

HEALTHCHECK360

Wellness Program Guide

HealthCheck360

Welcome!



Lifelong Well-being Starts Here

Rock Entertainment Group has partnered with HealthCheck360 to expand your employee benefits. You'll receive an email from us soon with instructions on how to join the program, but we wanted to tell you a little bit about what you will gain from participating in HealthCheck360. HealthCheck360 is a wellness company devoted to improving health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your biometric screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

Wellness Rewards

In addition to gaining powerful and personalized information about your health and well-being, we will offer wellness rewards for participating fully by November 30th, 2026.

Reward Levels:

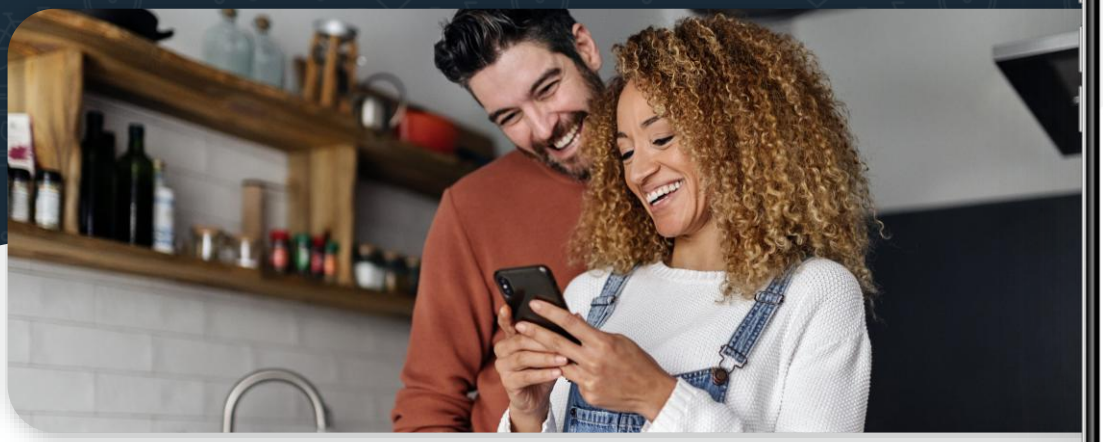
- 0-1,599 points: No Discount or Reward
- 1,600-2,299 points: 10% Premium Discount for Insured, or $50 Gift Card for Non-Insured Team Members
- 2,300-2,999 points: 20% Premium Discount for Insured, or $100 Gift Card for Non-Insured Team Members
- 3000+ points: 30% Premium Discount for Inured, or $200 Gift Card for Non-Insured Team Members

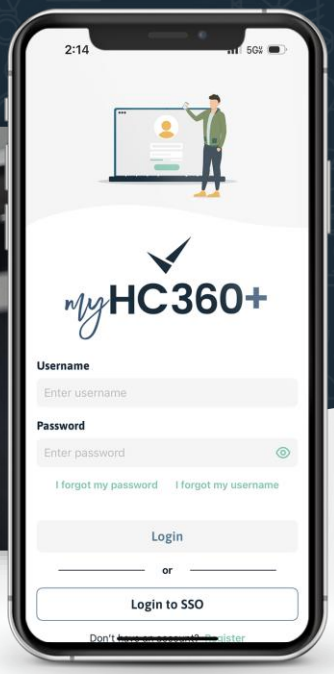
We encourage you to take this opportunity to proactively take control of your health. As you navigate the program, both Rock Entertainment Group and HealthCheck360 are here to support you.

Rock Entertainment Group

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 ext. 5099.

HealthCheck360





Everything at Your Fingertips

Discover the ultimate benefits with the myHC360+ mobile app. Gain exclusive access, comprehensive support, and advanced health tracking. Begin your journey with the myHC360+ mobile app by following the steps below.

