



TOYODA GOSEI

To: All Employees and Spouses Participating in UHC Medical Plan in 2021
From: **Toyoda Gosei North America**
Date: February 1, 2021
Re: **2021 Wellness Program #TGhealthyME**

At Toyoda Gosei, we value each of our Team Members and believe that your health [and that of your family] is one of our top priorities. We also recognize that your health is important to the health of our business. Because of this, I am very excited to formally introduce you to your, **2021 Wellness Program #TGhealthyME!** TG has partnered with Rally Health for administration of your Wellness Program. You will find that this program now integrates with your myuhc.com member portal through UnitedHealthcare.

Living a healthier life can be rewarding, and our **2021 Wellness Program #TGhealthyME** includes great resources available to everyone through unique programs focused on helping individuals with specific conditions. In the following pages you and your spouse will find your guide for the program.

The central part of this wellness program is the **FREE RALLY MOBILE APP** where you can earn gift cards for completing healthy activities. As part of this program, you will have an opportunity to get an accurate picture of your current health status through an online health survey that will inform you of your Rally Age and offer some health goals. To help you achieve your goal, the program features access to health coaching through the Real Appeal program and offers healthy activities and challenges.

I believe this wellness program has a lot to offer and can help you and your spouse take important steps towards living a healthier life. To help you make the commitment and get involved, we are offering incentives for participation in the program of up to \$200 in gift cards.

This program is not mandatory; however, we hope that you will take advantage of this FREE employee benefit.

Join me in building the culture of health within Toyoda Gosei as we strive to make every one of us healthier this year. I look forward to our shared success as individuals and as an organization.

Healthy regards,

Masakazu Hashimoto

President, CEO, Toyoda Gosei Americas

Program Overview

Eligible Members: TG Team Members and Spouses

Incentive Type: Gift Card (Up to \$200 each for Team Members and Spouses enrolled in a UHC Medical Plan for 2021)

Rewards Program Period: 1/1/2021 – 12/31/2021

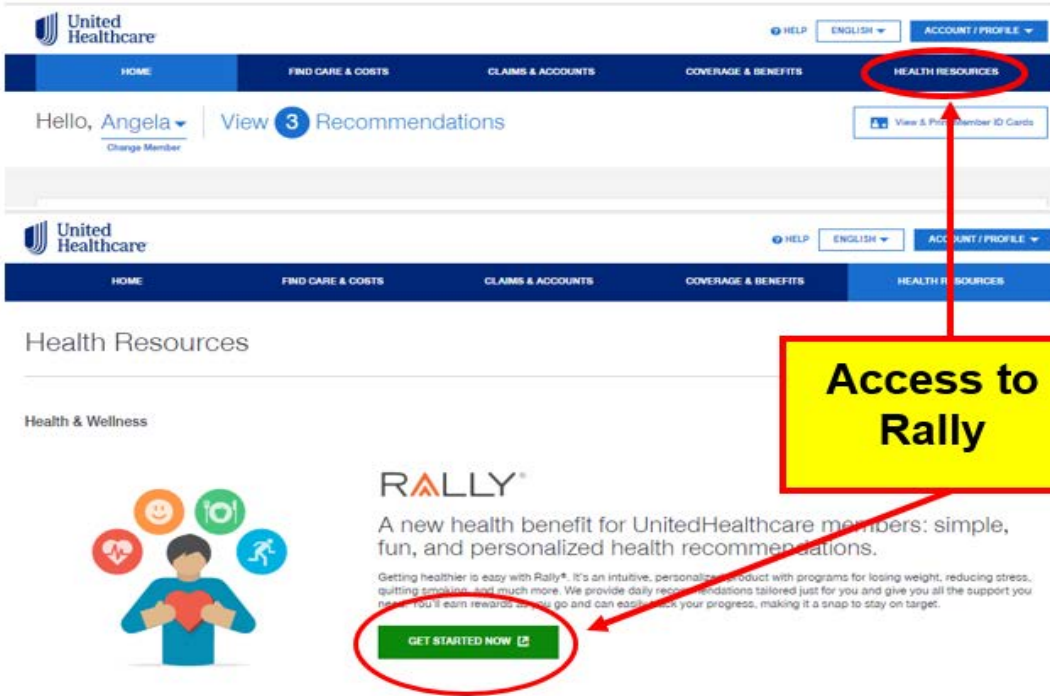
Healthy Actions	Team Member Award	Spouse Award
Rally Health Survey via Rally Site/App	\$25	\$25
Complete a public city walk OR a non-steps challenge via Rally Site/App	\$25	\$25
Complete 3 Missions via Rally Site/App	\$25	\$25
Attest to completing a 5k OR receiving a flu shot or COVID vaccine through Rally Site	\$25	\$25
Complete 5 Healthy Quizzes through Rally Site	\$25	\$25
Complete your annual exam or screening (including: Annual Physical, Prenatal Exam, Mammogram Screening, or Colorectal Screening (if appropriate for your age))	\$100	\$100

