

WELLNESS PROGRAM

CSB Cares & Health Advocate



Conner Strong and Buckelew is committed to helping you achieve your best health and best self.

EARN WELLNESS REWARDS & INCENTIVES

CSB partners with Health Advocate for the administration of the CSB Cares wellness program, including wellness rewards and coaching, BenePoints tracking and the tobacco cessation program.

Well-Being Rewards

Track healthy behaviors and meet recommended goals to earn points. Earn up to 100 wellness points by December 31, 2026. Each point represents \$1 (100 points = \$100). Points can be redeemed for gift cards or other rewards of your choice.

Unlimited 1:1 Coaching

Unlimited access to a Wellness Coach by phone, email or secure online messaging anytime, 24/7. Work with your coach to set clear, attainable goals and get support along the way.

Useful Online Tools

Get the latest health information and monitor your progress with handy planners, trackers and more.

Register for the Member Portal

- Go to HealthAdvocate.com/members
- Type "Conner Strong & Buckelew" when prompted for the organization name and select it from the drop-down box.
- Click **Register Now** and follow the prompts until your registration is complete.
- You will receive a message congratulating you and advising you to sign in by clicking **Continue**.
- You will be required to verify your account through email before logging in for the first time.

Access Information On The Go

Download the Health Advocate mobile app to instantly upload relevant documents and forms, and view the status of your cases in real time.

For more information about Health Advocate and CSB Cares resources, visit [**BenePortal**](#).

