

# WELCOME TO



AT WORK · AT HOME · AT PLAY

Dear employee and spouse,

We invite you to participate in LIVESMART, O'Neal Industries' signature wellness program for employees and spouses designed to promote health and improve quality of life. The wellness program includes free health screening (blood pressure, cholesterol, triglycerides, glucose, weight and height), health coaching, and access to health related resources as described in our brochure.

One of the benefits to participating in LIVESMART is a reduction in your health care premium of 12.5%. To begin receiving your reduction, you will need to complete your LIVESMART Screening and Health Coaching **within 30 days** of your insurance start date.

If you are interested in participating in the LIVESMART rewards program, please complete the following steps:

- Schedule an appointment with your health care provider
- Take a copy of the enclosed form to your appointment.
- Complete the top section of the first page and have your health care provider complete the remaining sections.
- Mail or fax the completed forms to:

Mail: LIVESMART 2311 Highland Avenue S, Suite 102, Birmingham, AL 35205  
Fax: 205.978.3760

Once your qualification form is received, you will be contacted to complete a health coaching session, set goals for the year, and review required campaigns to meet ongoing LIVESMART participation requirements. If your spouse will be on your health plan they must adhere to the same guidelines and return the form within the same time frame.

If you are unable to complete enrollment in the time frame provided above, please contact LIVESMART for more information about participation and LIVESMART events at your location.

We look forward to your participation.

Warm regards,  
*Your livesmart Team*

# LIVESMART IS AS EASY AS 1.2.3!



## STEP 1: ENGAGE

- within 30 days of insurance initiation -

The program begins by completing your health screening. This can be completed with your health care provider or at your work location at one of the health screening events throughout the year.

If you would like to complete with your health care provider, take the enclosed Qualification Form to your appointment. Mail or Fax the form to LIVESMART.

Health Screening schedules are available at:  
[www.livesmartoni.com/coaching-schedule](http://www.livesmartoni.com/coaching-schedule)



## STEP 2: CONNECT

- within 30 days of insurance initiation -

Once you complete your health screening you will connect with your personal health coach to review your results and inform you of your Rewards Club Level (Platinum, Gold, Silver, Bronze). You will connect with a health coach for an initial coaching session & up to two follow-up sessions throughout the year depending on your results.



## STEP 3: SUCCEED

- throughout the year -

Achieve your goals and succeed in your health journey by participating in up to two program campaigns each year. See the LIVESMART brochure or website for more details about the program campaigns and resources available.

## STEPS 1+2+3 = THE ULTIMATE REWARD

LIVESMART Rewards pays you to participate & improve your health. Earn up to \$300 in rewards cards and a 12.5% insurance premium reduction based on previous years' participation, club status and completion of health and wellness programs.

FOR MORE INFORMATION, VISIT [WWW.LIVESMARTONI.COM](http://WWW.LIVESMARTONI.COM)

PHONE: 888.501.1252 | FAX: 205.978.3760 | EMAIL: [connect@livesmartoni.com](mailto:connect@livesmartoni.com) | WEB: [www.livesmartoni.com](http://www.livesmartoni.com)