

why did i receive an optum wellness rewards card

Why Did I Receive an Optum Wellness Rewards Card? Unlocking the Mystery of Your Unexpected Mail

Have you received a mysterious Optum Wellness Rewards card in the mail and are scratching your head wondering, "Why did I receive an Optum Wellness Rewards card?" You're not alone! Many people find this card unexpectedly in their mailbox, leading to a flurry of questions. This comprehensive guide will unravel the mystery surrounding your Optum Wellness Rewards card, explaining exactly how you received it, what it's for, and how to maximize its benefits. We'll cover everything from employer-sponsored programs to individual enrollment, helping you understand this valuable wellness incentive.

Understanding Optum and its Wellness Programs

Before diving into why you received the card, let's understand Optum. Optum is a health services and information company that partners with employers and health plans to offer various wellness programs. These programs are designed to encourage healthier lifestyles and often include rewards for participating in healthy activities. Think of it as an incentive program aimed at improving overall health and well-being.

The Most Common Reasons for Receiving an Optum Wellness Rewards Card

There are several reasons why you might find an Optum Wellness Rewards card in your mailbox:

1. **Employer-Sponsored Wellness Program:** This is the most frequent reason. Your employer likely partners with Optum to offer a wellness program as an employee benefit. Participation may be voluntary or mandatory, depending on your company's policy. The card acts as your key to accessing the program and earning rewards. Check your company's intranet or benefits portal for detailed information on your specific program.
1. **Individual Enrollment Through a Health Plan:** Some health insurance plans offer wellness programs through Optum, and you might have enrolled independently. This could be a separate enrollment process outside of your employer's program. Review

your health insurance policy documents or contact your insurance provider to confirm your enrollment status and program details.

1. **Family Member Enrollment:** If a family member receives their wellness rewards through Optum, you might receive a card connected to their program, particularly if they are covered under the same health plan. Check with the family member who is enrolled to confirm this possibility.
1. **Previous Enrollment (You may have forgotten!):** It's possible you enrolled in an Optum wellness program in the past and simply forgot. Review any past emails or documents related to health insurance or wellness programs.
1. **Automated Enrollment:** In some cases, your employer or health plan might automatically enroll eligible employees in wellness programs. This means you may have received the card without actively signing up.

Activating and Utilizing Your Optum Wellness Rewards Card

Once you've determined why you received the card, the next step is to activate it. The card usually has instructions on the card itself or a website address to activate it. The activation process typically involves providing personal information and creating an account.

After activation, you can access your personalized wellness portal. This portal will provide details on the program's structure, available activities, and how to earn rewards. Common rewards include gift cards, discounts on health-related products and services, or even cash back. Activities often include health screenings, completing health assessments, participating in fitness challenges, or completing educational modules on healthy habits.

What to Do If You Didn't Enroll and Received a Card

If you believe you've received the card in error, don't panic. Contact the number listed on the card or visit the website provided. They can help clarify the situation and explain why you received the card. They might even be able to remove you from the program if you're not interested in participating.

Maximizing the Benefits of Your Optum Wellness

Rewards Program

To make the most of your Optum Wellness Rewards card, take the time to understand the program's structure and how you can earn rewards. Keep track of your progress and actively participate in the activities offered. Many programs provide progress reports, allowing you to monitor your participation and earned rewards.

Conclusion:

Receiving an Optum Wellness Rewards card can be confusing, but understanding the different ways you could have been enrolled is the first step. By actively engaging with your card and the program, you can take advantage of this opportunity to improve your health and well-being, and potentially earn valuable rewards along the way. Remember to check your employer's resources, your health insurance policy, and the card itself for specific details on your program.

