AMC Global Media

2026 Well-Being Rewards Guide

AMC Global Media partners with Health Advocate to provide you with tools and resources to support your well-being. We encourage you to focus on your health and happiness. Plus, you'll earn exciting rewards for your efforts!

Start date:
May 1, 2026

Deadline to complete Personal Health Profile and Health Screening:
October 31, 2026
Note: If you complete the PHP by June 30, 2026 you will be entered into a raffle for a reward!

Deadline to redeem rewards:
November 18, 2026

Deadlines to earn additional raffle points:
December 31, 2026

You earned it! Now it's time to enjoy your reward!

Well-Being Rewards Details

Step 1: Complete the Personal Health Profile and Health Screening by October 31, 2026 to receive up to $100 reward dollars redeemable on Health Advocate's Rewards Mall. The last day to redeem your rewards is November 18, 2026. You can redeem your earnings for e-gift cards, fitness gear and other healthy merchandise.

Note: If you complete the PHP by June 30, 2026 you will be entered into a raffle for a reward!

Step 2: Complete activities to accrue an additional 50 or more wellness points by December 31, 2026 to be entered into a raffle valued at $400!

Well-Being Rewards Program Eligibility

The AMC Global Media Well-Being Program reward is available to all employees. Spouses and dependent children age 18+ can utilize the well-being program features, but are not eligible for the reward.

Health Advocate's well-being tools and resources are organized by four learning pillars
— Be Well, Be Balanced, Be Connected, and Be Successful —
to guide you toward a more fulfilling and healthy life.

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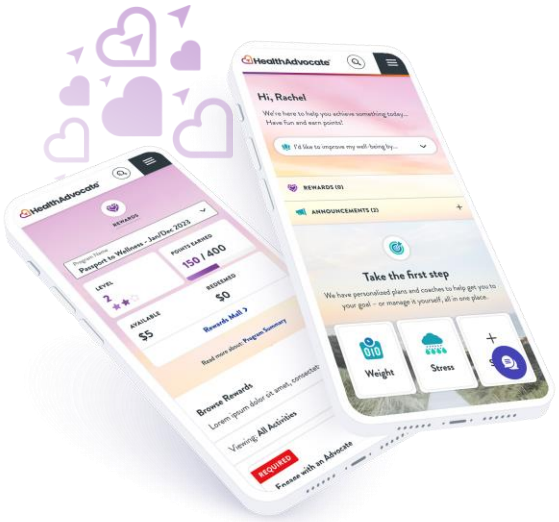
AMC Global Media Well-Being Rewards Program

Be Well | Be Balanced | Be Connected | Be Successful

Program details:

Level 1: Complete the Personal Health Profile (PHP) and Health Screening.

Level 2: Earn an additional 50 points to be eligible for the year end raffle.



Discover all the benefits of your well-being program!

Explore Health Advocate's member website and mobile app where you can review the full program and reward details, complete activities, track your points and progress, access curated health information, and more. It's your personal hub for achieving your well-being goals!

HealthAdvocate.com/AMCNetworks
Registration code: JX2XFTU

Access Well-being

Activity	Points/Max
Personal Health Profile (PHP) *	**50/50**
Health Screening *	**50/50**
Access Health Advocate website or app	**5/25**
3 Session Coaching Program *(Including Jumpstart coaching programs: On the Move, Scale Down, Stress Less, Make Control Your Goal)*	**10/50**
6 Session Coaching Program	**50/50**
Health Education Session	**10/10**
Engage with an Advocate	**10/30**
Healthy Outcomes	**20/100**
Personal Pathfinder	**5/10**
Personal Pathways	**50/100**
Preventive Care Exams *(Including medical, vision, and dental)*	**50/100**
Quit Tobacco Online or with a Coach	
• Tobacco Enrollment	**5/5**
• Tobacco Completion	**50/50**
Well-Being Challenges	**25/100**
Workshops	**50/50**
Flu Shots	**50/50**
K-Points	**4/20**

** Required Activity*

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Meet the Healthy Outcomes

Meet the healthy outcomes from your 2026 health screening results or improve from your 2025 results to earn points. **Earn 20 points per outcome, up to 100 points max.**

Measurement	Goal		12-Month Improvement Standard	Points
	Men	Women		
Blood Pressure	< 130/80 mm HG		N/A	**20**
Waist Circumference (WC)*	< 41 in	< 36 in	Decrease BMI by 5 pts	**20**
BMI	< 30			
HbA1c	< 5.7%		Decrease HbA1c by 1.45%	**20**
Glucose Fasting	< 100mg/dl			
Glucose Non-Fasting	< 141 mg/ dl			
Cholesterol Ratio	< 5.0		N/A	**20**
HDL Cholesterol	≥ 40 mg/dl	≥ 50 mg/dl	Increase HDL by 10%	**20**

**Note Waist Circumference (WC) always takes precedence over BMI. HbA1c always takes precedence over Glucose.*

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Frequently Asked Questions

How do I register for the Health Advocate website and mobile app?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/AMCNetworks or download the mobile app
2. Click on "Register Now"
3. Registration code: JX2XFTU
4. Enter the required information, confirm your registration, then log in

Q: What can I do on the Health Advocate app?

A: The Health Advocate app has the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

Q: What if I am unable to fulfill a requirement of the reward program?

A: We are committed to helping you thrive and find your path to well-being. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some well-being goals Health Advocate supports?

A: We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you throughout your wellness journey.

Q: Are my rewards taxable?

A: Due to IRS rules, rewards are considered taxable income. They will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

Q. If I went to my doctor earlier in the year, can I earn points for my exam?

A: Yes! Visits occurring between November 1, 2025 and October 31, 2026 for Health Screenings and visits occurring January 1, 2026 through December 31, 2026 for Flu Shots and Preventive Care Exams will qualify for points.

Q: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Answer questions about diagnoses and treatments.
- Find the right in-network doctors and make appointments.
- Coordinate second opinions and transfer medical records.
- Resolve insurance claims and medical billing issues.
- Confidential access to Employee Assistance Program (EAP) Professionals for help with personal, family and work issues.
- Locate childcare, eldercare, summer camps, special needs services, relocation and more.
- Weigh healthcare decisions with our MedChoice Support™ tool online or on our app. Click "Stay Healthy" then "Treatment Alternatives" to get guidance on healthcare decisions and assess your personal preferences so you can make the best care choices.

Q: When is Health Advocate available?

A: Health Advocate is available 24/7. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.

Q: Will my information and interaction with Health Advocate remain private?

A: Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.

866.799.2728

answers@HealthAdvocate.com

HealthAdvocate.com/AMCNetworks

Registration code: JX2XFTU

Call • Email • Message • Live Chat

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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