Rally Member # 1-877-818-5826

To access Rally visit any of the following:

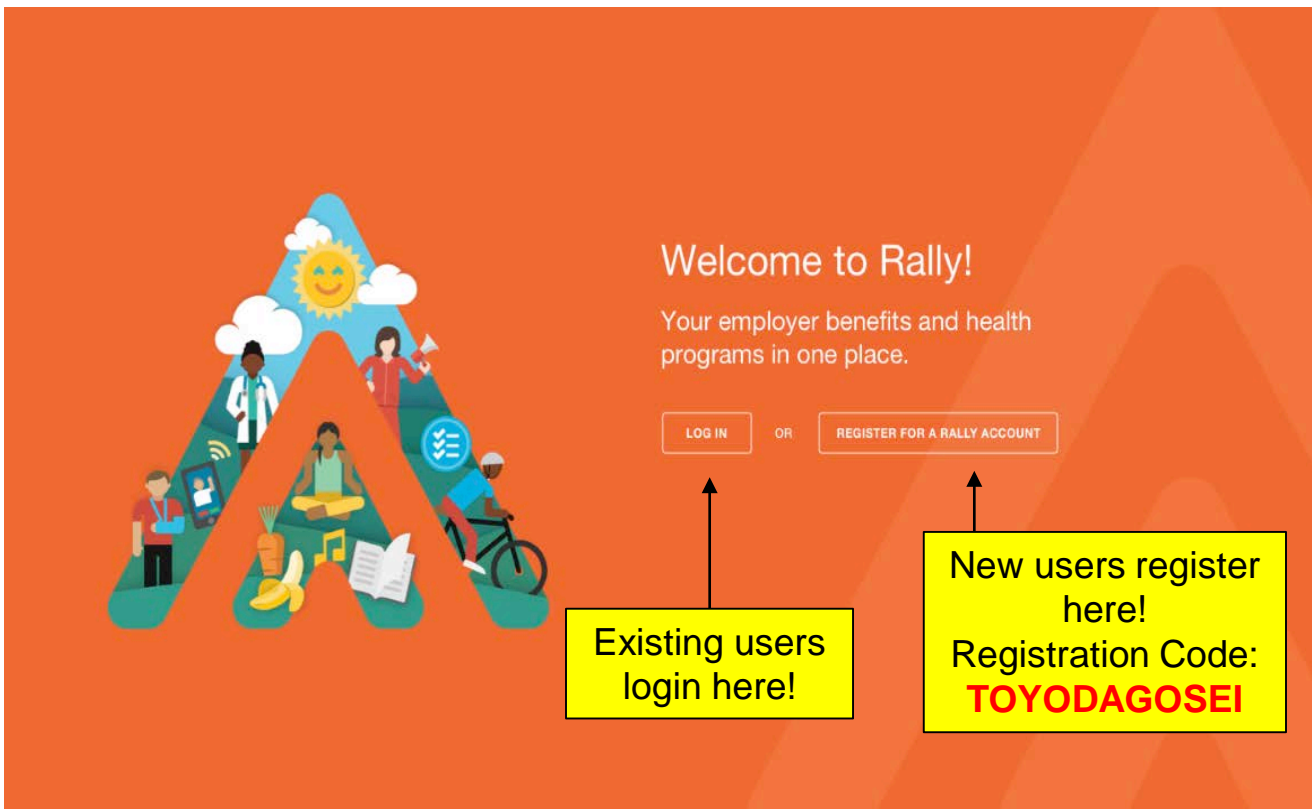
Tggroupbenefits.com - myuhc.com - werally.com

How to Access Rally Rewards Site



The easiest way to register for access to Rally is through **myuhc.com** by clicking on Health Resources then Get Started Now.