FAQs:

1. Can I opt out of the Optum Wellness Rewards program? Yes, you usually can opt out. Contact the number on your card or visit the website for instructions on how to do so.
1. What if my card is damaged or lost? Contact Optum customer service immediately to report the lost or damaged card and request a replacement.
1. Are the rewards taxable? This depends on the specific reward and your tax jurisdiction. Consult a tax professional if you have questions regarding the tax implications of your rewards.
1. What if I have questions about the program's activities? The Optum website or the customer service number on your card can answer your questions about participating activities.
1. Can I use my Optum Wellness Rewards card outside of the US? This depends on the specific program your card is associated with. Refer to the program terms and conditions or contact Optum customer service for clarification.

why did i receive an optimum wellness rewards card: The Warmth of Other Suns Isabel Wilkerson, 2011-10-04 NATIONAL BOOK CRITICS CIRCLE AWARD WINNER • NEW YORK TIMES BESTSELLER • In this beautifully written masterwork, the Pulitzer Prize-winner and bestselling author of *Caste* chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life. From 1915 to 1970, this exodus of almost six million people changed the face of America. Wilkerson compares this epic migration to the migrations of other peoples in history. She interviewed more than a thousand people, and gained access to new data and official records, to write this definitive and vividly dramatic account of how these American journeys unfolded, altering our cities, our country, and ourselves. With stunning historical detail, Wilkerson tells this story through the lives of three unique individuals: Ida Mae Gladney, who in 1937 left sharecropping and prejudice in Mississippi for Chicago, where she achieved quiet blue-collar success and, in old age, voted for Barack Obama when he ran for an Illinois Senate seat; sharp and quick-tempered George Starling, who in 1945 fled Florida for Harlem, where he endangered his job fighting for civil rights, saw his family fall, and finally found peace in God; and Robert Foster, who left Louisiana in 1953 to pursue a medical career, the personal physician to Ray Charles as part of a glitteringly successful medical career, which allowed him to purchase a grand home where he often threw exuberant parties. Wilkerson brilliantly captures their first treacherous and exhausting cross-country trips by car and train and their new lives in colonies that grew into ghettos, as well as how they changed these cities with southern food, faith, and culture and improved them with discipline, drive, and hard work. Both a riveting microcosm and a major assessment, *The Warmth of Other Suns* is a bold, remarkable, and riveting work, a superb account of an “unrecognized immigration” within our own land. Through the breadth of its narrative, the beauty of the writing, the depth of its research, and the fullness of the people and lives portrayed herein, this book is destined to become a classic.

why did i receive an optimum wellness rewards card: The White Coat Investor James M. Dahle, 2014-01 Written by a practicing emergency physician, *The White Coat Investor* is a high-yield manual that specifically deals with the financial issues facing medical students, residents, physicians, dentists, and similar high-income professionals. Doctors are highly-educated and extensively trained at making difficult diagnoses and performing life saving procedures. However, they receive little to no training in business, personal finance, investing, insurance, taxes, estate planning, and asset protection. This book fills in the gaps and will teach you to use your high income to escape from your student loans, provide for your family, build wealth, and stop getting ripped off by unscrupulous financial professionals. Straight talk and clear explanations allow the book to be easily digested by a novice to the subject matter yet the book also contains advanced concepts specific to physicians you won't find in other financial books. This book will teach you how to: Graduate from medical school with as little debt as possible Escape from student loans within two to five years of residency graduation Purchase the right types and amounts of insurance Decide when to buy a house and how much to spend on it Learn to invest in a sensible, low-cost and effective manner with or without the assistance of an advisor Avoid investments which are designed to be sold, not bought Select advisors who give great service and advice at a fair price Become a millionaire within five to ten years of residency graduation Use a Backdoor Roth IRA and Stealth IRA to boost your retirement funds and decrease your taxes Protect your hard-won assets from professional and personal lawsuits Avoid estate taxes, avoid probate, and ensure your children and your money go where you want when you die Minimize your tax burden, keeping more of your hard-earned money Decide between an employee job and an independent contractor job Choose between sole proprietorship, Limited Liability Company, S Corporation, and C Corporation Take a look at the first pages of the book by clicking on the Look Inside feature Praise For *The White Coat Investor* Much of my financial planning practice is helping doctors to correct mistakes that reading this book would have avoided in the first place. - Allan S. Roth, MBA, CPA, CFP(R), Author of *How a Second Grader Beats Wall Street* Jim Dahle has done a lot of thinking about the peculiar financial problems facing physicians, and you, lucky reader, are about to reap the bounty of both his

