

Southern*Life*Style

Home Page

1. **Announcements** – Look here for the latest **SouthernLifeStyle Rewards** program information.
2. **Incentive Rewards** – Keep track of your premium credit/holiday completion and your HRA/TSA dollars here. Once activities are completed, icons will turn green and your dollar amount will be updated.
3. **Mini Challenges** – Click here to earn \$1 a day (max of 30).
4. **Activity Tracking** – Click here to visit the activity tracking page.
5. **Devices** – Click here to sync your device. You will be able to track your steps to earn weekly incentives once your device has been synced.
6. **Quick Links** – Click on these icons to be redirected to useful resources.
7. **Wellness Challenges** – Participate in different challenges featured throughout the year and log your activity by clicking the **Report Now** button.
8. **Monthly Health Topic** – Read through the monthly health topics and earn HRA/TSA dollars by taking short tests based on these topics.
9. **User Guide** – Access your **SouthernLifeStyle Rewards** site user guide by clicking the **View the User Guide** button.

The screenshot shows the SouthernLifeStyle Rewards Home Page. At the top, there is a navigation bar with the SouthernLifeStyle logo and links for Home, Eat the Rainbow, Activity Tracking, Well Check, Knowledge, Timeline, and Resources. Below the navigation bar is a banner titled "Know Your Balance" with a sub-header "SouthernLifeStyle". The banner contains a message: "Always check your HRA/TSA balance before using your YSA debit card or filing a reimbursement claim." Below this are three bullet points: "Your HRA/TSA earnings are on the home screen.", "Your HRA/TSA account balance is on the Hewitt website. Click here.", and "Please note: Your earnings may take up to one week to be added to your Hewitt HRA/TSA account." Below the banner are three icons: "Permissions", "Activity Tracking", and "Courses". Below these are three main sections: "ANNOUNCEMENTS" (1), "INCENTIVE REWARDS" (2), "MINI CHALLENGES" (3), "ACTIVITY TRACKING" (4), and "DEVICES" (5). The "ANNOUNCEMENTS" section has a "Welcome to SouthernLifeStyle Rewards! Look here often for upcoming programs, events and activities. To learn how to report for activities and earn money, please click the program guide tile above." The "INCENTIVE REWARDS" section shows "Incentive dollars earned for activities completed between 1/1/16 - 4/30/16 are reflected on your account." and "TSA Earnings" with a green bar and a "270" in a circle. The "MINI CHALLENGES" section shows "\$1 per day, max of 30" and a "Time for a yoga break! Try the downward dog yoga pose. Learn More" tile with an "I DID THIS TODAY!" button. The "ACTIVITY TRACKING" section has a "Click here for details" button. The "DEVICES" section says "No wearable devices have been set up. You may only set up one device. To begin the process, please click the button below." and has an "Authorize" button. Below these are "QUICK LINKS" (6) with icons for mySource, Search Health Options, See Doctors, and Healthcare Bluebook, and "EAT THE RAINBOW CHALLENGE" (7) with a "Report Now" button. At the bottom are "MONTHLY HEALTH TOPIC" (8) with a "Click to view and earn incentive" button and "USER GUIDE" (9) with a "View the User Guide" button. The footer contains the SouthernLifeStyle logo, a Privacy Policy link, and copyright information: "© Copyright 2007-2016, Aetna Health, Inc. [ahapp1]"

Activity Tracking

1. **Report your physical activity to earn HRA/TSA money.** Click the **Report** link to fill out your activity for any of the four categories: **cardio, strength, stretching** and **steps**. You can earn a maximum of **\$13 per week** for completing and reporting your activity. Make sure you meet and report the **daily recommended value** for each type of activity to earn your incentive. To view the daily recommended value, please select a category of activity, such as cardio. The value will be listed here.
2. **Completed Activities** – Click the Completed Activities link to view your progress toward your maximum incentive of \$400.
3. **Promotions** – Self-report any activities that you have completed over the course of the year, such as your annual physical or a preventive screening. All activities within this section are incentivized. Upon completion, activities will show up on the **Completed Activities** tab below the **Promotions** tab. Scroll to see all incentivized activities available for completion based on your operating company.

