

AMC Networks

2025 WELL-BEING REWARDS GUIDE

AMC Networks partners with Health Advocate to provide you with tools and resources to support your well-being. We encourage you to focus on your health and happiness. Plus, you'll earn exciting rewards for your efforts!



Start date:
May 1, 2025



Deadline to complete
Personal Health Profile and
Health Screening:
October 31, 2025



Deadline to redeem rewards:
November 17, 2025



Deadline to earn additional
raffle points:
December 31, 2025

Well-Being Rewards Details

Step 1: Complete the Personal Health Profile and Health Screening by October 31, 2025 to receive up to \$100 reward dollars redeemable on Health Advocate's Rewards Mall. The last day to redeem your rewards is November 17, 2025. You can redeem your earnings for e-gift cards, fitness gear and other healthy merchandise.

Step 2: Complete activities to accrue an additional 50 or more wellness points by December 31, 2025 to be entered into a raffle valued at \$400!

Well-Being Rewards Program Eligibility

The AMC Networks Wellness Program incentive reward is available to all employees. Spouses and dependent children age 18+ can utilize the wellness program features, but are not eligible for the reward.



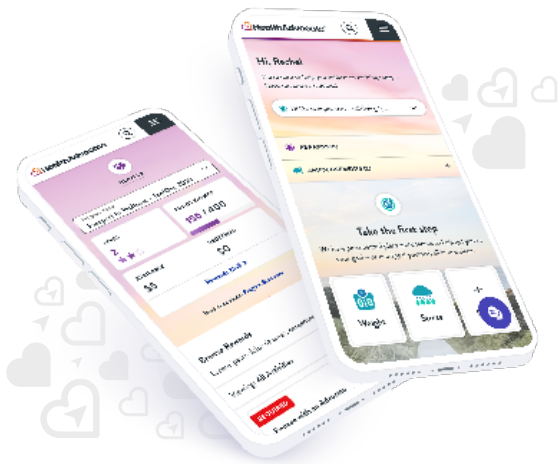
Health Advocate's well-being tools and resources are organized by four learning pillars
— **Be Well, Be Balanced, Be Connected, and Be Successful** —
to guide you toward a more fulfilling and healthy life.

AMC Networks Program

Be Well | Be Balanced | Be Connected | Be Successful

Level 1: Complete the PHP and Health Screening

Level 2: Earn an additional 50 points to be eligible for the year end raffle



Discover all the benefits of your well-being program!

Explore Health Advocate’s member website and mobile app where you can review the full program and reward details, complete activities, track your points and progress, access curated health information, and more. It’s your personal hub for achieving your well-being goals!

HealthAdvocate.com/amcnetworks


Registration Code: JX2XFTU

Access Well-Being



Activity	Points/Max.
Personal Health Profile (PHP)*	50/50
Health Screening*	50/50
3 Session Coaching Program <i>(including jumpstart coaching programs: On The Move, Scale Down, Stress Less, Make Control Your Goal)</i>	10/50
6-Session Coaching Program	50/50
Access Health Advocate website or app	5/25
Health Education Session	10/10
Engage with an Advocate	10/30
Healthy Outcomes	20/100
Personal Pathfinder	5/10
Personal Pathways	50/100
Preventive Care Exams including medical, dental and vision	50/100
Quit Tobacco Pathway Online or with a Wellness Coach	
Enrollment	5/5
Completion	50/50
Well-Being Challenges	25/100
Workshops	50/50
Flu Shots	50/50
K-Points	4/20

*Required Activity



You did the work.
Now get rewarded!

Track your earned points and eligible reward dollars

- **Log on to your Health Advocate member website or app** to track your activity, check your points and start shopping. Once logged on:
- Select **Well-Being** to open a drop-down menu, then click on **Rewards** where you will find information on how you can earn points, completed activities, earned points and eligible reward dollars
- Click on **Rewards Mall** to start shopping for your prize!

Start shopping for your rewards!

- **You can access the rewards mall by clicking on the “Browse or Shop Now”** button on the home page or on the Incentive Program page
- **Search for particular e-gift cards or fitness devices** using the Keyword Search box or search by category listed on the left side of the page

Redeem a reward

- **All points must be redeemed by November 17, 2025**
- **Choose the e-gift card or fitness device** you want and click to add it to your cart
- **Then visit your cart** and click “Checkout”
- **Enter your information.** Your name, phone number, and email are required for e-gift cards; all fields are required for fitness devices. Then click on “Review Order”
- **Make sure all your information is correct,** and then click “Place Order”

Split tender

- **Want a fitness device or e-gift card, but don’t have enough points to purchase it?** You can choose to split tender, which means you can pay for part of it with your points and part of it with your credit card

Cash out

- **You can also cash out your points** for Amazon and/or Visa e-gift cards by clicking the red buttons on the left side of the rewards mall

Visa Gift Cards

- **After you place your order** for a Visa gift card and it is processed, Visa will send you an email explaining how you can claim your reward
- **You can request a virtual Visa gift card or a physical Visa gift card** that will be mailed to you. A \$5 surcharge fee applies for a physical card

Check your orders

- **You can access detailed information** about your orders by selecting the “Order History” drop-down menu by your name and dollar value
- **Check your “Order History”** whenever you have a question about any of your orders

Submit a help request

- **You can submit a help ticket right on the rewards mall website.** Click “Help” in the top right corner of the rewards website for issues like needing help with an order or an item, and more



To get more details about navigating the rewards mall, please visit:

<http://www.healthadvocate.com/wellness/downloads/NavigatingHealthyChange.pdf>

Frequently Asked Questions

Q: How do I register for the Health Advocate website and mobile app?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/amcnetworks or download the mobile app
2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

Q: What can I do on the Health Advocate app?

A: The Health Advocate app has all of the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

Q: What if I am unable to fulfill a requirement of the reward program?

A: We are committed to helping you thrive and find your path to well-being. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some well-being goals Health Advocate supports?

A: We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you every step of the way throughout your wellness journey.

Q: If I went to my doctor earlier in the year, can I earn points for my exam?

A: Yes! Visits occurring between November 1, 2024 and October 31, 2025 for Health Screenings, and visits occurring January 1, 2025 through December 31, 2025 for Flu Shots and Preventive Care Exams will qualify for points.

Q: Are my rewards taxable?

A: Due to IRS rules, rewards are considered taxable income. They will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

Q: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Answer questions about diagnoses and treatments
- Find the right in-network doctors and make appointments
- Coordinate second opinions and transfer medical records
- Resolve insurance claims and medical billing issues
- Confidential access to Employee Assistance Program (EAP) Professionals for help with personal, family and work issues
- Locate childcare, eldercare, summer camps, special needs services, relocation and more
- Weigh healthcare decisions with our MedChoice Support™ tool online or on our app. Click “Stay Healthy” then “Treatment Alternatives” to get guidance on healthcare decisions and assess your personal preferences so you can make the best care choices.

Q: When is Health Advocate available?

A: Health Advocate is available 24/7. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.

Q: Will my information and interaction with Health Advocate remain private?

A: Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.



866.799.2728

answers@HealthAdvocate.com

HealthAdvocate.com/amcnetworks

Registration Code: JX2XFTU

Call • Email • Message • Live Chat 

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