

2024  
WELLNESS  
PROGRAM GUIDE

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**GRA*****FIT***

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[www.portal.peopleonehealth.com](http://www.portal.peopleonehealth.com)

# WELLNESS PORTAL

## Getting Started

### FIRST-TIME USERS

- Go to [portal.peopleonehealth.com](https://portal.peopleonehealth.com)
- Create an account with your GrafTech email address and follow the on-screen prompts
- Sign in and use your portal to access your program components, monitor your participation in different activities and access health and wellness resources.

### CUSTOMER SUPPORT

Locked out? Forgot your password?

We're here to help you quickly gain access to your PeopleOne account so you can get back to focusing on your goals and improving your health.



EMAIL

[support@peopleonehealth.com](mailto:support@peopleonehealth.com)



PHONE

+1 (888) 330-6891



HOURS

Mon-Fri 9AM to 5PM EST

(excluding holidays)



PEOPLEONE  
HEALTH

***\*In order to receive your wellness incentive, you MUST be registered and have an active account in the PeopleOne Health portal\****



***Scan this code with your smart phone to download the app from the Apple or Google Play store***

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Human Resources, and we will work with you (and, if you wish, with your doctor) to establish an alternative goal with the same reward that is right for you in light of your health status.



# 2024 WELLNESS PROGRAM ACTIVITIES

**\*In order to receive your wellness incentive, you MUST be registered and have an active account in the PeopleOne Health portal\***

The wellness program is now offered to all covered and non-covered employees at GrafTech!



Complete an **Annual Preventive Care Visit** and submit your Preventive Care Sign-Off between December 2, 2023 - December 1, 2024 to earn:

- **Active GrafTech Medical Participants - your \$400 premium incentive. This incentive will be awarded in 2025.**
- **Wellness Participant without GrafTech Medical (Employees) - 200 Tokens available to purchase health and wellness items in 2024**



**Age and Gender appropriate screenings to earn 100 Tokens**



**Quarterly Activities:** For each quarter that you complete one of the following items, **Active GrafTech Medical Participant (Employees)** - you will earn a \$50 cash incentive – up to \$200 total for the year. This incentive will be paid out at the end of the 2024 calendar year.

**Wellness Participant without GrafTech Medical (Employees)** - 25 tokens/ quarter.

- Health coaching session
- Lunch and learn
- Quarterly Active Minutes Tracking



**Quarterly Token Opportunities!** Quarterly Token opportunities for participating in various activities, including wellness challenges, annual flu shot credit and more! **Earn 25 tokens/ quarter completed.**

# TOKENS

Throughout your wellness program you will see Tokens tied to different activities. For example, by completing an Age and Gender appropriate screening and uploading your form you will earn 100 Tokens. Tokens will accumulate throughout the year but **must be redeemed in the Tokens Store by December 20, 2024**. Save up your Tokens throughout the year for a larger prize, or redeem as you earn! Tokens will not roll over to the next year. Prizes will be awarded at the beginning of 2025.

See your [PeopleOne Health](#) portal for more details.

## Reward Options

### Active Medical Participant

**Annual Preventive Visit**  
\$400 Premium Reduction

**Quarterly Activities**  
(complete 1)  
\$50 per quarter

**Age Gender Appropriate Screenings**  
100 🍀

**Quarterly Challenges**  
25 🍀

### Wellness Participant without Medical

**Annual Preventive Visit**  
200 Tokens 🍀

**Quarterly Activities**  
(complete 1)  
25 Tokens per quarter 🍀

**Age Gender Appropriate Screenings**  
100 🍀

**Quarterly Challenges**  
25 🍀

# TOKENS STORE PREVIEW

See the Tokens Store in your [PeopleOne Health](#) portal for all prize options!