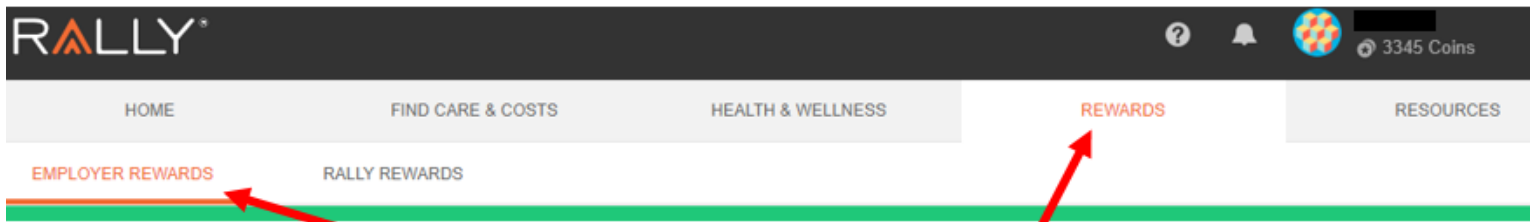
You can also go to:
<https://health.werally.com/client/toyodagosei/register/>



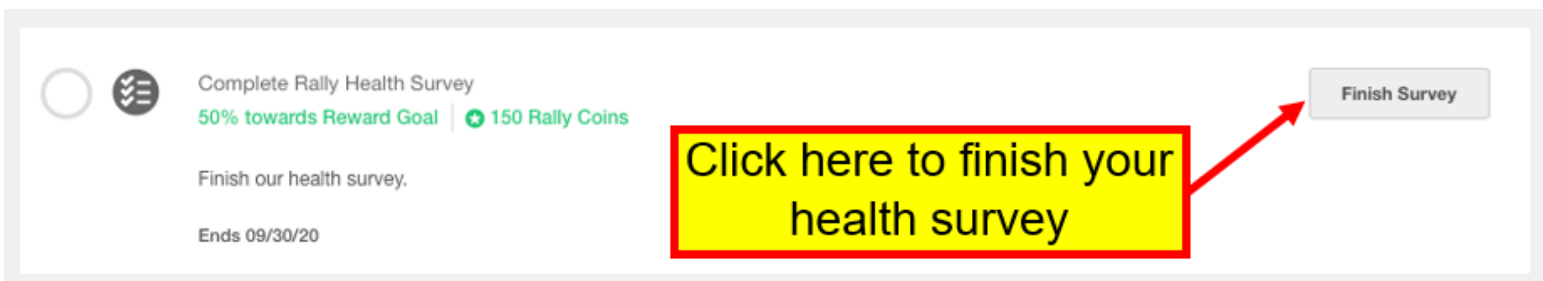
How to complete #TGhealthyME Activities



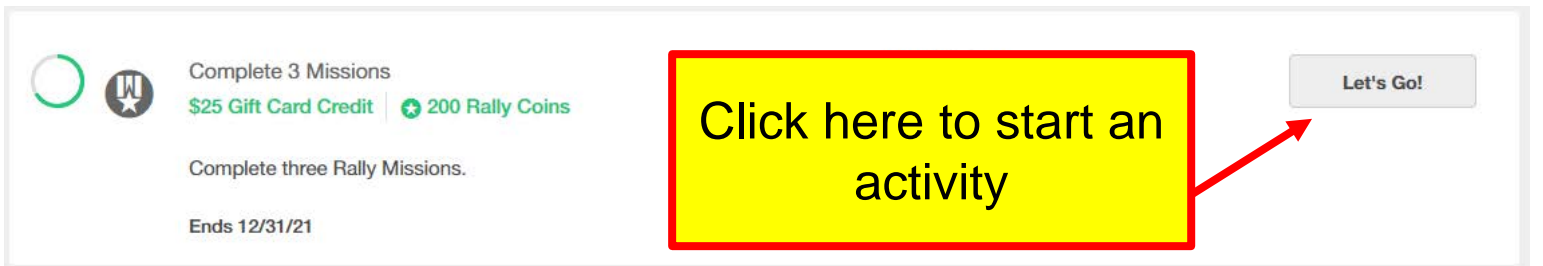
When you register and sign into Rally, it will automatically walk you through your health survey. If completed, you earn your first reward of \$25! If you can't complete it at that time, or you want to access the rest of your health actions for a reward, click on **Rewards**, **Employer Rewards**, and scroll through your options!



