



 **Peak**Health.

Peak Health and Wellness

Powered by

 **WVU**Rockefeller
NeuroscienceInstitute



Welcome to the Peak Health and Wellness Program

At Peak Health, we are committed to helping our members achieve their best health.

We've partnered with **Peak Health** and the **WVU Rockefeller Neuroscience Institute** to arm you with tools and resources to gain a better understanding of your health and achieve your personal wellness goals.

Peak Health and Wellness, powered by the WVU Rockefeller Neuroscience Institute, is designed to provide personalized support and real-time feedback to enhance your wellness journey.

Improve Health Outcomes: Our program aims to improve your overall health through tailored interventions and proactive management.

Empower Members: We provide the tools and resources you need to make informed health decisions and take control of your health.

Enhance Wellness: By integrating data from various sources, we offer comprehensive insights to help you live a healthier life.

Eligibility:

Participation is by invitation only. Invitations are extended to select members who can benefit most from personalized health interventions and proactive wellness management.

Benefits:

Personalized Interventions: Receive customized suggestions and resources based on your unique health data.

Real-Time Feedback: Get timely insights about your current health status and recommendations on actions you can take to support your health goals.

Premium Reduction Opportunities: Earn points that can go toward the Tier 2 (Gold) wellness credit.

Features:

Data Integration: The program combines user input, data from a wearable device, and health information to provide a holistic view of your health.

Interactive App: It offers a user-friendly interface for tracking your progress, syncing devices, and accessing personalized content.

Continuous Monitoring: Stay on top of your health with ongoing monitoring and proactive interventions.

Join us in this exciting journey towards better health and wellness. The program supports you every step of the way.

Program Start:

- June 2025

Earn Points and Enjoy Premium Reductions

Participating in the Peak Health and Wellness Program not only helps you achieve your health goals but also rewards you with points that contribute to the wellness credit on your medical plan premiums.

Points Accumulation:

Members can earn points toward the Wellness Rewards Program Tier 2 status, which can be applied toward a wellness credit and premium reduction. Visit PeakHealth.org/Wellness to learn more.

How to Earn Points:



Complete Wellness Activities

Contribute to your wellness by syncing the Oura ring and answering questions. This helps Peak Health and Wellness provide personalized recommendations tailored to your needs.



Build Healthier Habits

Select and complete Microsteps each day to build healthier habits. Track your streaks and watch your progress grow with each Microstep you complete.



Engage with your Digital Assistant

Stay on top of your health with help from your Digital Assistant. As your health needs change, get personalized recommendations to reach your goals.

Tier Levels and Wellness Credit

Tier 1 (Silver)

- To achieve Tier 1 status, members must complete the Health Assessment and Tobacco Affidavit on the Asset Health platform.
- Points earned through Peak Health and Wellness do not count toward Tier 1 status.

Tier 2 (Gold)

- Earn points through Peak Health and Wellness that can be applied to Tier 2 status (400 points total are required for Tier 2 status).
- **Members must first achieve Tier 1 status on the Asset Health platform for their Tier 2 points to be valid.** If Tier 1 status is not achieved, points earned in the Peak Health and Wellness program will not count towards any tier.
- Achieving Tier 2 status provides the full wellness credit and saves \$25/pay for an employee with no spouse and \$50/pay for an employee plus a covered spouse.

How to Track Your Points

App Achievements: Use the app to track your progress and see how many activities you've completed.

Notifications: Enable app notifications to receive reminders about upcoming activities and opportunities.



Stay Engaged for Multiple Rewards

Ongoing participation helps to achieve health goals and earn an Oura Ring. To learn more, visit PeakHealth.org/wellness.

A True Partner in your Wellness Journey



Weight dropped

34m ago

You're crushing it! Your weight is down this week.
👉 Tap to see the details.



Let's chat!

34m ago

Your weight's steady, and you're on the right track. A few adjustments can help you get clos...



Glucose on track

44m ago

Awesome work – your HbA1c is in a healthy range! 🎉 Keep it up and tap to see the details.



RNI Health is available in the App Store and Google Play. Simply search for "RNI Health" to download the app and start your health and wellness journey.