Create Your Account

- Download the myHC360+ mobile app
- Select **Register** and enter your information:
  - Your Company Code is 00REG
  - Your Unique ID is your last 4 SSN
- Complete the form, agree to the terms and conditions and select **Create Account**
- ***You will receive an email from HealthCheck360 to confirm your email address. You must confirm your email address before you can log in, since you will be required to enter an MFA token each time you log in.***
- **Don't have a smart phone?** Log in by visiting myHC360+ on the web

Looking For More How To's On The App?

Visit our Knowledge Base!

Company Code: 00REG
Unique ID: last 4 SSN



PRO TIP

Connect A Device from Your App

Get the most from your myHC360+ experience by connecting your wearable device!

Connect a Device

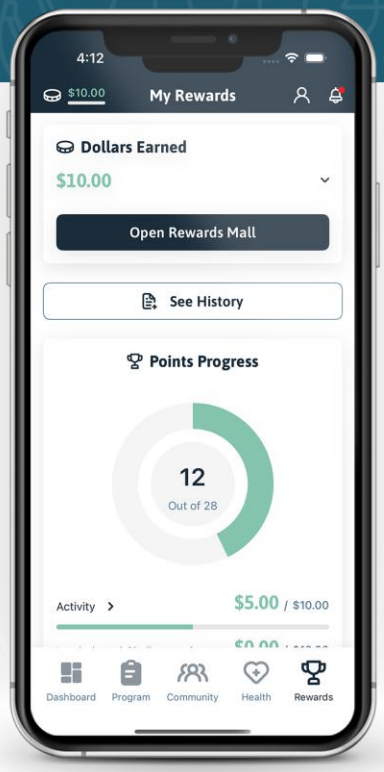
- Select the my profile icon at the top of your screen
- Select **Connect a Device**
- Find your fitness app or device and select **Connect**
- Select the data you want to share and then **Allow**

Earn Points

Choose activities from the list below to earn points today!

How to Submit an Activity for Points:

- Once logged into your myHC360+ mobile app, select an activity from the **To Do's** or **Program** tab on your screen
- If required, enter a brief description, enter a date, and/or upload your document
- Select **"Mark it Done"** to submit your activity

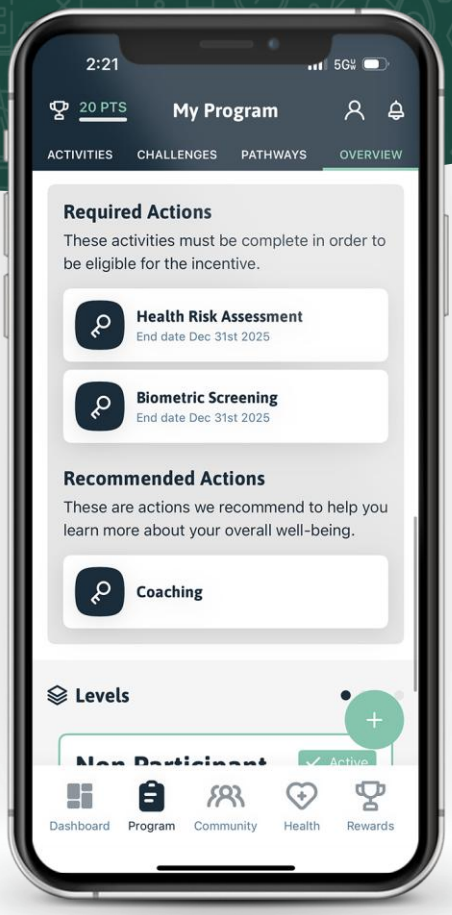


Activity	Points Per Activity	Maximum Points	Validation
Health Risk Assessment Survey	250	250	Approved Automatically – Points will be awarded upon completion
Tobacco/Nicotine Negative	100	100	Approved Automatically – Points will be awarded upon completion
Annual Physical	500	500	Submit – Points will be awarded upon proof submission
Preventive Care Services	200	600	Submit – Points will be awarded upon proof submission
Physical Activity	10	810	Approved Automatically – Points will be awarded upon completion: 8,000 steps or 30 minutes of activity for up to 3x a week
Culture of Health Activities	50	500	Submit – Points will be awarded upon proof submission
Blood Pressure	100	100	Approved Automatically – Points will be awarded upon received results by HealthCheck360: ≤120/80
Glucose	100	100	Approved Automatically – Points will be awarded upon received results by HealthCheck360: ≤ 99
LDL	100	100	Approved Automatically – Points will be awarded upon received results by HealthCheck360: 1-99

