

2015 WILLIAMS WAY TO WELLNESS PROGRAM CHECKLIST

Get ready for Williams Way to Wellness
with our new wellness vendor, Limeade.

Choose your own path to improved well-being. With the Williams Way to Wellness 2015 program, you can participate in a variety of activities and earn rewards on your way to building a better you.

HERE IS A SNEAK PEEK OF OUR PROGRAM:

- | We're launching our program on January 20, 2015
- | Employees and spouses or domestic partners may each earn up to \$300 off your 2016 health plan premiums
- | Amazon gift card prize drawings throughout 2015 to keep you motivated and engaged
- | **New:** Link your personal fitness device or mobile app to your Limeade account to earn points for the activities you do every day

How it works:

- ✔ **Register at www.williams.limeade.com**
[Employees, use your employee ID; spouses and domestic partner use employee ID + S for example, 12345S]
- ✔ **Complete your Health Screening [required]**
Two ways to do it:
 - Participate in a Williams on-site screening
 - Complete a Physician Form
- ✔ **Complete the confidential, online Well-Being Assessment [required]**
- ✔ **Complete online activities to earn points**
Starting January 20, you choose the activities in which to participate to help you on your journey to improved health. There are activities for everyone: physical, relationship/social, financial, safety, stress management, and much more.

Visit www.williamswellnessprogram.com to learn more.

Questions or concerns: contact Customer Service at [855-750-8867](tel:855-750-8867) or support@limeade.com.

The 2015 Williams Way to Wellness program is available to all Williams employees. Spouses and domestic partners enrolled in the Williams medical plan may participate. **Eligible participants that complete the required health screening and well-being assessment and earn the appropriate number of points on time by September 15 will receive the program incentive.**

Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same incentive by different means. Contact us at williamsway2answers@williams.com and we will work with you [and, if you wish, with your doctor] to find a wellness program with the same incentive that is right for you in light of your health status. To request a different way to qualify for the incentive, you must contact us within a reasonable period of time prior to the September 15 deadline to allow you time to qualify for the incentive under the alternative standard.

— WILLIAMS —
WAY TO WELLNESS
energize you ★ energize us