

BURNALONG⁺



25 POINTS

25 POINTS (INITIAL ACCESS) / 1 POINT PER DAY/MAX 200 LIVE AND ON-DEMAND CLASSES

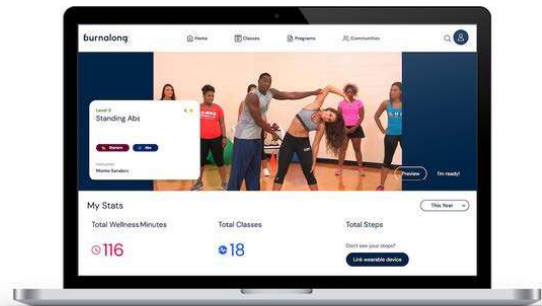
Burnalong offers flexible, on-demand health and wellness video classes on 50+ categories spanning physical, mental, and financial wellness. Featured categories include yoga, fit over 50, diabetes, mindfulness, nutrition, cancer wellness, chronic pain management, and office workouts.

WHAT CAN YOU EXPECT?

- 14,000+ classes
- 2,000+ nationally certified instructors
- 3 minutes to 2 hours class duration
- 108 languages available (Spanish included)

*Every eligible member has up to
4 free family accounts!*

+ Access Via Tile



START NOW!

Get started today by visiting your **Wellness Center** and clicking on the BURNALONG tile.

GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2024

\$50 GIFT CARD*

Complete Biometric Screening by October 31, 2024

\$150 WELLNESS INCENTIVE**

Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2024

! Visit the INCENTIVES & REWARDS tile for a complete list of point earning opportunities.

*A \$50 Visa Gift Card will be emailed to you upon completion of the biometric screening.

**Those who qualify will receive a wellness incentive applied to the last paycheck of the calendar year.



If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email HealthComp at CustomerServe@HealthComp.com, and we will work with you to develop another way to qualify for the reward.