Activity	Points Per Activity	Maximum Points	Validation
Triglycerides	100	100	Approved Automatically – Points will be awarded upon received results by HealthCheck360: ≤149
Waist	100	100	Approved Automatically – Points will be awarded upon received results by HealthCheck360: Males - ≤40; Females - ≤35
Reasonable Alternative Standard: Pathways	100	400	Approved Automatically – Points will be awarded upon completion

HealthCheck360

Complete Your Survey



Complete your Health Risk Assessment survey today.

Complete Your Health Risk Assessment Survey by 11/30/2026

- Log in to your myHC360+ app
- First time users need to create a new account by selecting **Register**
  - Your company code is 00REG
  - Your unique identifier is your LAST 4 SSN
  - Select **Health Risk Assessment** from the **"My To-Do's"** list
- Select **Complete Survey**
- Scroll down to the Health Risk Assessment section and select **Take Assessment**
- Select **Start HRA** to launch the survey

FAQ

What if I don't have a smart phone? Log in by visiting my.hc360.app.

What if I forgot my password or username?
Click on "I forgot my password" or "I forgot my username" and enter the required information. Your reset will be sent to your preferred email.

How long will it take to complete the survey? The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Cavaliers Holdings Company, LLC .

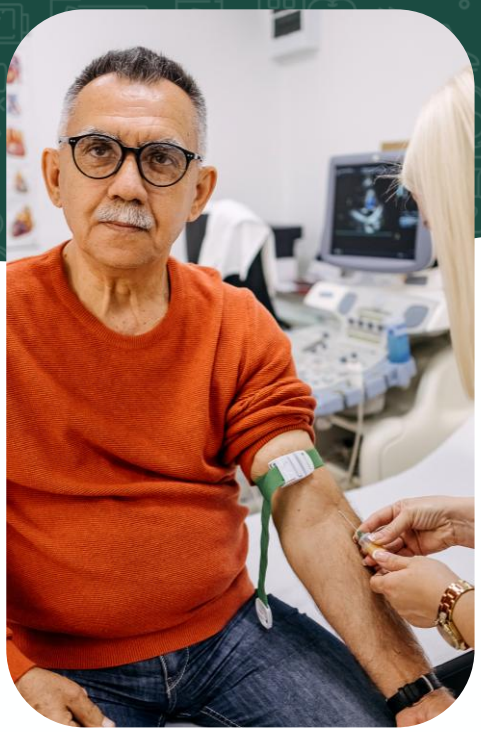
What is the program deadline? All steps must be complete by 11/30/2026.

Company Code: 00REG
Unique ID: last 4 SSN

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 ext. 5099.

HealthCheck360

Complete Your Screening



Receive objective, measurable results year-after-year.

Schedule Your Onsite or LabCorp Screening

You will receive correspondence of how to complete your screening with Be Well Solutions.

Complete a Screening with Your Physician

- Log in to your myHC360+ app
- First time users should create an account using the company code and unique ID listed to the right
- Select the **Biometric Screening** from the **To do** list
- Select **Physician Form** under the Biometric Screening section
- Download and print the **Physician Form**. Take this to your appointment and have your physician complete the form.
- Once your visit is complete, repeat the steps above and select the **Upload File** option from the **Physician Form** section to submit your results

Company Code: 00REG
Unique ID: Last 4 SSN

Discover the Benefits of Participating

Independence: Customize your involvement based on your interests and needs.

Convenience: Enjoy a flexible program designed for quick and easy participation.