The screenshot shows the Southern Company Activity Tracking web application. At the top, the Southern Company logo is on the left, and navigation links for Home, Eat the Rainbow, Activity Tracking, Well Check, Knowledge, Timeline, and Resources are on the right. A large banner features the text "ACTIVITY TRACKING" and "LEARN MORE" over a background image of a person with arms raised. Below the banner is a navigation bar with tabs for Physical Activity, Calendar (showing 06/30/2016), and Movement. A sidebar on the left has three numbered buttons: 1 (Report), 2 (Completed Activities), and 3 (Promotions). The main content area has a red header "MOVEMENT-REJUVENATE YOUR MIND AND BODY WITH PHYSICAL ACTIVITY" and "LEARN MORE". Underneath, it says "Select an Exercise" and lists four options: Cardio (\$2/day 3 times a week), Strength (\$1/day 2 times a week), Stretching (\$1/day 2 times a week), and Steps (\$1/day 3 times a week). At the bottom, the Southern LifeStyle logo is on the left, and a footer on the right contains links for Privacy Policy, Notice of Privacy Practices, Medical Disclaimer, and Website Requirements, along with a copyright notice for 2007-2016 Asset Health, Inc. [ahapp1] and a green checkmark icon.

How to Report Your Physical Activity

1. Select a category of physical activity to report, such as **cardio**.
2. Enter your completed activity for that category by typing in the number of minutes. Click **Submit**.
3. To earn your full incentive for that category, be sure to report the **daily recommended value** of activity, listed above the progress circle display.

The screenshot shows the Southern Company Activity Tracking web application. At the top, the Southern Company logo is on the left, and navigation links for Home, Eat the Rainbow, Activity Tracking, Well Check, Knowledge, Timeline, and Resources are on the right. A large banner at the top features the text "ACTIVITY TRACKING" and a "LEARN MORE" link, with a background image of a person celebrating. Below the banner, there's a navigation bar with "Physical Activity" selected, a "Calendar" dropdown set to "06/30/2016", and a "Movement" button. A sidebar on the left contains "Report" and "Completed Activities" links. The main content area has a red header with "MOVEMENT-REJUVENATE" and "YOUR MIND AND BODY WITH PHYSICAL ACTIVITY", and "CARDIO \$2/DAY 3 TIMES A WEEK". Below this, a "Select an Exercise" section shows four options: Cardio (highlighted with a blue '1'), Strength, Stretching, and Steps. To the right, a progress circle shows "83%" completion towards a "30 minutes" goal, with a blue '3' next to it. A text input field with a blue '2' contains the number "25", and a "Submit" button is below it. The footer includes the Southern LifeStyle logo, a list of policy links (Privacy Policy, Notice of Privacy Practices, Medical Disclaimer, Website Requirements), and a copyright notice for 2007-2016 by Asset Health, Inc.

Well Check

- 1. Health Measures** – This section displays your Well Check completion status. Once you complete your Well Check, your risk score and personalized risk report will be available here, if you entered your biometric numbers.
- 2. Know Your Numbers (Self-Reported)** – Biometric numbers entered in the Well Check display here. You can see five years of biometric screenings results here for a year-to-year comparison.
- 3. Well Check History** – This section displays your Well Check history, your risk score and your personalized risk report. Your risk score and personalized risk report will only display if your biometric numbers have been entered into the Well Check section.

SOUTHERN COMPANY Home Eat the Rainbow Activity Tracking Well Check Knowledge Timeline Resources

WELL CHECK

The Well Check is an important first step to understanding your current health status and potential health risks. Your Well Check covers lifestyle topics, such as regular exercise or nutrition habits. The completion of the Well Check is optional, is solely available as a resource and is not a required behavior for the medical premium credit. Go to the homepage to learn what is required for medical premium credit.

