



Conner Strong and Buckelew

2026 CSB Cares Wellness Program Guide

Conner Strong and Buckelew has partnered with Health Advocate to help you focus on your well-being—plus, you can earn a reward for your hard work!



Start date:

January 1, 2026



Deadline to earn points:

December 31, 2026



Deadline to redeem points:

January 31, 2027

CSB Cares Wellness Program Reward Details

All Employees: As a reward for completing healthy activities, you have access to a rewards mall, where you can choose to redeem your points for a variety of e-gift cards and fitness devices. **Earn a total of 100 points to receive the maximum reward of \$100.** Deadline to earn points for the rewards mall: **December 31, 2026.** Deadline to redeem rewards: **January 31, 2027.**

Employees & Spouses Enrolled in the Conner Strong & Buckelew Medical Plan

To earn the **BenePoints credit** for the **2027 medical plan year**, both the employee and any covered spouse must complete the following **two** activities by **December 1, 2026.**

1. Biometric Screening (Choose one of two options):

Option A: LabCorp Voucher

- Visit a LabCorp facility with your voucher.
- *No documentation upload is required.*
- **To download the voucher, visit:**
www.csbbeneportal.com/benepoints

Option B: Physicians Note

- Submit a signed note from your doctor confirming the screening.
- **Documentation: Required** for both you and your covered spouse.
- **Instructions:** Follow the same steps listed for the Annual Physical but select the file type Biometrics.

2. Annual Physical

This includes a standard annual physical, Well-Woman Exam, or visit with a specialist (endocrinologist, cardiologist, or oncologist) if you are currently under treatment.

Submission of Physical Documentation (Required): To submit documentation for the annual physical (yours or your spouse's):

1. Go to CSInsider.
2. Click the HR Tab.
3. Use the BenePoints quick link, select **'+ New Upload'**, and follow the prompts.

Note: Health Advocate does not automatically track your Annual Physical. You must submit this documentation.

Non-Tobacco Credits

All employees and their covered spouses enrolled in a Conner Strong & Buckelew medical/prescription drug plan are eligible to earn non-tobacco premium incentives.

If you and your enrolled spouse certify that you are both non-tobacco users (as defined below), you will pay less for your medical and prescription drug coverage.

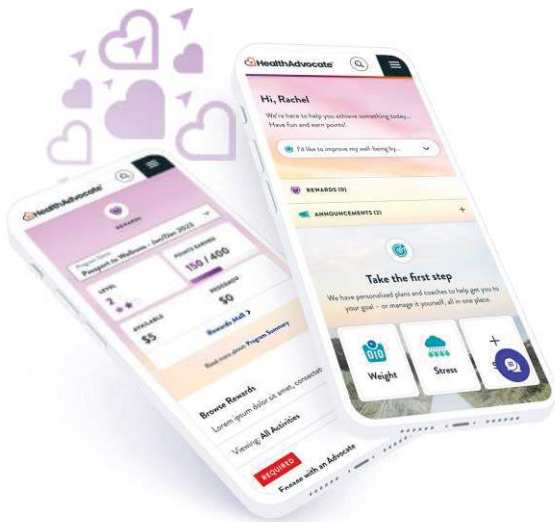
You will be required to certify tobacco status for yourself and your spouse (if applicable) via the ADP Workforce Now portal.

What is a "Non-Tobacco User"?

A non-smoker/non-vaper/non-tobacco user is defined as an individual who has not smoked a cigarette, e-cigarette, cigar, e-cigar, pipe, e-pipe, e-hookah, or used tobacco/chew products or electronic smoking devices of any kind in any form in the last 180 days. For additional details regarding the non-tobacco credit, visit csbbeneportal.com and review the information found in the Benefits Guide.

Well-Being Your Way

Be Well | Be Balanced | Be Connected | Be Successful



Discover all the benefits of your well-being program!

Explore Health Advocate's member website and mobile app where you can review the full program and reward details, complete activities, track your points and progress, access curated health information, and more. It's your personal hub for achieving your well-being goals!

HealthAdvocate.com/connerstrong
Registration code: 4MBQPXC

[Access Well-being](#)



Activity	Points/Max.
Preventive Care: Breast Cancer Screening, Colon Cancer Screening, Preventive Dental Visit, Skin Cancer Screening, Vision Exam	10/30
Flu Shot	10/10
Quit Tobacco Pathway Completion	2/2
Personal Pathways	10/30
Well-Being Workshops	10/30
Well-Being Challenges	5/10
Conner Strong & Buckelew Challenges	10/10
Personal Challenges	5/10

Develop positive routines to improve your health

Track healthy habits and meet the recommended goals to earn points.

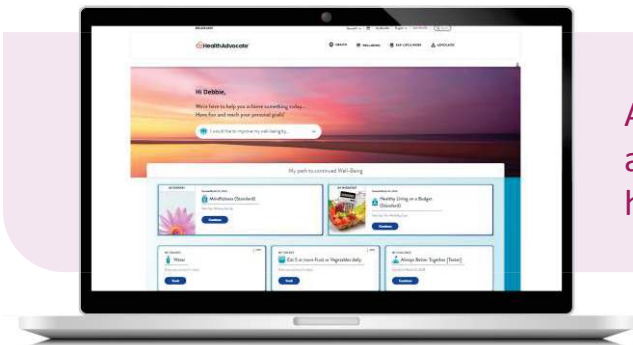
Earn a maximum total of 20 points across all trackers.

Be Well Trackers		Recommended Goal	Points
	Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1
	Water	Stay hydrated by drinking 8 glasses (64 ounces) of water daily	1
	Stretching	Improve your flexibility by stretching for 10 or more minutes daily	1
	Physical Activity	Stay on your feet by taking 10,000 or more steps daily (combined tracker)	1
	(combined tracker)	Get fit by exercising for at least 150 minutes weekly (combined tracker)	5
	Strength Training	Increase your strength by performing this activity 2 or more days weekly	5
	Sleep	Function your best by sleeping at least 7 hours each night	1
	Meditation/Resilience	Perform one or more meditation or resilience activities daily	1

There are many other trackers available on the website for your use that are not reward-eligible. Use them to help you meet your personal goals.

Access your in-progress activities on the Well-Being home page.

My Activities



Frequently Asked Questions

How do I register for the Health Advocate website and mobile app?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/connerstrong or download the mobile app
2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

Q: What can I do on the Health Advocate app?

A: The Health Advocate app has the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

Q: What if I am unable to fulfill a requirement of the reward program?

A: We are committed to helping you thrive and find your path to well-being. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some well-being goals Health Advocate supports?

A: We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you throughout your wellness journey.

Q: Are my rewards taxable?

A: Due to IRS rules, rewards are considered taxable income. They will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

Q: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Take advantage of special offers like discounted fitness center memberships. Locations and discounts vary.
- Access up-to-date health and wellness information, articles and a monthly newsletter full of healthy tips.

Q: When is Health Advocate available?

A: Health Advocate is available 24/7. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.

Q: Will my information and interaction with Health Advocate remain private?

A: Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.



888.493.5522

answers@HealthAdvocate.com

HealthAdvocate.com/connerstrong

Registration code: 4MBQPXC

Call • Email • Message • Live Chat 

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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