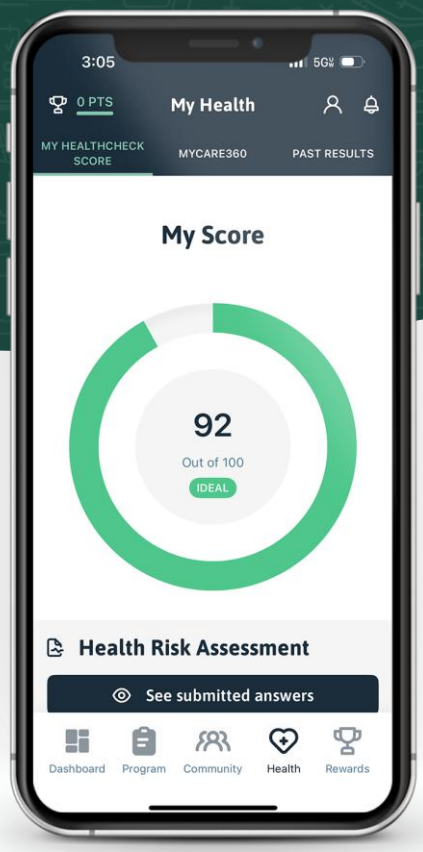
Complete Access: The mobile app allows you to access your program and health results anytime, anywhere.

Confidentiality: Your personal results remain confidential and will not be shared with anyone at your company.

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HealthCheck360

View Your Health Score and Access Your Individual Report



By participating in the HealthCheck360 Wellness program, you have taken a big step in the right direction towards improving your overall health.

Within 7-10 days of completing your biometric screening, you will receive a personalized, confidential report containing your results.

This report breaks down your results to provide you with valuable insight into your overall health, identifies areas for improvement, and offers suggestions for small adjustments you can make to your daily routine that can make a big difference long-term.

View Your Health Report:

- Log in to your myHC360+ mobile app
- Select the **Health** tab
- Tap on each biometric for more information

Have Questions About Your Health Report?

Health Coaching is a free resource for you! Give the HealthCheck360 team a call at (866) 511-0360 x5099 to get a coaching call scheduled today. Their coaches can help you:

- Understand biometric results
- Become aware of lifestyle habits
- Set attainable health goals
- Gain confidence in your ability to improve your personal health

Share Your Results:

Sharing your results with your physician is easy! Simply bring your myHC360+ mobile app with you to your appointment to show your doctor your recent screening results, or you can fax your results to your physician.

- Log in to your myHC360+ mobile app
- Select the **Health** tab at the bottom of your screen
- Under Biometric Screening select **Fax to a Physician**
- Enter in your contact information and hit **Next**
- Input your physician's information and click **Submit**

HealthCheck360

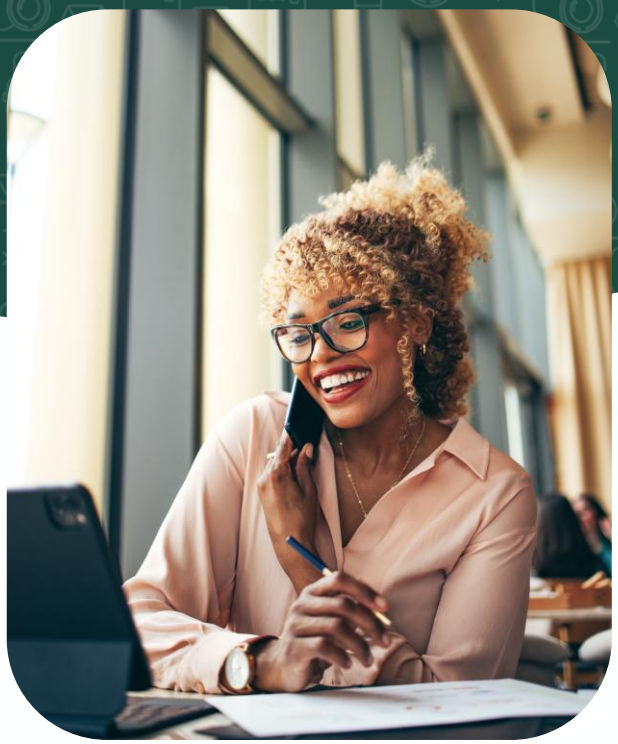
How is my Biometric Health Score Calculated?