Click **Rewards** then **Employer Rewards** to see available activities to be completed.



Click here to finish your health survey



Click here to start an activity

Complete Healthy Actions to Earn up to \$200 in Gift Cards!



Each Team Member and Spouse enrolled in our UHC plan is eligible to earn gift cards by completing Healthy Activities. Click [Rewards then Employer Rewards](#) to see available activities.

Available Gift Card Credit Balance: \$60

Click [Rewards](#) then [Employer Rewards](#) to see available activities to be completed and your **Gift Card Credit Balance**. Then click **Redeem Gift Card Credits** to choose your cards!

Gift Card Balance Available: \$60 (100% Limit)

[Redeem Gift Card Credits](#)

Rewards Program

Here are all the awesome rewards offered by your company for completing the following healthy actions. Your overview will update automatically as you make progress, and you can earn up to the amount of the cap shown in the progress bar below. Some activities will take time to process, so don't worry if an action isn't updated right away. Got all that? If you have questions, check out the FAQ and Rally's [Rewards Rules](#), which apply to any rewards you earn.

Rally partners with over 300 different vendors to provide you with many options. You or your spouse can redeem the gift card through the Rally portal prior to April 30, 2022. You will have the ability to split the total dollar amount earned however you would like amongst the cards in the increments allowed by the vendor.

Cabela's® Gift Card

-\$5 +

Vendor Terms & Conditions: Use of this card or card is issued by Cabela's Retail IL, Inc. Card may be used to redeem Cabela's merchandise (800.237.4444), Cabela's U.S. stores, or the Cabel card. Lost, stolen or damaged cards replaced or applicable law. May not be exchanged for cash or debit card, has no implied warranties, is not payment of a credit account. No fees. No expiration change the terms.

Available vendors: Amazon, AMC, American Eagle, Apple (App Store & iTunes), Audible, BucaZone, Baby Gap, Applebees, Athleta, Barnes & Noble eGIFT CARD, 3 WAYS TO SHOP, Bath & Body Works, BED BATH & BEYOND, BANANA REPUBLIC, BEST BUY, BLIZZARD, ON THE BORDER, MAGGIANO'S, WORKSHOP, Durlington, buybuy BABY, Cabela's, and others.



