Local Community Physical Activity Program
2015 Wellness Reward

Frequently Asked Questions

1. Am I eligible to earn 2015 Wellness Rewards for a local community physical activity?
If you are enrolled in the JPMorgan Chase Medical Plan, you are eligible to earn $200 in Wellness Rewards in your Medical Reimbursement Account (MRA) if you:
- Register your participation using the JPMorgan Chase Good Works website
- Complete an activity listed on the Good Works website that is marked “Wellness Reward Eligible” or you participate in the J.P. Morgan Corporate Challenge or Cycle for Survival
- Complete 2015 Initial Wellness Activities (Wellness Screening and Wellness Assessment) and have not yet earned the $400 maximum for 2015 Additional Wellness Activities.

If you are not enrolled in the 2015 JPMorgan Chase Medical Plan, you are still eligible to earn 2015 Wellness Rewards for a local community physical activity.

2. Which community physical activity programs are eligible for Wellness Rewards?
Community physical activity programs that are eligible for wellness rewards include:
- Eligible activities are listed on the Good Works website as “Wellness Reward Eligible” and include charity walks, runs, bicycling events that are physical in nature and have a charitable component.
- The J.P. Morgan Corporate Challenge
- Cycle for Survival

3. Where do I find the Good Works website and eligible events in my community?
- Go to the Good Works website at www.cybergrants.com/jpmc/giving to sign up for an eligible volunteer event or go to My Health > Take Action > Physical Activity Program
- Next, select: “Click here to Volunteer”
- Go to Volunteer Opportunities > Learn More/Sign Up
- A list of scheduled activities in your community will be displayed. Be sure to read the title and description line to confirm eligibility for Wellness Rewards. Eligible events are tagged “Wellness Reward Eligible.”

(Note: Check the Good Works website regularly as event updates are made on an ongoing basis.)

4. I don’t see any walks/runs listed for my area. How can I earn the $200 in Wellness Rewards?
Events are generally listed for the current month and the following month. Check the Good Works website as updates are made regularly for upcoming events. In addition, if you create a volunteer
profile on the Good Works website and specify that you are interested in community walks/runs/physical charitable events, you will be notified when an upcoming event in your area is scheduled.

If the offerings in your area are limited or your schedule does not permit you to participate in a scheduled event, you can also earn Wellness Rewards by participating in other Additional Wellness Activities, including those listed below. To find more information on other ways to earn Additional Wellness Rewards, go to:

My Health > My 2015 Medical Plan > My MRA Checklist.

$400 ($200 each) for completing four additional wellness activities, such as:

- Preventive Care
- Health Coaching (phone or online)
- Local Community Physical Activity Event (*maximum of one activity*)
- Body Mass Index under 25 (or progress)
- Personal Action call
- Choosing Care Wisely online training
- Blood Pressure under 140/90

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5. Is participation in a J.P. Morgan Corporate Challenge eligible for Wellness Rewards under this program?
   Yes, if you also meet other eligibility requirements listed in Question 1. You do not need to register on the Good Works site for the Corporate Challenge events - you may register directly at [www.jpmorgan.com/cc](http://www.jpmorgan.com/cc) for your respective location. Note: in order to receive the MRA funds, registered employees must complete the 3.5 mile run/walk on race night. The event organizers will provide the list of JPMC finishers after each event.

6. Is participation in the Cycle for Survival event eligible for Wellness Rewards under this program?
   Yes, if you also meet other eligibility requirements listed in Question 1. You do not need to register on the Good Works site for the Cycle for Survival events.

Register for a team on your own or with some of your colleagues by selecting a date and location from the list below and following the registration instructions. For more information on Cycle for Survival and how to get involved, you can visit the JPMC Cycle for Survival intranet page. 2015 Cycle for Survival dates and locations:
**The JPMorgan Chase team password is “jpmorgan2015” (case sensitive)**

Saturday, February 7: New Jersey  
Sunday, February 8: Boston  
Saturday, February 7: Los Angeles  
Sunday, February 8: Long Island  
Sunday, February 8: Miami  
Saturday, February 21: San Francisco  
Saturday, February 21: Dallas  
Sunday, February 22: Chicago  
Sunday, February 22: Palo Alto  
Sunday, February 22: Seattle  
Friday, February 27: New York City  
Sunday, March 1: Connecticut  
Sunday, March 1: Washington DC  
Saturday, March 7: New York City  
Sunday, March 8: New York City

7. Is a 5K walk or run sponsored through my church/synagogue/school/town/local organization eligible for Wellness Rewards?  
No. Wellness Rewards are available only for charitable walks, runs and athon type events listed on the Good Works website and tagged “Wellness Reward Eligible,” the J.P. Morgan Corporate Challenge and Cycle for Survival.