The results of your biometric screening are evaluated to produce an overall health score. Your Health Score is calculated using the algorithm below, which assigns a risk status and point value to each clinical value range. Your Health Score is the sum of points scored across each of the biometric measurements below.

SCORED BIOMETRIC	CLINICAL VALUE	RISK STATUS	VALUE
BODY MASS INDEX (BMI)	18.50 - 24.9	Ideal	20
	25.0 - 29.9	Low	15
	30.0 - 34.9	Moderate	10
	35.0 - 39.9; <18.5	High	5
	≥40.0	Very High	0
WAIST MEASUREMENT	Men Women		
	≤40 in ≤35 in	Ideal	5
	>40 in >35 in	Very High	0
BLOOD PRESSURE	Systolic Diastolic		
	≤120 and ≤ 80	Ideal	25
	121 - 130 and ≤ 80	Low	20
	131 - 139 or 81 - 85	Moderate	14
	131 – 139 or 86 - 89	High	7
	≥140 or ≥90	Very High	0
TOTAL CHOLESTEROL:HDL RATIO	Men Women		
	<3.5 <3.4	Ideal	10
	3.5 – 4.2 3.4 – 3.9	Low	8
	4.3 – 5.0 4.0 – 4.4	Moderate	6
	5.1 – 7.3 4.5 – 5.7	High	3
	>7.3 >5.7	Very High	0
HDL CHOLESTEROL	≥60	Ideal	5
	50 -59	Low	4
	46 - 49	Moderate	3
	40 - 45	High	2
	<40	Very High	0
LDL CHOLESTEROL	<100	Ideal	5
	100 - 129	Low	4
	130 - 159	Moderate	3
	160 - 189	High	2
	≥190	Very High	0
TRIGLYCERIDES	<150	Ideal	5
	150 - 174	Low	4
	175 - 199	Moderate	3
	200 - 499	High	2
	≥500	Very High	0
GLUCOSE	<100	Ideal	25
	100 - 109	Low	20
	110 - 119	Moderate	14
	120 - 125	High	7
	≥126	Very High	0

HealthCheck360

Health Coaching Made For You



Long-Term Results, Simple Steps

Talk with a trained professional to understand your current health and focus on improving your overall well-being. Inbound Health Coaching is free and unlimited!

The HealthCheck360 Health Coach Can Help You:

- Work to understand your current health
- Become aware of your current lifestyle habits
- Determine lifestyle changes that could improve your health
- Set attainable health goals
- Gain confidence in your ability to improve and/or maintain your physical and mental health

How Can I Contact a Health Coach?

Contact a coach by calling 1.866.511.0360 extension 5099 or email healthcoach@healthcheck360.com

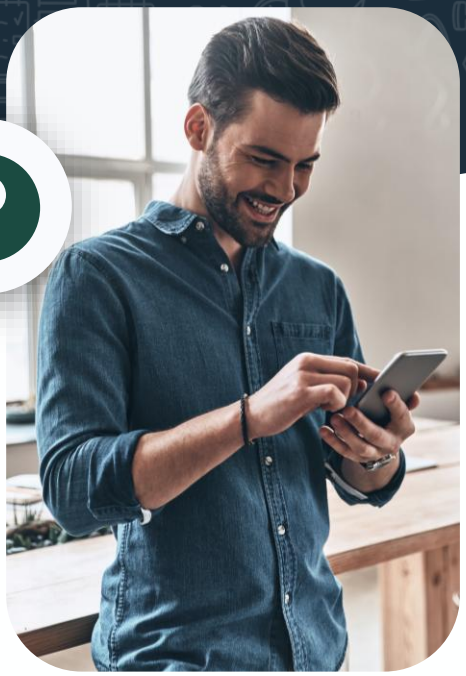
Call Today!
1.866.511.0360 ext. 5099

Company Code: 00REG
Unique ID: last 4 SSN

"The relationship with my coach is key!"
– HealthCheck360 Participant

HealthCheck360

myHC360+ Device Connection FAQ



HC360+ is integrated with a variety of other apps and devices to allow participants to sync outside data to their myHC360+ account.

