



LiveWell FDL Well-being Program

January 1, 2023—November 30, 2023

Who Can Participate:

Fond du Lac Employees and Spouses are invited and encouraged to participate, however, only employees are eligible for the year-end financial rewards.

Financial Reward Tiers:

25-49 Points = \$25 Reward

50-74 Points = \$50 Reward

75+ Points = \$75 Reward

Steps to Participate:



The LiveWell FDL Well-being Program is administered by Orriant and easy to engage in! To set-up your personal account, simply contact the Orriant Support Team via phone, email, or the live chat feature right on the Orriant website. Once set-up you will receive an email containing your unique login credentials with the following subject line:

“LiveWell FDL Well-being Program: Personal Account”

Website: www.MyOrriant.com

Username: _____

Password: _____



Once you have access to your Orriant account, participation is simple, the more health promotion points you earn during the year, the bigger the reward you get! There are MANY ways that you can earn points allowing you to engage in, and get rewarded for, healthy living activities that align with your interests and are meaningful to you. These include...

- ▶ Preventive Care Activities
 - ⇒ Physicals, Dental Exams, Eye Exams, Vaccinations, Dermatology, etc.
- ▶ Personal or Group Coaching
 - ⇒ Behavioral Coaching, Diabetes, Tobacco Cessation, Financial, etc.
- ▶ Healthy Living Activities
 - ⇒ Health Education, Physical Activity, Meal Planning, Mindfulness, etc.