1 HEALTH MEASURES

Risk Score Key: High Risk = 0-64 Moderate Risk = 65-72 Slightly Low Risk = 73-80 Low Risk = 81-100

64 Score Well Check Download Report

2 KNOW YOUR NUMBERS (SELF REPORTED)

2016 Results

BMI	Glucose	BP	Cholesterol	HDL	Chol. Ratio	LDL	Triglycerides	Waist Circ.
26.78	140	95/85	135	60	2.3	110	120	38
Between 18.5 and 24.9	Less than 100 / Less than 140	Systolic less than 120 / Diastolic less than 80	Less than 200	Greater than 55	Less than 5.5:1	Less than 100	Less than 150	Less than 35 (female) / Less than 40 (male)

↑ Indicates that the biometric was taken while fasting
✓ Indicates that your result was within the Healthy Guideline
▲ Indicates that your result was not within the Healthy Guideline

3 WELL CHECK HISTORY

26.7 High Risk 2016 Score Well Check 04/21/2016 Download Report

Knowledge

- Earn \$10 in your HRA or TSA account by completing an online wellness course and test with a score of 70% or higher. **Please Note:** You can only earn HRA/TSA dollars once for each course.
- When a course and test are completed, their respective icons will light up green.
- Tests can be taken as many times as possible.
- Surveys are optional and do not need to be completed to receive your HRA/TSA dollars.

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Home Activity Tracking Events Well Check Knowledge Progress Resources

KNOWLEDGE

Earn \$10 towards your HRA or TSA by completing a course and test with a score of 70% or above. Please note, you can only earn dollars once for each course and test.

