 10% or more to your retirement savings plan. Earn 5 points each quarter you saved 10% or more. Self-report date each quarter.                                 |
| Have a beneficiary established for life insurance                                  | 5      | 5   | Have a beneficiary on file for life insurance. Self-report date.                                                                                                         |
| Implement a Personal Budget                                                        | 10     | 10  | Implement a personal budget. Self-report date completed.                                                                                                                 |
| Pay off a personal loan this year                                                  | 5      | 5   | Pay off a personal loan or debt this year. Enter debt type (auto, personal loan, etc.)                                                                                   |
| Establish a 3-6 month emergency fund                                               | 10     | 10  | Establish 3-6 months emergency fund. Report number of months saved.                                                                                                      |
| Contribute to FSA or HSA                                                           | 15     | 15  | Contribute to a Flexible Spending Account or Health Savings Account. Self-report date.                                                                                   |
| Zero balance on credit card for 3 billing cycles                                   | 5      | 20  | Hold a zero balance on credit card for three billing periods. Self-report date each quarter with zero balance.                                                           |
| Apply for student loan forgiveness (health staff)                                  | 10     | 10  | Self-report date application completed.                                                                                                                                  |
| Utilize tuition or certification reimbursement benefit                             | 10     | 10  | Take advantage of your employer's reimbursement program. Apply for tuition or certification reimbursement to earn annual points. Self-report date application completed. |
| Stay up to date on student loan payments                                           | 10     | 10  | Make consistent payments to pay down student loan debt. Self-report date.                                                                                                |
| <b>Safety</b><br><i>(65 Points Available/200 annual max)</i>                       |        |     |                                                                                                                                                                          |
| Activity                                                                           | Points | Max | Detail                                                                                                                                                                   |
| Practice safe lifting                                                              | 5      | 20  | Practice safe lifting at ALL times, both at home and at work. Self-report each quarter confirming you do this regularly.                                                 |

| <b>Safety</b><br><i>(65 Points Available/200 annual max)</i>            |    |    |                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Use transfer device for patient care                                    | 5  | 20 | Utilize available transfer devices at all times when caring for patients. Submit device name used each quarter confirming you do this.                                                                                                                                               |
| No work injuries for 3 months                                           | 5  | 20 | Have no work injuries reported for 3 consecutive months. Report each quarter.                                                                                                                                                                                                        |
| Complete required CBL's on safety training                              | 20 | 20 | Complete all required CBL's on workplace safety. Self-report CBL completion date.                                                                                                                                                                                                    |
| Utilize proper PPE                                                      | 5  | 20 | Utilize proper personal protective equipment at all times, both home and work to prevent injury. Examples: eye protection when using power tools, proper foot protection while mowing, gloves when using cleaning supplies, etc. Submit PPE item used. Report one time each quarter. |
| Practice safe stretching before or during work to prevent bodily injury | 5  | 20 | To prevent injury and stress on the body, practice safe stretching before and during work, or after workouts. Self-report that you do this regularly. Self-report one time each quarter confirming you do this regularly.                                                            |
| Participate in work safety trainings                                    | 5  | 20 | Take part in safety trainings at work. Webinar's, safety huddles, eLearning, etc. Self-report. Enter date of completion one time each quarter.                                                                                                                                       |
| Wear a seat belt when traveling                                         | 5  | 20 | Always wear a seat belt when driving and as a passenger. Self-report 1x each quarter confirming you do this regularly.                                                                                                                                                               |
| Wear a helmet when riding or driving a bicycle/ motorcycle              | 5  | 20 | Always wear a helmet when riding a bicycle or on a motorcycle. Self-report one time each quarter confirming you do this regularly.                                                                                                                                                   |
| Know how to safely use car/booster seats for children                   | 5  | 20 | Stay up to date on proper use of installation and usage of car and booster seats for children of all ages. Self-report one time each quarter confirming you do this regularly.                                                                                                       |

## Get Started

Visit [assethealth.com/LiGHT](https://assethealth.com/LiGHT) on your desktop or mobile device to learn more about the program requirements and get started.

If you've never used the portal before, log in for the first time with the following default credentials:\*

**Username:** first name initial + last name + last four digits of your Social Security number (SSN)

**Password:** date of birth (mmddyyyy)

\*After logging in, you will be asked to change your username and password for accessing the site in the future.

**After first-time login, associates will begin using their Beacon log in:**

**Username:** Beacon email address

**Password:** Beacon system/network password

*If you are logging in on a Beacon computer, you will use your beacon email address and password. If logging in on your mobile device or home computer, use the default log in above.*

**If you are returning to the portal, use the credentials you've already established.** If you are having trouble logging in, click the "Having trouble logging in" link on the login page and follow the prompts on the screen to retrieve your credentials. (You will need to answer the security question(s) you've set up during your initial login in order to retrieve your username or password.)

**Questions?** Contact Asset Health at [support@assethealth.com](mailto:support@assethealth.com).