

Healthy Living 24/7

In addition to the programs inside, you have access to healthyliving.pepsico.com. The site has easy-to-follow wellness courses and other online tools. This site is also where you will complete the Wellness Questionnaire (WQ). It asks you a series of questions about your daily routine—physical activity, sleep habits, stress levels and nutrition. When you submit your answers, you'll receive a personalized report with valuable insights and recommendations on what you can improve. The website is available 24/7, so take a few minutes and discover all the resources designed to help you be a little bit better every day.

Your Personal Information Is Confidential

Now is a good time to remind you about how your individual data is protected when you participate in a PepsiCo-sponsored wellness or Care Management program. PepsiCo respects your concerns about privacy. We use third-party administrators and wellness partners to administer our programs such as Wellness Screenings and Care Management. While our administrators and partners have access to your individual health information, they use this information for authorized purposes, including to determine invitations to participate in a Care Management Program. Your individual health information is protected by the HIPAA Privacy Rules and the Americans with Disabilities Act Wellness Program Rules. A discussion of these protections is set forth in the HIPAA Notice of Privacy Practices and the ADA Notice for PepsiCo Wellness Programs. These notices are located online at myHealthHub.pepsico.com > [Live Well](#) > [Check In On Your Health](#) > [Your Data & Confidentiality](#) > [Read More](#).

To find more information on surcharges relating to the Tobacco-Free Program, refer to the fliers on healthyliving.pepsico.com.

Healthy Living Programs





Healthy Living Programs

Everyone has a little something to work on when it comes to health. To support you in your efforts, PepsiCo invests in Healthy Living Programs, from online resources to one-on-one personalized support. Your Healthy Living team is part of PepsiCo's network of trusted wellness partners. Refer to the chart below for a quick introduction to the team members, their contact information and program details. Take time to focus on yourself by participating in the Healthy Living Wellness Programs that meet your needs.



You and Your Healthy Living Team

Your Team	Healthy Living Program	Get to Know the Program	How to Reach Me
Health ACE Nurse A BCBS or UHC registered nurse with professional experience	Care Management Program (provided by your medical plan carrier)	<ul style="list-style-type: none">You will receive an invitation to participate.It provides support for planned surgery, at-home recovery after a hospitalization, dealing with a serious health condition and more.There are many reasons you may receive a call from a Health ACE nurse—please take the time to talk with him or her.	1-877-224-0030 (BCBS) Monday–Friday 8am–8pm Eastern Time 1-888-761-0113 (UHC) Monday–Friday 8am–12am Eastern Time Saturday & Sunday 9am–4pm Eastern Time
	Healthy Pregnancy Program (a specialized part of Care Management)	<ul style="list-style-type: none">A Health ACE nurse will work with you to provide support from prenatal care through delivery and recovery.A free mobile app is included to help you track pregnancy milestones.You will receive a \$100 reward card upon program completion.	
Livongo Nurse A Certified Diabetes Educator	Livongo	<ul style="list-style-type: none">You will receive an invitation to participateIt provides diabetes coaching integrated with Health ACE	1-800-945-4355 hello.livongo.com (user code: PEPSI)
Wellness Screener An experienced medical professional and/or phlebotomist	Wellness Screening (WS)	<ul style="list-style-type: none">A WS will provide insight into your current health and the small changes you can make to improve it.Tests measure “health numbers”: cholesterol, blood glucose, blood pressure, body mass index (BMI) and waist circumference.You can earn \$200 by completing the Wellness Screening and Wellness Questionnaire by March 31, 2017.You will earn an additional \$100 if three or more of your WS results are in the healthy range or if you complete four telephonic coaching sessions by November 30, 2017.If you complete the WS in a physician's office, the doctor must fill in and mail or fax the Healthy Living physician form with your results to Healthyroads. Download the form on the homepage of healthyliving.pepsico.com.	Wellness Screening Options: 1. During your annual physical 2. Quest Diagnostics: my.questforhealth.com 3. Onsite at work: at a Wellness Screening Event or at an Employee Health and Wellness Center
Wellness Coach A Healthyroads professional with a bachelor's degree in a health-related field	Wellness Coaching	<ul style="list-style-type: none">Your coach will customize a program for you based on your particular health needs, including recommendations for resources related to nutrition, exercise and stress management.Coaching is available to all employees and covered spouses/partners, and you may enroll at any time.If you don't have at least three WS results in the healthy range, you can complete four telephonic coaching sessions by November 30, 2017 to earn a \$100 reward.	healthyliving.pepsico.com 1-855-PEP-1117 Monday–Friday 7am–10pm Eastern Time Saturday 10am–7pm Eastern Time
	Tobacco-Free Program	<ul style="list-style-type: none">This is a specialized program, part of Healthy Living Wellness Coaching where your coach will help you work toward a tobacco-free lifestyle.You will have access to free nicotine replacement therapy (NRT) to increase your chances for long-term success.	
Kurbo Coach A professionally-trained health expert for teens and kids	Kurbo	<ul style="list-style-type: none">This is a specialized program for children of PepsiCo employees designed to help with weight and nutrition	kurbo.com/PepsiCoHealthyLiving
EAP Clinician An Optum professional with a master's degree in a behavioral science	Employee Assistance Program	<ul style="list-style-type: none">You may call anytime when you need support in the areas of life, family, health, education and work.You receive professional support from trained specialists, clinicians, large provider networks and comprehensive online resources.You have unlimited access to telephone assistance at no cost.You can request a recommendation for a highly trained counselor for up to four free face-to-face counseling sessions per issue.It's available to all eligible employees and their dependents, regardless of medical plan election.	liveandworkwell.com (password: Pepsi) 1-800-223-7486 24/7

New to PepsiCo? You can earn the Healthy Living Rewards too! You must complete the steps within 90 days of your hire date or by November 30, 2017, whichever comes first.

