

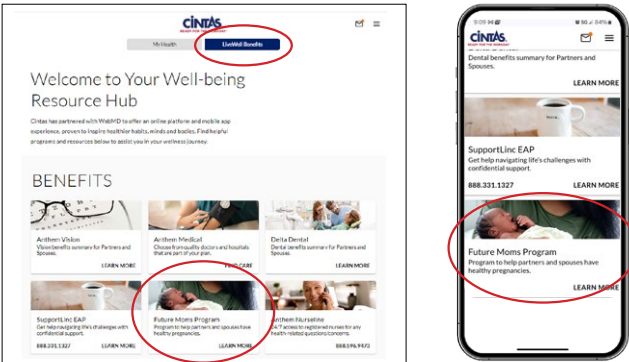
# GET STARTED WITH FUTURE MOMS TO RECEIVE SUPPORT AND ANSWERS TO YOUR PREGNANCY QUESTIONS WITH WEBMD

The Future Moms Program helps partners and spouses have healthy pregnancies and earn a reward. When you complete a Health Assessment and three pregnancy coaching sessions, you receive a \$250 reward.

**STEP 1** Beginning June 3, choose from one of three ways to access WebMD ONE.

1. **Single sign-on (partners only):** Log in to **PartnerConnect** and click on the **WebMD ONE** tile located at the top of the page or select **WebMD ONE** under the **Quick Actions** links to be automatically signed in.
2. **Go direct (partners/spouses):** Go to **webmdhealth.com/cintas** and enter your username and password to sign in.
3. **Via mobile app (partners/spouses):** Open the **Wellness at Your Side (WAYS)** app and enter your username and password to sign in.

**STEP 2** Go to the **LiveWell Benefits** tab, then **Future Moms Program**.



## HAVEN'T ENROLLED WITH WEBMD YET?

Beginning June 3:

- Go to **webmdhealth.com/cintas** and enter basic personal information to create your account.\*
- Download the **Wellness at Your Side (WAYS)** app and select **Create Account**. Enter **cintas** as the name of the organization sponsoring your enrollment then enter basic personal information to create your account.\*
- **(Partners only)** Log in to **PartnerConnect** and click on the **WebMD ONE** tile located at the top of the page or select **WebMD ONE** under the **Quick Actions** links. Then enter basic personal information to create your account.\*

\* When creating an account, be sure you and/or your eligible spouse enter information that matches what is currently on file with Cintas for your benefits. For example, do not use nicknames and check that names are spelled correctly.

**STEP 3** Complete the three sets of instructions listed below to complete the program and earn a \$250 reward.



Complete the Health Assessment. Once you sign in, click **GET YOUR SCORE** on the **Health Assessment** tile and complete your assessment (you can also access the assessment from the three horizontal line menu in the upper right corner). It only takes about 10 minutes. **Note:** If you completed the Health Assessment as part of the LiveWell Program to receive a premium discount, you will need to complete it again to access the Future Moms Program. Be sure to answer the **Are you pregnant?** question in the **About You** section under **Biometrics**.



Schedule and complete **three pregnancy coaching sessions**. **Note:** You must complete all three sessions. If you complete just one or two sessions, you will not receive credit toward the reward.



Spend your **gift card!** You can redeem your reward as gift cards at popular stores, such as Target or Amazon. You will redeem your reward via the InComm Store. Watch for an email from InComm to learn more about the many options for redeeming your reward; click the **View your award and redeem now** link in the email you receive.

You are eligible to participate in the Future Moms Program if you are a partner or spouse who is enrolled in a Cintas medical plan.