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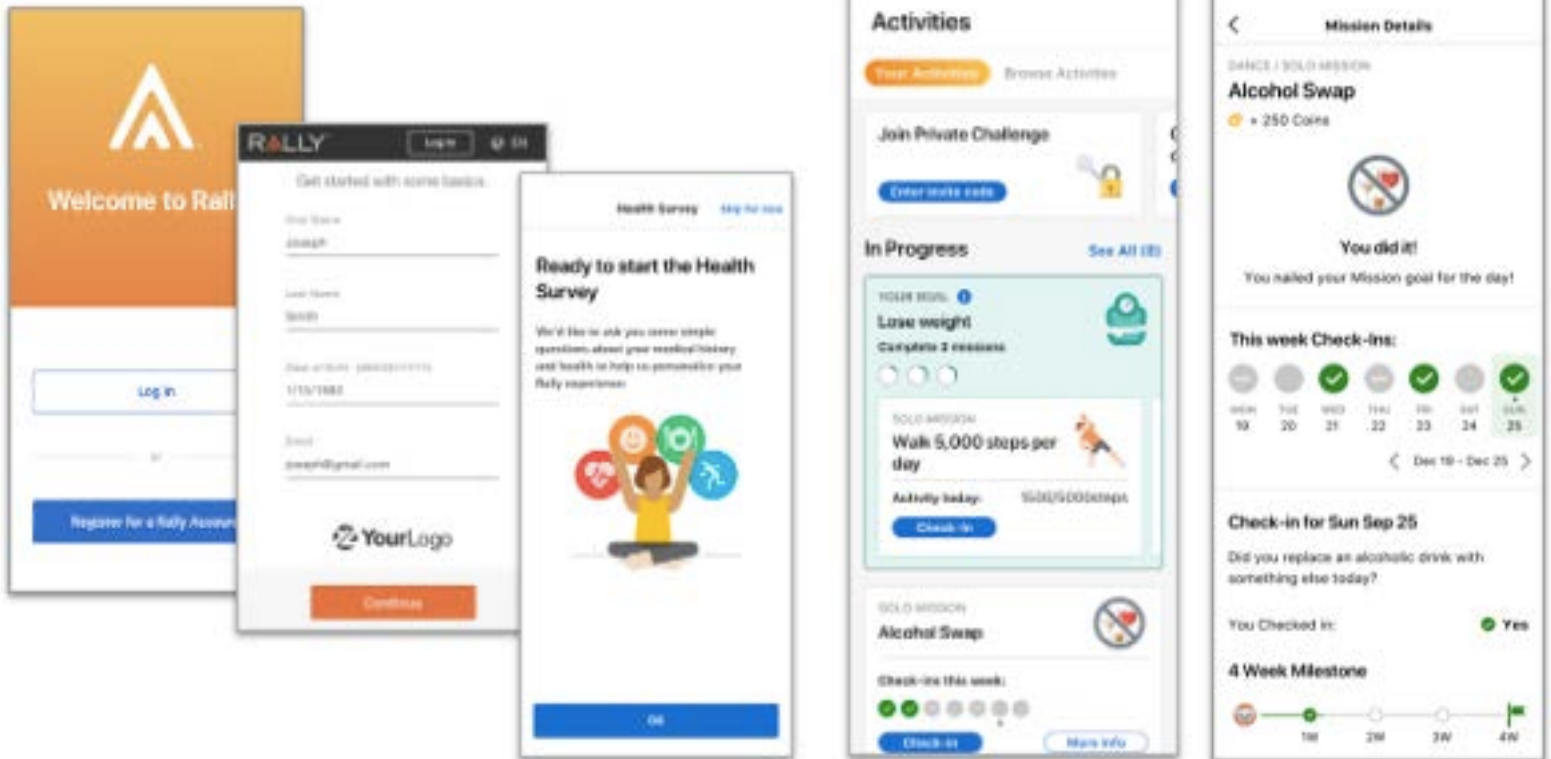
The Rally App

Team Members and Spouses can download the Rally App for free on iPhone and Android systems. You can complete all activities through the website or the app. With the app, you can use your phone as a step tracker to complete walking challenges as well.



Rally Health®
Build habits and e...
★★★★★ 19K

Registration Code:
TOYODAGOSEI





#TGhealthyME

also includes these great wellness programs!

Real Appeal

Free Weight Loss program

Livongo

Free Diabetes and Hypertension Management

Quit4Life

Free program to quit smoking

Sanvello

Free mindfulness app to help with anxiety, stress and depression

Talkspace

Virtual/online behavioral health therapy

Real Appeal® is a free* online weight loss program available to you as part of your employee benefits.

Real Appeal can help you reach your goals with:

- A Transformation Coach who leads weekly online group sessions.
- Online tools to help track your food, activity, and weight loss progress.
- A Success Kit with recipes, scales, workout DVDs, and more — shipped right to your door.



- Available at no cost to all team members, spouses and dependents 18 and older enrolled in TG's UnitedHealthcare Insurance plan subject to eligibility of BMI of 19 or above with qualifying conditions.
- For more information visit tggrouppenefits.com under "other benefits tab"

Join Real Appeal for free at
enroll.realappeal.com

The Simpler Way To A Healthier You

An advanced blood glucose meter and blood pressure monitor, plus the support you need, 100% paid for by your employer.