experience and his research. - William J. Bernstein, MD, Author of *The Investor's Manifesto* and seven other investing books This book should be in every career counselor's office and delivered with every medical degree. - Rick Van Ness, Author of *Common Sense Investing The White Coat Investor* provides an expert consult for your finances. I now feel confident I can be a millionaire at 40 without feeling like a jerk. - Joe Jones, DO Jim Dahle has done for physician financial illiteracy what penicillin did for neurosyphilis. - Dennis Bethel, MD An excellent practical personal finance guide for physicians in training and in practice from a non biased source we can actually trust. - Greg E Wilde, M.D Scroll up, click the buy button, and get started today!

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why did i receive an optum wellness rewards card: Human Resources Management , 2004

why did i receive an optum wellness rewards card: **Important Information about Medicaid** , 1989

why did i receive an optum wellness rewards card: *Medicare For Dummies* Patricia Barry, 2016-06-02 Medicare For Dummies, 2nd Edition (9781119293392) was previously published as Medicare For Dummies, 2nd Edition (9781119079422). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Make your way through the Medicare maze with help from For Dummies America's baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. Medicare For Dummies, 2nd Edition provides a detailed road map for navigating Medicare's often-baffling complexities and helps consumers avoid pitfalls that could otherwise cost them dearly. In plain language, the new edition explains: How to qualify for Medicare, according to your personal circumstances, including new information on the rights of people in same-sex marriages When to sign up at the time that's right for you, to avoid lifelong late penalties How to weigh Medicare's many options so you can be confident of making the decision that's best for you What Medicare covers and what you pay, with up-to-date details of the costs of premiums, deductibles, and copays—and how you may be able to reduce those expenses By conveying not only the basics but also how to troubleshoot problems and where to find assistance, Medicare For Dummies, 2nd Edition helps you to get the most out of Medicare.

why did i receive an optum wellness rewards card: *MoneyBall Medicine* Harry Glorikian, Malorye Allison Branca, 2017-11-20 How can a smartwatch help patients with diabetes manage their disease? Why can't patients find out prices for surgeries and other procedures before they happen? How can researchers speed up the decade-long process of drug development? How will Precision Medicine impact patient care outside of cancer? What can doctors, hospitals, and health systems do to ensure they are maximizing high-value care? How can healthcare entrepreneurs find success in this data-driven market? A revolution is transforming the \$10 trillion healthcare landscape, promising greater transparency, improved efficiency, and new ways of delivering care. This new landscape presents tremendous opportunity for those who are ready to embrace the data-driven reality. Having the right data and knowing how to use it will be the key to success in the healthcare market in the future. We are already starting to see the impacts in drug development, precision medicine, and how patients with rare diseases are diagnosed and treated. Startups are launched every week to fill an unmet need and address the current problems in the healthcare system. Digital devices and artificial intelligence are helping doctors do their jobs faster and with more accuracy. *MoneyBall Medicine: Thriving in the New Data-Driven Healthcare Market*, which includes interviews with dozens of healthcare leaders, describes the business challenges and opportunities arising for those working in one of the most vibrant sectors of the world's economy. Doctors, hospital administrators, health information technology directors, and entrepreneurs need to adapt to the changes effecting healthcare today in order to succeed in the new, cost-conscious and value-based environment of the future. The authors map out many of the changes taking place, describe how they are impacting everyone from patients to researchers to insurers, and outline some predictions for the healthcare industry in the years to come.