8. Where can I find more information about events that qualify?  
Go to the Good Works website, Corporate Challenge and Cycle for Survival website. All are accessible through My Health.

9. How can I get an event added as a Wellness Eligible Event?  
Eligible events are sponsored at the local level through your Local Volunteer Leadership Group (“VLG”). Please contact your local Volunteer Leadership Group to inquire about their event review and selection process. You may find the Volunteer Leadership Group Contact List on the Company Home page at:

Company Home > Lines of Business > Corporate Groups > Corporate Responsibility > Global Philanthropy > Employee Engagement & Volunteerism > Good Works Volunteer Leadership Group Contact List

Please Note: Requests for additional events should be submitted well in advance of their planned dates. Your local VLG can advise you as to when events are added to their plan throughout the year.

If you have questions about the Local Volunteer Leadership Groups (“VLG”) please send your inquiry to: corporate.campaigns@jpmchase.com.
Wellness Rewards

10. How will I receive my Wellness Rewards?
If you are enrolled in the JPMorgan Chase Medical Plan, your Wellness Rewards will be credited to your Medical Reimbursement Account (MRA). The Community Physical Activity Event is not available to your covered spouse/domestic partner.

If you are not enrolled in the 2015 JPMorgan Chase Medical Plan, you will receive your wellness rewards via your regularly schedule payroll.

11. How will my participation in a Local Community Physical Activity event be tracked?
If you register for a physical activity event through the Good Works website or participate in the J.P. Morgan Corporate Challenge or Cycle for Survival, Cigna or UnitedHealthcare will receive a monthly file and will verify that you meet the eligibility requirements to earn Wellness Rewards.

12. If my physical condition does not permit me to participate in a run/walk, is there another way I can earn $200 in Wellness Rewards?
Yes, there are a number of Additional Wellness Activities you can participate in to earn Wellness Rewards. These include:

- Preventive Care
- Health Coaching (phone or online)
- Local Community Physical Activity Event (maximum of one activity)
- Body Mass Index under 25 (or progress)
- Personal Action call
- Choosing Care Wisely online training
- Blood Pressure under 140/90

13. Why did I receive an email asking if I want to receive Wellness Rewards?
2015 Wellness Rewards: Local Community Physical Activity Program
If you registered for an eligible charity walk, run or other physical activity volunteer event, you will receive an email or letter confirming that you have completed the event. This is your opportunity to decline the Wellness Rewards within five business days if you did not participate in the event or if you don’t want to receive Wellness Rewards. If you wish to receive Wellness Rewards, you do not need to reply to the email or letter.

14. How soon after an event will I receive my $200?
If your are enrolled in the 2015 JPMorgan Chase Medical Plan, your funds will generally be deposited to your Medical Reimbursement Account (MRA) in approximately four to six weeks from the end of the month of the event that you participated in a Good Works walk/run or the J.P. Morgan Corporate Challenge.
If you are not enrolled in the 2015 JPMorgan Chase Medical Plan, you will receive your wellness rewards via your regularly schedule payroll in approximately four to six weeks from the end of the month of the event.

15. I have already earned $800 in Additional Wellness Rewards. Can I still earn an additional $200 for an eligible Local Community Physical Charitable Volunteer event?
For the charitable physical activity volunteer events you can earn a total of $200, once per year for one event only. The maximum “Additional Wellness Rewards” you can earn is $800 total.

16. I participated in an eligible event three months ago and I don’t see Wellness Rewards in my account – who should I call?
Contact your health care company (Cigna or UnitedHealthcare) to confirm that you meet the eligibility requirements.

CONTACT INFORMATION FOR ADDITIONAL QUESTIONS

Questions about Wellness Rewards eligibility and balance:
If you participate in the 2015 JPMorgan Chase Medical Plan, contact your health care company or visit My Health > My MRA Tracker

- UnitedHealthcare: 1-800-272-8970
- Cigna: 1-800-790-3086

If you are not enrolled in the 2015 JPMorgan Chase Medical Plan, please contact CIGNA at 1-800-854-7304.

For general questions:
You can send an email to us.wellness@jpmchase.com or go to My Health > My 2015 Medical Plan > My MRA Reference Guide.