All

My Primary Care Physician

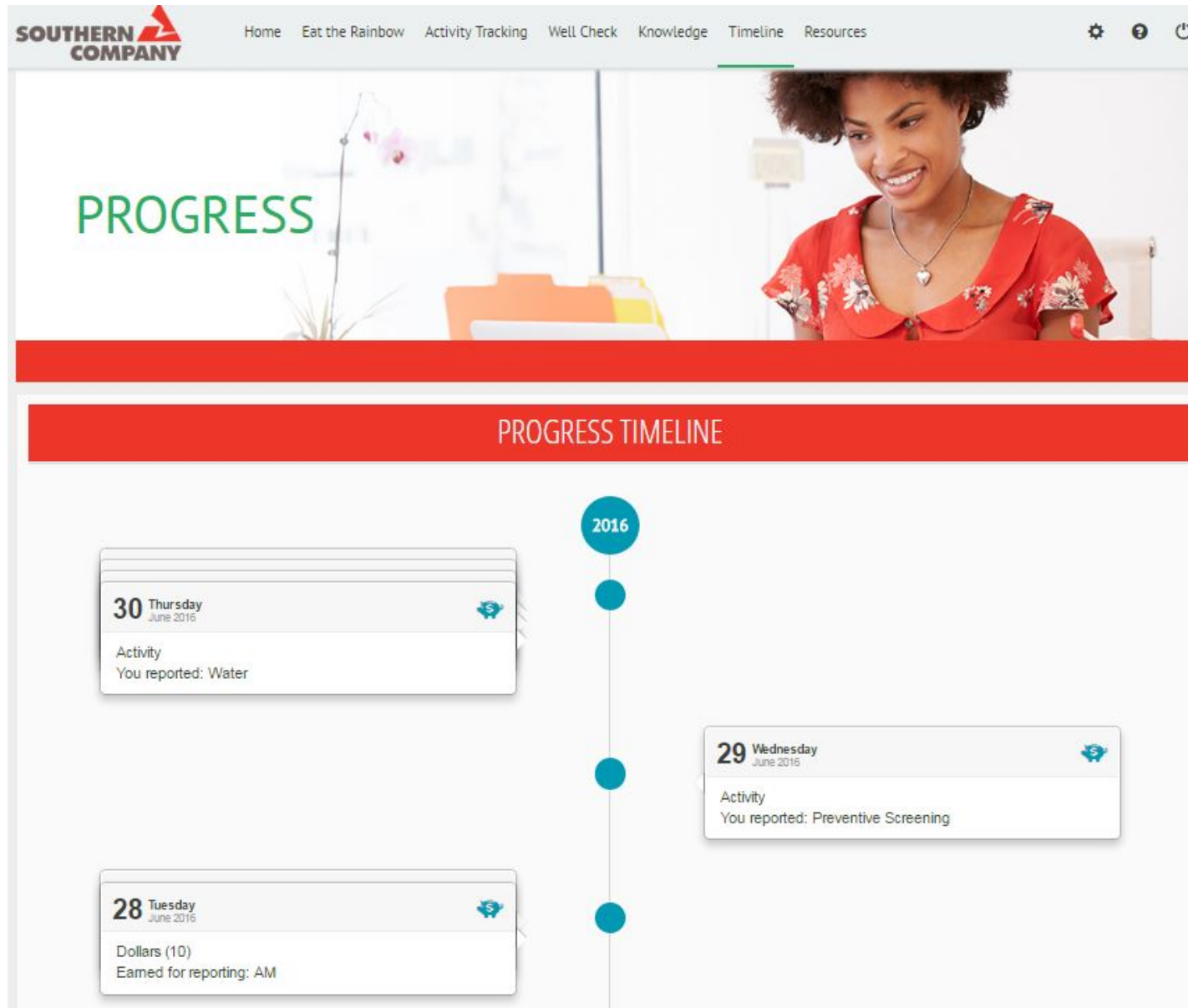
Course Test Survey

0% Results

Back to top

Timeline Progress Page

This page provides a timeline of all activities completed through the website.