FAQ:

Q: How do I connect my fitness device?

A: Follow the steps below to connect your device:

1. Select your profile icon at the top of your screen
2. Select **Connect a Device**
3. Find your fitness app or device and select **Connect**
4. Select the data you want to share and then **Allow**

Tip: The more categories you select, the more data will show on your myHC360+ account

Q: Why is my data not syncing?

A: There are a few things you can do to troubleshoot your data syncing issue.
First, ensure your myHC360+ app is updated to the latest version and ensure your mobile device's operating system is up to date.

If you're still experiencing syncing issues, take these next steps:

1. Disconnect your device and reconnect
2. Verify you have data in the application for your chosen device (examples: Health App on your iPhone, Fitbit App, Health Connect app and ensure they are syncing the device to your account if applicable.)
3. Ensure all permissions are enabled to share with myHC360+ by ensuring you completed step 4 above when connecting your fitness device
4. **IMPORTANT**: Leave the app for your tracking device open and the myHC360+ app open and running in the background on your phone

Q: Can I find a step-by-step guide for Apple Health, Fitbit, Garmin, or Health Connect?

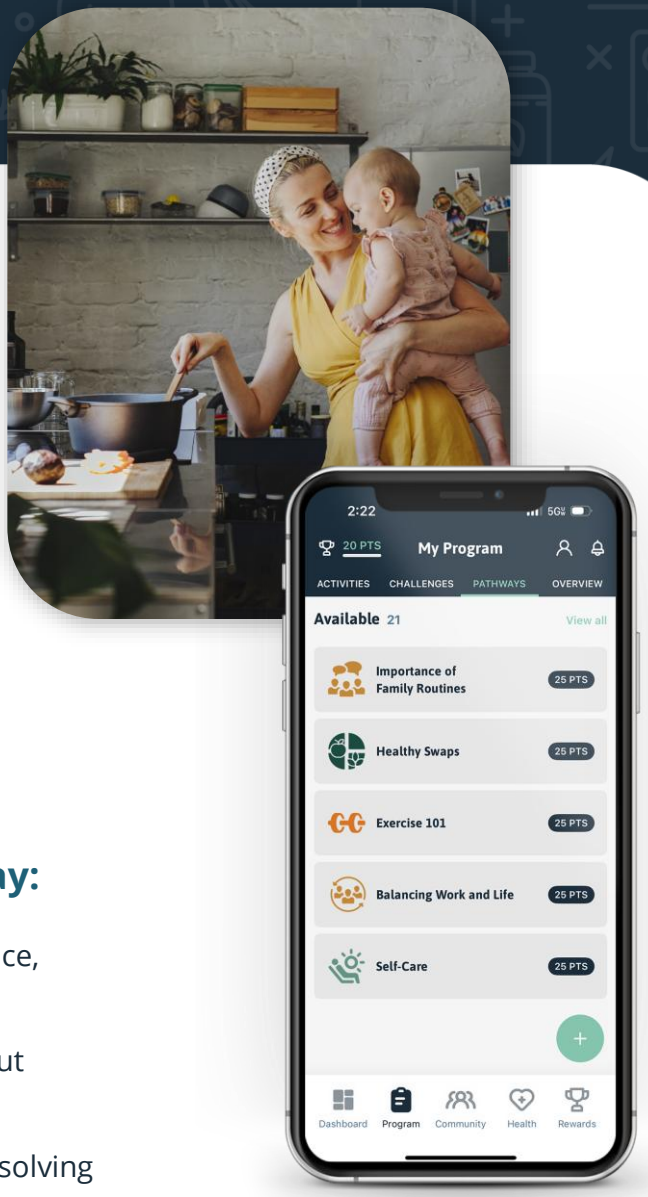
A: Yes! We have device connection guides for troubleshooting tips, tools, and instructions to walk you through device integration and connection.

