

Unlock Your Wellness Potential with Sight & Sound's Wellness Incentive!

Discover a Transformation in Spirit, Soul, and Body



Here's how it works:

- **Explore & Engage:** Visit sightandsoundbenefits.com/wellness to find a variety of activities including challenges, classes, and books. Engage at your own pace or join in-person events.
- **Earn Points:** Complete activities to earn points. Each has a specific value which contributes towards your total.
- **Goal Setting:** Reflect and set spiritual and wellness goals via our easy-to-navigate online portal.

Complete Your Journey:

- **Preventive Care:** Stay healthy with recommended yearly screenings—earn points for each.
- **Holistic Health:** Participate in activities across all five wellness components: Spiritual, Mental/Emotional, Relational, Physical, Financial.

Your Rewards:

- **Employees Enrolled in a Sight & Sound Medical Plan:** Reduce your 2026 premium by **\$30 per pay period** — save up to **\$720 a year!**
- **Non-Enrolled Employees & Family:** Reach your point target and earn a **\$50 gift card!**

Learn more and scan the QR code to visit:
sightandsoundbenefits.com/wellness