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PROGRESS

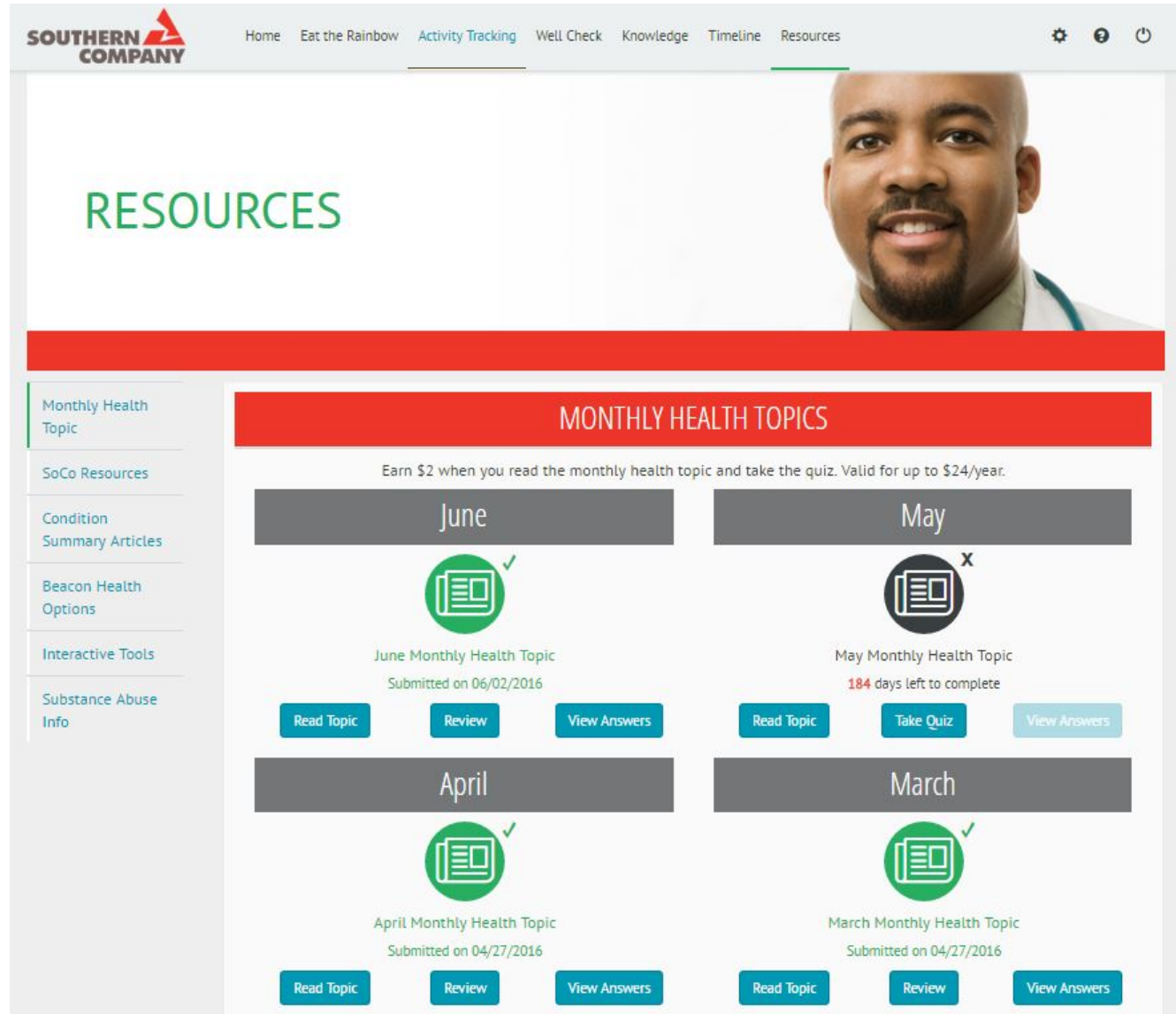
PROGRESS TIMELINE

2016

- 30 Thursday**
June 2016
Activity
You reported: Water
- 29 Wednesday**
June 2016
Activity
You reported: Preventive Screening
- 28 Tuesday**
June 2016
Dollars (10)
Earned for reporting: AM

Resources Page

Navigate through the tabs on the left to find health and wellness resources and general health information.



The screenshot shows the Southern Company Resources Page. At the top left is the Southern Company logo. The navigation bar includes links for Home, Eat the Rainbow, Activity Tracking, Well Check, Knowledge, Timeline, and Resources. On the right of the navigation bar are icons for settings, help, and power. Below the navigation bar is a large banner with the word "RESOURCES" in green and a photo of a smiling man in a white lab coat. A red horizontal bar is positioned below the banner. On the left side, there is a vertical sidebar menu with the following items: Monthly Health Topic (highlighted), SoCo Resources, Condition Summary Articles, Beacon Health Options, Interactive Tools, and Substance Abuse Info. The main content area features a red header for "MONTHLY HEALTH TOPICS". Below this header is a promotional message: "Earn \$2 when you read the monthly health topic and take the quiz. Valid for up to \$24/year." The content is organized into a 2x2 grid of monthly health topic cards. Each card has a grey header with the month name, a central icon representing a document with a checkmark, and a title. The June card is titled "June Monthly Health Topic" and includes the text "Submitted on 06/02/2016" and buttons for "Read Topic", "Review", and "View Answers". The May card is titled "May Monthly Health Topic" and includes the text "184 days left to complete" and buttons for "Read Topic", "Take Quiz", and "View Answers". The April card is titled "April Monthly Health Topic" and includes the text "Submitted on 04/27/2016" and buttons for "Read Topic", "Review", and "View Answers". The March card is titled "March Monthly Health Topic" and includes the text "Submitted on 04/27/2016" and buttons for "Read Topic", "Review", and "View Answers".

SOUTHERN COMPANY

Home Eat the Rainbow Activity Tracking Well Check Knowledge Timeline Resources

RESOURCES

MONTHLY HEALTH TOPICS

Earn \$2 when you read the monthly health topic and take the quiz. Valid for up to \$24/year.

June

June Monthly Health Topic
Submitted on 06/02/2016

Read Topic Review View Answers

May

May Monthly Health Topic
184 days left to complete

Read Topic Take Quiz View Answers

April

April Monthly Health Topic
Submitted on 04/27/2016

Read Topic Review View Answers

March

March Monthly Health Topic
Submitted on 04/27/2016

Read Topic Review View Answers

Support

- Contact support by clicking the question mark icon in the top right corner of the screen. Fill out the form here.
- You may also email support at **support@socorewards.com** or call **855-444-1255**.

SOUTHERN COMPANY Home Activity Tracking Events Well Check Knowledge Progress Resources

SUPPORT

SUPPORT FORM

Please use the form below to send us your question or comment. Be sure to include your email address so that we can respond to your request. We will respond to your inquiry within 48 hours.

Employer Name: Southern Company

Employee Name: Tuser1 Tuser1

Email Address*:

Phone Number:

Category*: I am experiencing a problem with the Website

Description*:

*Required field

Submit