



## Diocese of Sacramento HQ Plus Bonus

Complete the HealthQuotient, set a My Health Assistant goal, and certify that you're tobacco-free (or complete a call with a health coach if you use tobacco) by 04/10/2020 in order to earn an additional \$100 gift card to support your wellness goals! You will be able to choose one gift card from the following options:

• Ralye's / Bel Air / Nob Hill	• Amazon
• Safeway	• Target
• Walmart	• Walgreens
• Sam's Club	• Smart & Final

Once you complete HQ Plus, you will be required to complete the following survey in order to receive your gift card: <https://www.surveymonkey.com/r/HQPLUS>

### To get started:

- 1) Log in at [www.retatrust.org](http://www.retatrust.org)
- 2) Click on the WebMD logo
- 3) Complete the HealthQuotient (HQ) from the home page
- 4) Set a My Health Assistant Goal
- 5) Certify that you're tobacco –free (or complete a call with a health coach)
- 6) Complete the Survey

**\*Please note: Members and Spouses are eligible and must be enrolled in Reta's Medical Benefits to participate.**