



How do I earn quarterly incentives?

The best part of the new program - you pick how you want to earn your incentives! You can participate in community activities, fun runs, donate blood, complete a preventative exam, work towards a goal with your health coach, complete a challenge, education course, or mini challenge in the portal and more!

I completed a community activity, how do I report it in the portal to receive my incentive?

When you are in the portal, click on 'Activity Tracking'. Next, click on 'Community Activities'.

Find the 'Report' button and enter the required information. After you click submit, you will be required to submit proof of completion. Acceptable documentation includes: a certificate of completion, a letter from the volunteer organization, or even a picture of you in action.

What is a mini-challenge and where do I complete it?

Mini-challenges are fun ways to make little improvements to your health. You can find them on the bottom of the homepage of the portal. There are 3 boxes to pick from daily and you can work your way through them during the quarter. You can earn 1 incentive a day for each mini-challenge, with a total of 30 per quarter.

What is the difference between a SMART Goal in the portal and a SMART Goal with a Health Coach?

Great questions! There is not a huge difference. The goals in the portal are pre-set, self guided and self reported to earn your incentive. A goal with your Health Coach is something you and your coach decide on together and continue to work towards throughout the quarter. This is reported to Asset Health by The Center when your goal is complete.

I see education courses in the portal - do I still need to complete quarterly education?

No, quarterly education is no longer required. The education courses are now an optional way to earn an incentive. There are many topics that cover all aspects of wellness. Check out the virtual grocery store!

Need additional assistance? Please call the Asset Health support team @ 855-444-1255 or email support@assethealth.com