

# 2025 Information Updates Coming Soon!

## 2024 Syneos Health Wellbeing Program

The Wellbeing Program includes activities for your physical, emotional, financial and social wellbeing. 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 in our Wellbeing Program

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 between January 9, 2024, and December 3, 2024, even if you do not enroll in our medical plan. **You must claim any gift cards you earn by December 6, 2024, or they will be forfeited.**

- Level 1 Bronze: 500 points = \$25 Amazon gift card
- Level 2 Silver: 1,500 points = \$50 Amazon gift card
- Level 3 Gold: 3,000 points = \$75 Amazon gift card
- Level 4 Platinum: 5000+ points = \$100 Amazon gift card

### Get Started in the Wellbeing Program Today!

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

### Questions?

If you have questions about the Syneos Health Wellbeing Program, please email [Limeade Support](#) or view our [FAQs](#) on [SyncUp](#).

### 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. Read our [FAQs](#) on [SyncUp](#) to learn more.



### How To Earn Wellbeing Program Points

New activities launch on the first day of the month.

#### Medical Visits

- Annual Wellness Exam\* = 1,000 points
- Cancer Screening\* = 1,000 points
- Dental Exams = 100 points (2/year)
- Vision Exam = 100 points
- [Virta Program](#)\* = up to 4,000 points
- [Hinge Health](#)\* = up to 4,000 points

#### Company Activities

- Company Challenges = 500 points (3/year)
- Wellbeing Assessment = 500 points
- Emotional Wellbeing Activities = 25 points (2/month)
- Financial Wellbeing Activities = 25 points (2/month)
- Physical Wellbeing Activities = 25 points (2/month)
- MyChoice Activities = 25 points (5/month)

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

