



## Complete your Wellness Screening (WS) and Wellness Questionnaire (WQ)

for a clearer picture of your health and small steps you can take to start seeing results right away. You and your covered spouse/partner\* can each **earn up to \$300** in Healthy Living Rewards!

**Be in it for a chance to win it!** Complete both the WS and WQ by March 31, 2017 and be entered in a sweepstakes to **win an additional \$200** in Healthy Living Rewards.\*\*

### Here are three things you need to know:

**1. The WS** measures your cholesterol, blood glucose, blood pressure, body mass index (BMI) and waist circumference.

You have up to four ways to complete your WS:



#### At a Healthy Living screening event

Offered by many locations with more than 50 employees.



#### Quest Diagnostics

Call **1-855-623-9355**  
or go online to  
**my.questforhealth.com**.  
Registration key: healthyliving



#### Annual physical

Print the Physician Form from  
**healthyliving.pepsico.com**  
and take it with you!



#### Employee Health and Wellness Center

If available at your location.

**2. The WQ** asks you a series of questions about your daily routine and gives you a personalized health summary and action plan. Log onto **healthyliving.pepsico.com**.

### 3. You'll earn:

- **\$200** for completing both the WS and WQ by March 31, 2017.
- **\$100** for having at least three out of four WS results within the healthy range. Or completing four wellness coaching calls.\*\*\*

Call Healthy Living at **1-855-PEP-1117** with questions.

\* Healthy Living Rewards apply to employees who are eligible for PepsiCo benefits and their spouses/partners enrolled in the PepsiCo medical plan. Employees covered under a collective bargaining agreement (CBA) that restricts changes to benefits and/or contributions are not eligible unless the CBA specifically indicates eligibility for rewards.

\*\* Limit of one prize per person; prizes are awarded to employees only in the form of a Healthy Living Reward Card and treated as taxable income according to state and federal laws.

\*\*\* PepsiCo is committed to helping you achieve your best health status. If you are unable to complete the telephonic coaching sessions required for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Call Healthy Living at 1-855-PEP-1117, and a representative will work with you (and, if you wish, with your doctor) to find a reasonable alternative. Coaching calls must be completed by November 30, 2017 in order to receive a reward in 2017.