why did i receive an optum wellness rewards card: Eat Healthy, Be Active Community Workshops Health and Human Services Dept (U S), 2012-11 NOTE: NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT --OVERSTOCK SALE-- Significantly reduced list price Six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2010 and 2008 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings. Other related products El Camino Hacia una Vida Saludable Basada en las Guías Alimenticias para los Estadounidenses = The Road to a Healthy Life Based on the Dietary Guidelines for Americans (Bilingual Spanish and English) can be found here: <https://bookstore.gpo.gov/products/sku/017-001-00564-9> Healthy People 2010, Midcourse Review can be found here: <https://bookstore.gpo.gov/products/sku/017-001-00563-1> Dietary Guidelines for Americans, 2010 can be found here: <https://bookstore.gpo.gov/products/sku/001-000-04747-7> Living a Balanced Life With Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Populations (Kit) can be found here: <https://bookstore.gpo.gov/products/sku/017-023-00226-1>

why did i receive an optum wellness rewards card: Don't Go Broke in Retirement Steve Vernon, 2020-08-18 Make Smart Choices with Your Social Security and Savings! Are you thinking about retiring soon, or have you recently retired? Don't Go Broke in Retirement, the latest in a series of acclaimed books by trusted retirement expert Steve Vernon, gets right to the point and shares an easy-to-follow, three-step plan that helps you answer these critical questions: Have you saved enough money to retire? When should you start your Social Security benefits? What's the best way to build lifetime income that's protected from financial crises? What living expenses should you reduce to make retirement more affordable? Based on the Spend Safely in Retirement Strategy, the plan was developed from new research by the Stanford Center on Longevity and the Society of Actuaries. Learn why this strategy has garnered national attention and discover how the recent financial turmoil successfully stress-tested this plan, proving its effectiveness for managing retirement funds. Don't Go Broke in Retirement provides the information and tools you need to generate the most retirement income from your Social Security benefits and retirement savings, including: A simple, step-by-step checklist to help you put your plans into action Modifications to personalize the strategy for your goals and circumstances Access to bonus chapters to help you apply the strategies outlined in the book, including investing in retirement, navigating tax rules, and finding professional help with retirement funding strategies A list of helpful resources and research to learn more Don't worry about your retirement! Instead, develop solid financial strategies so you can confidently enjoy your retirement years.

why did i receive an optum wellness rewards card: Machine Learning and AI for Healthcare Arjun Panesar, 2019-02-04 Explore the theory and practical applications of artificial intelligence (AI) and machine learning in healthcare. This book offers a guided tour of machine learning algorithms, architecture design, and applications of learning in healthcare and big data challenges. You'll discover the ethical implications of healthcare data analytics and the future of AI in population and patient health optimization. You'll also create a machine learning model, evaluate performance and operationalize its outcomes within your organization. Machine Learning and AI for Healthcare provides techniques on how to apply machine learning within your organization and evaluate the efficacy, suitability, and efficiency of AI applications. These are illustrated through leading case studies, including how chronic disease is being redefined through patient-led data learning and the Internet of Things. What You'll Learn Gain a deeper understanding of key machine learning algorithms and their use and implementation within wider healthcare Implement machine learning systems, such as speech recognition and enhanced deep learning/AI Select learning methods/algorithms and tuning for use in healthcare Recognize and prepare for the future of artificial intelligence in healthcare through best practices, feedback loops and intelligent agents Who This Book Is For Health care professionals interested in how machine learning can be used to

develop health intelligence – with the aim of improving patient health, population health and facilitating significant care-payer cost savings.

why did i receive an optum wellness rewards card: *Professor at Large* John Cleese, 2018 Comedian and actor John Cleese in the role of Ivy League professor at Cornell University, where he is currently professor-at-large. This book includes a selection of talks, essays, and lectures and provides a unique view of Cleese's endless pursuit of intellectual discovery across a range of topics--

why did i receive an optum wellness rewards card: *Disrupt Aging* Jo Ann Jenkins, 2016-04-05 This book sets out to change the current conversation about what it means to get older. In it, Jenkins chronicles her own journey, as well as those of others who are making their mark as disrupters, to show readers how we can all be active, financially unburdened, and happy as we get older. It's [a] ... narrative that touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and attaining financial freedom--

why did i receive an optum wellness rewards card: *Guidelines for Perinatal Care* American Academy of Pediatrics, American College of Obstetricians and Gynecologists, 1997 This guide has been developed jointly by the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, and is designed for use by all personnel involved in the care of pregnant women, their fetuses, and their neonates.