Want more? Check out our Device Connection Guide!

Download the App Today!
Company Code: 00REG
Unique ID: last 4 SSN

HealthCheck360

Educational Pathways



Positive Change One Step at a Time

Pathways provide interactive coaching modules covering a variety of health topics and optional quizzes to build health awareness, knowledge, and inspire positive change.

Pathway topics you can start exploring today:

Mental health: Balancing work and life, developing resilience, putting positivity into practice, self-care, and more.

Physical health: Fitness at home, effective workouts without equipment, exercise 101, and more.

Nutrition: Improving comfort foods, eating well on the go, solving the protein puzzle, and more.

You'll also find pathways for social health, financial wellness, safety, sleep, and additional topics you're sure to love.

Get Started:

To start exploring everything Pathways has to offer, follow the below steps.

1. Login to your myHC360+ account
2. Tap "**Program**" from your login dashboard
3. Select "**Pathways**" from the top menu
4. Select "**Start Pathway**" at the bottom to begin
5. Don't have time? No problem! Add pathways you're interested in to your "To-Do" list to visit later!

Company Code: 00REG
Unique ID: last 4 SSN



Join The Fun!

HealthCheck360 Resources Just For You

- **Mobile App**: The myHC360+ mobile app allows you to access all parts of your program and your health results on-the go. Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.
- **Social Groups:** Whether you're a garden enthusiast, a passionate runner, a culinary whiz eager to share recipes, or a book lover searching for your next great read, there's a group for you!
- **Educational Pathways:** Our pathways provide interactive coaching modules covering a variety of health topics and optional quizzes to build health awareness, knowledge, and inspire positive change.
- **Unlimited Health Coaching:** Contact HC360 at 1.866.511.0360 ex. 5099 to speak to a health coach anytime, completely free.
- **Lunch & Learn Webinars:** Join HC360 the first Wednesday of every month for tips, tricks, and hacks directly from our health coaches. Register for upcoming webinars on our blog.
- **Monthly Calendars & Newsletters**: Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.
- **Blog Articles:** Subscribe to the HealthCheck360 blog to get recipes, exercises, health tips, and more!
- **Social Media:** Follow us on Facebook and Instagram for quick tips year-round and the chance to win prizes!



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HealthCheck360

Notice Regarding Wellness Program

Rock Entertainment Group sponsors HealthCheck360, a voluntary wellness program available to all team members. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for HDL, LDL, Triglycerides, Total Cholesterol, Glucose, GGT, Cotinine, Creatinine, Albumin, ALP, Total Protein, ALT, AST, GSP, Bilirubin, Globulin, and BUN. The blood test may also include A1c, PSA, TSH. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, team members who choose to participate in the wellness program will receive an incentive of up to 30% for Insured Team Members or up to $200 for Non-Insured Team Members for earning 1,600+ points. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthCheck360 at 1-866-511- 0360 or support@healthcheck360.com.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks and may also be used to offer you services through the wellness program, such as Condition Management services. You also are encouraged to share your results or concerns with your own doctor.

HealthCheck360

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Rock Entertainment Group may use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact HealthCheck360 at 866-511-0360 or support@healthcheck360.com

HealthCheck360



Contact Us

We're Here to Support You Every Step of the Way

HealthCheck360 Support
P. 866.511.0360
E: support@healthcheck360.com

Free Health Coaching
P. 866.511.0360 ext 5099
E: healthcoach@healthcheck360.com

Rock Entertainment Group Contact Information
E: bewell@cavs.com



Want More?

Check out the myHC360+ Knowledge Base for everything you need to know about the myHC360+ mobile app and online portal.

Visit here: Knowledge Base!