



DESIGNED WELLNESS

POWERED BY ACEC LIFE/HEALTH TRUST



ACEC Life/Health Trust is proud to offer Designed Wellness, a comprehensive program to help improve your team's health, well-being and productivity. It's all part of our vision to establish consulting engineering as the healthiest industry in the U.S. – and it's free to firms who have medical coverage through the Trust.

3 Plan Options for Greater Health

You have the opportunity to choose one of three plan options that best meets the individual health needs of your firm. Employees and their spouses with medical coverage through ACEC Life/Health Trust are eligible to participate.



CORE/CORE+ PLAN

Our core wellness program: all ACEC Life/Health Trust member firms are enrolled in this plan. Members can complete simple activities to earn their way to the Core+ plan with additional features and **\$150** in incentives!



PREMIER PLAN

Firms can opt into participating in this enhanced wellness program. The plan includes additional features, such as screenings, coaching, and Headspace and up to **\$250** in incentives for members.



PLATINUM PLAN

Our most advanced wellness program includes up to **\$400** per person in incentives and exclusive programs and discounts. Participation is by invite only, and firms must administer a premium differential based on participation.

The Benefits of Participating

- Access the type of wellness program usually reserved for large organizations.
- Enjoy all participation incentives at no out-of-pocket cost to your firm.
- Invest in the health and well-being of your most valuable asset, your employees.
- Offer wellness benefits that can attract and retain talented workers, as well as improve employee morale.
- Provide disease management and prevention tools, which can help employees improve their health and potentially lower your health care costs.
- Exclusive programs and discounts in partnership with Fitbit, Headspace, and Active&Fit Direct.

Get started today! Learn more by contacting us at wellness@aceclht.com.

Supported by the Services and Technology of