App Resources

Educational Articles – Peak Health and Wellness offers a wide range of educational articles to help you learn more about various aspects of health and wellness. Find out how to move toward a healthier lifestyle through articles on food, nutrition, exercise routines, and the benefits of physical activity.

Personalized Insights – Gain personalized insights based on your health data. These insights highlight key aspects of your wellness journey and offer recommendations tailored to your needs. By integrating data from user input, wearable devices, and electronic health records, the app delivers real-time feedback to help you make informed decisions.

Thrive Microsteps – Microsteps are small, repetitive actions designed to build healthy habits over time. Start your wellness journey by selecting one or two Microsteps to pursue, and the app will suggest more as you progress.

Thrive Resets – Resets are short videos or guided meditations meant to interrupt the stress cycle and promote mindfulness. Use these resources to take a break and reset your mind.

Digital Assistant – The digital assistant is a key feature of Peak Health and Wellness, designed to help you interpret personalized insights and choose actions based on these insights. The digital assistant will gather more information to tailor content relevant to you and your wellness goals.

Frequently Asked Questions

Q: What is Peak Health and Wellness?

A: Peak Health and Wellness is designed to enhance your health and wellness through personalized interventions, real-time feedback, and proactive health management. It integrates data from your direct input, health information, and wearable devices to provide insights and support for your wellness journey.

Q: Will my personal health data be kept confidential?

A: Yes, your personal health data will be kept confidential and secure. We adhere to strict privacy and security standards.

Q: Are there any costs associated with participating in the program?

A: There are no costs for participating.

Q: I downloaded the RNI Health App. What do I do next?

A: Once you have downloaded the app, open it and create an account. After you create and verify your account, select "Join Study" to join the Program.

Q: Who is eligible to participate in the program?

A: Because this is a pilot, Participation is through invitation-only.

Q: How do I know if I am eligible to participate in the program?

A: If you received an invitation, you are eligible to participate.

Q: Which email address should I use when I create an account?

A: Communications will be sent to the email you enter, so choose an email that you check on a regular basis.

Q: How do I join?

A: Check your email for an invitation to join from Peak Health.

Q: What should I do if I did not receive an invitation but believe I am eligible?

A: If you believe you are eligible but did not receive an invitation, please contact our customer service team at 1-833-9-MYPEAK (1-833-969-7325) or PeakProvider@PeakHealth.org.

Q: Does my spouse need to participate?

A: Participation is optional. If your spouse has been invited to participate, they can choose to join the program.

Q: What happens if my spouse and I do not achieve the same Tier level?

A: If you and your spouse do not achieve the same Tier level, you will default to the lowest tier, which in some cases might not be any level at all. For example, if you achieve Tier 1 (Silver) but your spouse does not complete the Program at all, you will not have fully achieved Tier 1 (Silver) and will not receive the wellness credit associated with that level.

Q: How can I earn points in the Program?

A: You can earn points by completing various activities in the app. Points earned contribute toward achieving Tier 2 status in the Wellness Rewards Program..

Q: I forgot my password. How do I reset my password and access the app?

A: Open the app, select login, and type in the email address associated with the account. When prompted for your password, select Forgot Password and follow the prompts to reset your password.

Q: What activities can I complete on the app?

A: Accessible activities are found on the Activities section of the app. You will also be notified of upcoming activities when they're available, so don't forget to turn on RNI Health app notifications.

Q: How do points contribute toward the Wellness Credit?

A: Points earned in the program contribute toward achieving Tier 2 status, which provides premium reductions on your medical plan. The more points you earn, the greater the reduction.

Q: What happens if I don't achieve Tier 1 status?

A: If you do not achieve Tier 1 status on the Asset Health platform, participating in Peak Health and Wellness will not accrue points toward the Wellness Rewards program.

Q: Can I opt out after joining?

A: Yes, you can opt out at any time. Reach out to customer support to opt out and by clicking the Settings icon in the top right corner and selecting Support.

Q: I have more questions. How can I get help?

A: Send a message to customer support directly within the app by clicking the Settings icon in the top right corner and selecting Support.

