



INCENTIVE PROGRAM

# Beyond Best

2025 - 2026

Health Matters wants to reward your commitment to a healthier lifestyle by providing incentives that recognize your efforts. From **July 1, 2025 - June 30, 2026** you can earn points for participating in the activities below. The more you participate, the more points you will earn. Points can be redeemed for e-gift cards or charitable donations, **20 points = \$1**.

Incentives will be tracked and redeemed in the Health Matters Portal ([www.ritrust.com](http://www.ritrust.com))

Meditate 10 min.+ per day	1 point per day
Sleep 7 hours or more per day	1 point per day
10,000 Steps per day**	5 points per day
Successfully complete Portal Challenge	10 points per challenge
150 Active Minutes per week**	10 points per week
Complete Plan for Wellness in Portal	10 points per plan
Participate in Health Matters Classes	15 points per class
Complete Engagement RX Course	20 points per completed course
Complete Health Assessment in Portal	100 points

**\*\* REQUIRES LINKED FITNESS TRACKER!** Points for these activities can only be earned if they are tracked in the portal via a synced fitness tracker. Manual entry will not earn points toward incentives.

*Points do not carry over and will expire June 30, 2026.*

## REDEEM YOUR POINTS AT ANY TIME

*You must be a current Health Matters Member employee to redeem your points*

1. Click the **Redeem Your Incentives** tile in the Health Matters Portal.
2. Select **View My Points**, which will take you to your Points Bank, showing all the points you've earned.
3. Click the **Spend My Points** button, which will show you all the available gift card and donation options, as well as a "shopping cart" that shows your available dollars to spend.
4. Choose the card you'd like to redeem your points for. Enter the \$ amount and # of cards you'd like.
5. Then, click **Add to Cart**.
6. You can **Continue Shopping** (to redeem for additional cards) or **Place Order** (you will get an on-screen confirmation and receive the e-gift card in your email momentarily - check your spam folder if you don't see it!).

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# Be your Best

2025 - 2026

## FREQUENTLY ASKED QUESTIONS

### HOW DO I ENROLL IN THE BE YOUR BEST INCENTIVE PROGRAM?

All you need to do is register as a user on the Health Matters Portal. If you already have an active account, you are automatically enrolled. If not, go to [www.ritrust.com](http://www.ritrust.com) and click on Health Matters Wellness Portal. Once you arrive at the login page, select "or click here to register" under the Submit button.

### HOW DO I EARN INCENTIVE POINTS?

Earn points for each of the below activities. You must manually track your meditation time, but all other elements will be recorded automatically. Points for participation in Health Matters classes will be added to your points balance weekly.

Meditate 10 min.+ per day	1 point per day
Sleep 7 hours or more per day	1 point per day
10,000 Steps per day**	5 points per day
Successfully complete Portal Challenge	10 points per challenge
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### HOW DO I SYNC/LINK MY FITNESS TRACKER?

Login to portal, click on the Tracker tile, select Manage Device. Choose which tracker you'd like to use and follow login steps. For additional assistance, click the (top left), select My Wellness Tools, Tracker and then click Connect Device button.

### HOW DO I SEE/TRACK MY EARNED POINTS?

Login to the Health Matters Wellness Portal and click on the Incentive Program tile. Click View My Points which will give you a summary of points earned to date. For more detailed view, click Incentives & Rewards button (located under the page title) which will bring up 2024/2025 Be Your Best Incentive Program, click View Program. Click the plus sign next to each incentive element to see details on earned points.

### DO MY POINTS EXPIRE?

Yes! Points do not carry over from Policy Year to Policy Year and will expire June 30, 2026.

If you have questions on the **Be Your Best Incentive Program**, please reach out to Alexandra Fiore: [afiore@ritrust.com](mailto:afiore@ritrust.com)