Join Livongo and you'll get:



Advanced devices to monitor your blood pressure and blood sugar



Automatic uploads mean no more logbooks



Real-time support from coaches when you need it



Summary reports you can send your doctor



Personalized tips and articles picked just for you



Optional family alerts to keep everyone in the loop



Unlimited strips.
Unlimited inspiration.
It's all free for you.

Join today at get.livongo.com/TOYODAGOSEI/register or call (800) 945-4355

Use registration code: **TOYODAGOSEI**

Programs include trends and support on your secure Livongo account and mobile app but does not include a phone or tablet.

You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo for Hypertension Program.



Quit for Life Tobacco Cessation Program For Team Members with a Medical/Rx Plan

Eligibility and Incentive

To encourage a healthier lifestyle, TG rewards Team Members who do not use tobacco by offering Medical/Rx coverage at a lower cost! For those TG Team Members who use tobacco products, you are eligible to enroll in the United Healthcare (UHC) *Quit for Life* tobacco cessation program! While enrollment in this program is voluntary, your Medical/Rx payroll contributions are tied to your successful completion of the program.

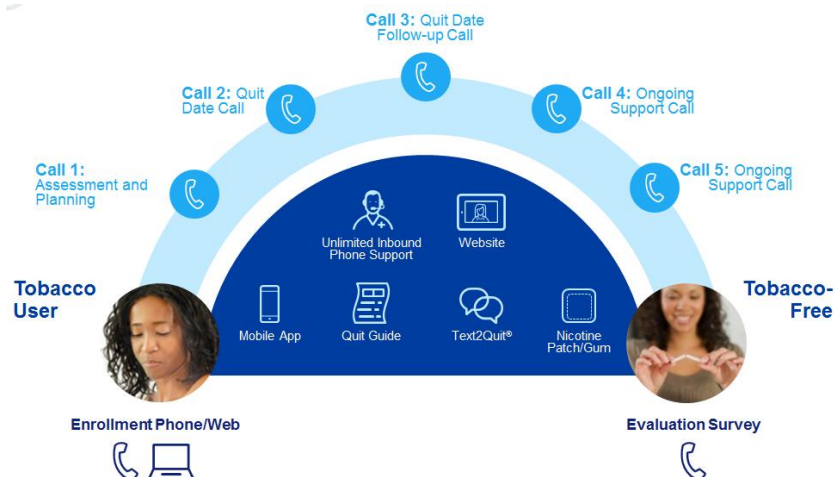
The Program

2021 Medical/Rx employee premium rate includes the Tobacco User surcharge of \$10.00 per paycheck.

To qualify for the Tobacco Free Incentive contribution rate **you must enroll in the UHC *Quit for Life* tobacco cessation program by February 28, 2021**. The program requires you to have five (5) confidential calls with a dedicated *Quit for Life* Coach within a 12-week period. Upon successful completion of the program your Medical/Rx payroll contributions will be reduced **and** you will be refunded the previously charged \$10.00 per paycheck Tobacco User surcharge. **However, if program completion is not successful, the Tobacco User surcharge will continue for the remainder of the 2021 Plan Year.**

Program Steps and Timing

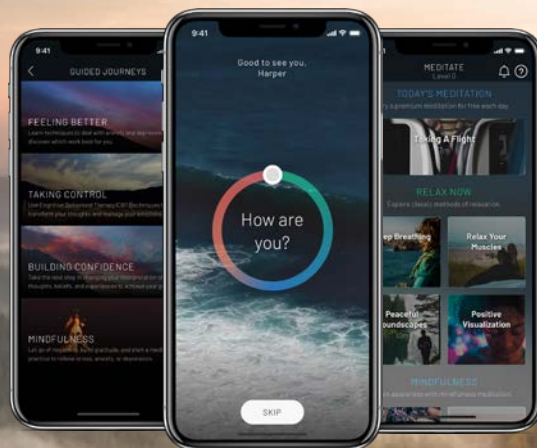
- ✓ **MUST Enroll in the program within 30 days from your Benefit Effective Date** -- by calling [1-866-Quit4Life \(784-8454\)](tel:1-866-Quit4Life) or visit www.quitnow.net
- ✓ Participate in five (5) scheduled calls with your Life Coach!
- ✓ Complete the scheduled calls within 12-weeks!
 - If you complete the program, your contributions will be reduced by \$10.00 per paycheck and you will be reimbursed your prior Tobacco User surcharge.
 - If you do **not** complete the program, your contributions will continue with the Tobacco User surcharge for the remainder of the Plan Year.
- ✓ As shown in the image below – to start your healthier lifestyle -- simply enroll and engage in confidential calls with your dedicated *Quit for Life* Coach:



TG pays 100% of the cost for you to participate in the *Quit for Life* program! Another key feature is that eligible FDA-approved smoking cessation products (such as nicotine patches and gum) are available to you at no cost! Depending upon your Medical/Rx plan, you may get these products by using your TG Prescription Drug I.D. Card.

Contact TG Human Resources at HR-team@tggroupbenefits.com

Say hello to Sanvello



On-demand help with stress, anxiety and depression.

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, track your progress and stay until you feel better.

Download the app today.
More information on [Sanvello.com](https://www.sanvello.com).

The Sanvello app is available to you at no extra cost as part of your plan's behavioral health benefits.



Daily mood tracking

Answer simple questions each day to capture your current mood, identify patterns and self-assess your progress.



Coping tools

Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.



Guided journeys

Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.



Personalized progress

Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.



Community support

Connect with one of the largest peer communities in the field and share advice, stories and insights — anonymously, anytime.

3 Steps to Upgrade to Premium for Free: **1.** download and open the app **2.** create an account and choose “upgrade through insurance” **3.** search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card. Questions? Email info@sanvello.com



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The Sanvello mobile application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Available to all UnitedHealthcare members at no additional cost as part of their benefit plan. Participation in the program is voluntary and subject to the terms of use contained in the application.
Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.
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Something on your mind? Message a dedicated therapist any time, anywhere

With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. Make progress. No office visit required.

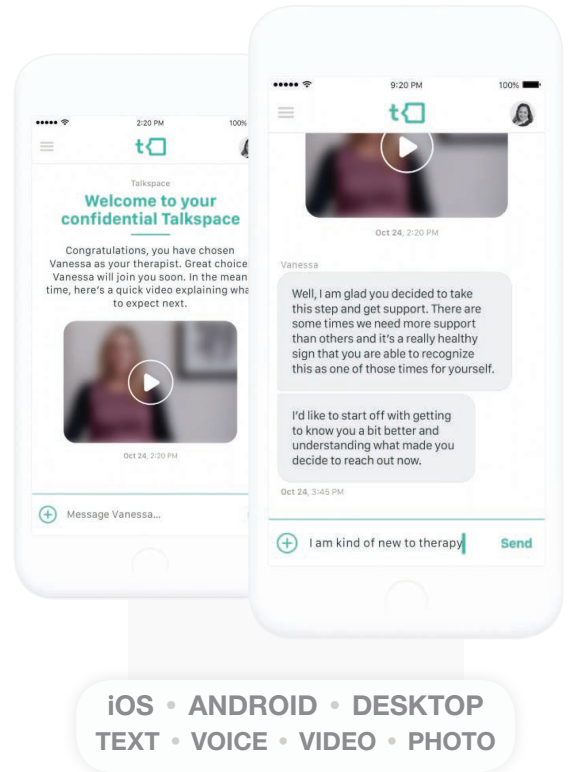
Here's how Talkspace can fit your life: With Talkspace, you can message a licensed therapist, 24/7.*

- Find a therapist with an online matching tool.
- Start therapy within hours of choosing your therapist.
- Therapists respond daily, five days a week.
- Schedule live video sessions, when needed.
- Download the Talkspace app on your mobile phone or desktop computer.

Talkspace is *your* space. To use in *your* time. It's private, confidential and convenient. And it's covered under your plan's behavioral health benefits.**

Talkspace is convenient, safe and secure.

Simply register (first visit only) and choose a provider at talkspace.com/connect. Then message any time, anywhere.***



*Data rates may apply.

**Copayment may apply and will be charged weekly via credit card. You may use Talkspace as often as desired per week once copayment for that week has been paid.

***Therapists respond to messages daily, five days a week.

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Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

UnitedHealthcare does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-suicide (784-2433) or 1-800-273-TALK (8255).**