

introducing

# =Best Health

=Best Health® is a points-based program that guides you on your journey to achieving your best health, your way!

**More than \$10,000 in cash prizes\***

## 1 Join

Commit to your health today by registering at [mea.yourbesthealth.com](http://mea.yourbesthealth.com).

## 2 Participate

Make choices that make a difference. Log in and select from a variety of healthy activities.

## 3 Earn Points

Make healthy choices and earn a chance to win a Best Health Visa Reward® Card.



**50 Points**

One of fifteen \$50 cards each month



**100 Points**

One of five \$100 cards at midyear



**200 Points**

One of five \$200 cards at the end of the plan year\*\*



**Your journey to Best Health starts here—  
[mea.yourbesthealth.com](http://mea.yourbesthealth.com)**