

# WELLNESS ACCOUNTS



## Help employees prioritize their health.

Offering wellness benefits helps employees adopt and maintain healthy behaviors and is a great way to attract and retain health-conscious employees. When employees believe their overall wellness is valued, they're more productive and focused on their work. Plus, improved wellness can mean lower healthcare costs for your organization.

The TASC Universal Benefit Account® includes multiple wellness account options to encourage employee participation in healthy, cost-cutting behaviors. It can be an important addition to your company's benefit program and TASC handles all tracking and reporting so you can focus on what you do best—reaching your business goals. Incentives can encourage a culture that supports employee health and well-being. With the TASC [Wellness Rewards Account](#) and [Wellness Reimbursement Arrangement Account](#), employers have the flexibility to choose which behaviors they would like to reward (such as smoking cessation, exercising or weight loss) and the rewards themselves (cash, incentives or gifts).

### ACCOUNT PLAN OPTIONS

1

#### Restricted

Depending upon the account design, employees can use rewards to either pay for qualified out-of-pocket expenses, or pay for non-qualified expenses such as gym membership, exercise, or nutrition classes.

2

#### Unrestricted

Employees can use cash rewards for anything they choose.

Cash rewards are easily and quickly added to employees' TASC Cards, where they can be used based on how the employer sets up the account.

Companies can set reward goals or have employees submit their own ideas to increase physical and mental well-being. Employees track their progress, which the employer verifies. When it's time to collect their reward, employees simply log into their Universal Benefit Account web portal or mobile app and add any necessary documentation. Their cash reward will be added to their TASC Card, usually the same day.

#### Coming Soon: Wellness & Fitness Tracking Accounts

With Wellness and Fitness Tracking Accounts, employers can have TASC do the tracking for them. TASC can track employees' progress, verify the activity based on the employer's established criteria, and handle the conversion process of the completed activities into points or currency to then be placed into the employee's Wellness Account(s) for redemption.