

Alliant Health Plans' health and wellness initiative, Live⁴It Alliant, inspires you to engage in a program that embraces your individual goals for overall health and wellness. Whether you are just beginning, or already focusing on your health, Live⁴It meets you where you are. Live⁴It Alliant understands the importance of the whole being by offering a wellness journey that focuses on the integration of mind, body, spirit, meaningful relationships, preventive health programs, nutritional guidance, and emotional vitality. By identifying key areas that can have an impact on lifespan, Live⁴It Alliant can help meet goals of living a longer, healthier life. Live⁴It Alliant allows you to earn points and rewards while on your health journey.



What is Live⁴It?

If asked, "Do you want to join a Health and Wellness Program?" the response might be varied. If asked, "Do you want to live a longer, healthier life in order to enjoy kids/grandkids, dream vacations, favorite pastimes, or anything that is important, that gives you joy, hope, peace, strength, or meaning in life?" the response tends to be "Yes!" That's Live⁴It. Live⁴It inspires you to make simple, incremental changes to live a longer, healthier, and happier life. Live⁴It accepts who you are and meets you where you're at. It's designed to identify what is important to you (your "It"), and provides tools, guidance, and information to help you fulfill your health and wellness goals.



Eligibility/Participation

- Live⁴It Alliant believes in the power of a healthy environment.
- Even though rewards are only for Qualifying Entrants*, Live⁴It is available for other participants as well.

Tools/Materials

- Mobile App and Web Portal
- Admin Tool capabilities
- Electronic brochures and bulletin board collateral
- Yearly calendar of events
- Education materials, social media content, health fair notifications, and more!

Incentives/Rewards

- Join an Expedition using the appropriate private code
- Engage in healthy behaviors and participate in Excursions
- Earn Points (*must join an Expedition to earn Expedition Points*)
- Points are based on each month's activities so participants stay engaged each month
- 1 Expedition Point = \$1 Live⁴It Dollar = \$1.00
- No complicated tiers or levels = easy to understand and communicate
- Qualifying Entrants* receive rewards on their Live⁴It Alliant debit card. The card serves as a way to earn and spend Live⁴It Dollars.

*SoloCare Members 18 years or older; SimpleCare/4Corners Subscribers 18 years or older.