

**Rockwell
Automation**

Get the ball rolling.



Save up to **\$500** in 2014.

“I want my activity to be fun. So when I get moving, I play in the dirt.”



BE ACTIVE. FEEL GOOD.

In truth, good health really pays. That's why we're offering a variety of opportunities and incentives for you to get moving today. So start now and increase your chances of meeting your Numbers@Work healthy targets this fall.

Last year, those of you who completed a Take Action activity were more than twice as likely to lessen your total health risks and 1.8 times more likely to improve your exercise habits compared to non-completers.

HERE'S HOW IT ALL WORKS.

WHAT TO DO

WHAT YOU GET

WHEN TO DO IT

1

Complete a **TAKE ACTION** activity.

Go to <https://ra.staywell.com> and click on the My Incentive tab to choose an incentive-eligible activity.



\$150

(only if you also complete the health screening and HRQ)

NOW

2

Get a **HEALTH SCREENING**

AND

take the **HEALTH RISK QUESTIONNAIRE (HRQ)**.



\$100

if you complete both the health screening and HRQ

NOW

Health Screening

You can go to your doctor anytime and complete the Health Care Provider Form when you get your annual physical exam. You can download the form at <https://ra.staywell.com>.

3

Meet the **HEALTHY TARGETS**.

Your health screening measures these target outcomes:

- Blood pressure
- Cholesterol
- Blood glucose
- Body Mass Index
- Cardiorespiratory fitness



\$50

for every healthy target you meet for up to an additional

\$250

THIS FALL

Health Screening

On-site screenings and home test kits will be available in September.

HRQ

Available online in October.

TOTAL

=

Possible incentive of

\$500

toward your 2014 medical premiums

Register Now for
Get Fit on Route 66!



Go to <https://ra.staywell.com>.

Track your physical activity—whether it's walking, running, playing softball, gardening or challenging yourself with something new. Sign up today.

Learn More About
Health Advisors



Go to <https://ra.staywell.com>.

If you've **never participated** in a Take Action activity, Health Advisors can help you review your HRQ and screening results (if available) to decide which Take Action activity or coaching program may be best for you and your health goals.

Existing within this material are brief, general descriptions of plans available. If any part of this information should conflict with a plan's legal documents, the legal documents will control. Participation in these plans is not a guarantee that benefit levels will remain unchanged in the future. The company reserves the right to change or terminate these plans at any time. If material changes are made, employees will be informed about them.

Rockwell Automation partners with StayWell Health Management to administer our Health Management Program. Rockwell Automation takes your privacy very seriously. Your individual health information is not shared with Rockwell Automation; the company only gets the aggregate results for participating employees.

Rockwell Automation

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Take Action for Better Health

- The same programs are available as in 2012, plus new Health Advisors
- *Get Fit on Route 66* starts today
- More incentives than ever—up to a \$500 credit on your 2014 medical premiums

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