



## Frequently Asked Questions

### **What is the Spring Tune-Up campaign?**

The Spring Tune-Up is a four week preventative maintenance program reminding you to schedule and complete recommended early detection healthcare exams, screenings, and establish and/or maintain your healthcare team. The goal is to prevent or delay health conditions and their complications by investing in and maintaining your health.

### **What are the dates for the Spring Tune-Up?**

The campaign begins on April 19th and is to be submitted in your LIVESMART portal or to your LIVESMART Ambassador by May 21st for campaign credit and to be eligible for the prize drawing. However, the Spring Tune-Up can be completed at any time throughout the year for campaign credit.

### **How does the Spring Tune-Up work?**

Participate in weekly activities that will guide you to live better and longer through health maintenance. Weekly Activities can be found in your participant guide. Complete the Pledge & Activity Form (page 5 in the participant guide) each week and submit this form in your LIVESMART Portal or to your Ambassador at the end of the campaign.

### **How can I complete this campaign in my LIVESMART Portal?**

Visit [www.livesmartoni.com](http://www.livesmartoni.com) to access the LIVESMART Portal. Follow the instructions to register if you have not visited the portal before. Once you have accessed your portal account, find the Spring Tune-Up by clicking the "Campaigns" icon at the top of the page. Each week you can record your activities. At the end of the campaign, review your submission, complete the evaluation questions and hit "submit". Our team will review your submission and award credit for completing the campaign or let you know if it was incomplete.

### **Can I complete this campaign on a team?**

The Spring Tune-Up is designed to evaluate your personal health. However, we encourage you to connect with your spouse or a trusted co-worker as you complete this campaign to discuss and find support. Contact a LIVESMART Health Coach at [connect@livesmartoni.com](mailto:connect@livesmartoni.com) if you have specific questions related to your preventative health maintenance.

### **How can I earn credit towards my annually required campaigns and be entered into the prize drawing?**

Complete the Pledge & Activity Form and return to your Ambassador by May 21st. Campaign credit will be awarded to those who successfully complete the Spring Tune-Up Pledge and a minimum of one activity each week on the Pledge & Activity Form.

### **Do I have to complete the recommended screenings, exams, vaccinations, etc to get campaign credit?**

No. We encourage you to take time during the campaign to review the recommendations provided in the participant guide and take the next steps towards completing any missing health maintenance recommendations.