

The Syneos Health Wellbeing Program

Wellbeing Program Overview

We are here to support you by offering fantastic resources to enhance your physical, financial, emotional and social wellbeing. This year, we are putting a **spotlight on prioritizing self-care**. As you participate in activities designed to build positive habits, you will earn Wellbeing Program Points, learn all about your Syneos Health benefits and connect with your co-workers in a new way.

You will automatically receive points in the Wellbeing Program for participating in certain preventative care services* if you enroll in our medical plan. If you do not wish to participate, please contact [Limeade Support](#) to opt out of the program.

Earn Rewards

Points in our Wellbeing Program accumulate toward levels. When you reach a new level, you earn a new Amazon gift card available for redemption immediately. Altogether, you can earn a total of \$250 in Amazon gift cards in the Wellbeing Program year, even if you do not enroll in our medical plan. **You must claim any gift cards you earn by the end of the program year, or they will be forfeited.**

- Bronze: 600 pts = \$25 Amazon gift card
- Silver: 1,800 pts = \$50 Amazon gift card
- Gold: 3,200 pts = \$75 Amazon gift card
- Platinum: 5000+ pts = \$100 Amazon gift card

Get Started Today!

- [Download the App](#)
- [Log in on Desktop](#)

Questions?

Email [Limeade Support](#) or view our [FAQs](#) on [SyncUp](#).



How To Earn Points

New activities launch on the first day of the month.

Medical Visits

- Annual Wellness Exam* = 1,000 pts
- Mammogram Cancer Screening* = 1,000 pts
- Colonoscopy Cancer Screening* = 1,000 pts
- PAPP Cancer Screening* = 1,000 pts
- Dental Exams = 150 pts (2/year)
- Vision Exam = 150 pts
- [Virta Health Program](#)* = up to 4,000 pts
- [Hinge Health Program](#)* = up to 4,000 pts

Company Activities

- Company Challenges = 500 pts (3/year)
- Wellbeing Assessment = 100 pts
- Emotional Wellbeing Activities = 25 pts (3/month)
- Financial Wellbeing Activities = 25 pts (3/month)
- Physical Wellbeing Activities = 25 pts (3/month)
- 150 Weekly Exercise Minutes = 10 pts (47/year)

*Preventative Care Services which will automatically earn points if enrolled in our medical plan.



Not participating in our medical plan this year?

You can still participate in our Wellbeing Program and earn Amazon gift cards. Gift cards are immediately available for redemption after levels are achieved.