why did i receive an optum wellness rewards card: *Race, Ethnicity, and Language Data* Institute of Medicine, Board on Health Care Services, Subcommittee on Standardized Collection of Race/Ethnicity Data for Healthcare Quality Improvement, 2009-12-30 The goal of eliminating disparities in health care in the United States remains elusive. Even as quality improves on specific measures, disparities often persist. Addressing these disparities must begin with the fundamental step of bringing the nature of the disparities and the groups at risk for those disparities to light by collecting health care quality information stratified by race, ethnicity and language data. Then attention can be focused on where interventions might be best applied, and on planning and evaluating those efforts to inform the development of policy and the application of resources. A lack of standardization of categories for race, ethnicity, and language data has been suggested as one obstacle to achieving more widespread collection and utilization of these data. Race, Ethnicity, and Language Data identifies current models for collecting and coding race, ethnicity, and language data; reviews challenges involved in obtaining these data, and makes recommendations for a nationally standardized approach for use in health care quality improvement.

why did i receive an optum wellness rewards card: *How to Make Your Money Last - Completely Updated for Planning Today* Jane Bryant Quinn, 2020-01-07 NOW COMPLETELY UPDATED to reflect the changes in tax legislation, health insurance, and the new investment realities. In this “highly valuable resource” (Publishers Weekly, starred review) Quinn “provides simple, straightforward” (The New York Times) solutions to the universal retirement dilemma—how to make your limited savings last for life—covering mortgages, social security, income investing, annuities, and more! Will you run out of money in your older age? That’s the biggest worry for people newly retired or planning to retire. Fortunately, you don’t have to plan in the dark. Jane Bryant Quinn tells you how to squeeze a higher income from all your assets—including your social security account (get every dollar you’re entitled to), a pension (discover whether a lump sum or a lifetime monthly income will pay you more), your home equity (sell, rent, or take a reverse mortgage?), savings (how to use them safely to raise your monthly income), retirement accounts (invest the money for growth in ways that let you sleep at night), and—critically—how much of your savings you can afford to spend every year without running out. There are easy ways to figure all this out. Who knew? Quinn also shows you how to evaluate your real risks. If you stick with super-safe investment choices, your money might not last and your lifestyle might erode. The same might be true if you rely on traditional income investments. Quinn rethinks the meaning of “income investing,” by combining reliable cash flow during the early years of your retirement with low-risk growth investments, to provide extra money for your later years. Odds are, you’ll live longer than you might imagine, meaning that your savings will stretch for many more years than you might have

planned for. With the help of this book, you can turn those retirement funds into a “homemade” paycheck that will last for life.

why did i receive an optimum wellness rewards card: *The Postal Record* , 1923

why did i receive an optimum wellness rewards card: *Extreme Measures* Dr. Jessica Nutik Zitter, M.D., 2021-08-24 For readers of *Being Mortal* and *Modern Death*, an ICU and Palliative Care specialist offers a framework for a better way to exit life that will change our medical culture at the deepest level. In medical school, no one teaches you how to let a patient die. Jessica Zitter became a doctor because she wanted to be a hero. She elected to specialize in critical care—to become an ICU physician—and imagined herself swooping in to rescue patients from the brink of death. But then during her first code she found herself cracking the ribs of a patient so old and frail it was unimaginable he would ever come back to life. She began to question her choice. *Extreme Measures* charts Zitter’s journey from wanting to be one kind of hero to becoming another—a doctor who prioritizes the patient’s values and preferences in an environment where the default choice is the extreme use of technology. In our current medical culture, the old and the ill are put on what she terms the End-of-Life Conveyor belt. They are intubated, catheterized, and even shelved away in care facilities to suffer their final days alone, confused, and often in pain. In her work Zitter has learned what patients fear more than death itself: the prospect of dying badly. She builds bridges between patients and caregivers, formulates plans to allay patients’ pain and anxiety, and enlists the support of loved ones so that life can end well, even beautifully. Filled with rich patient stories that make a compelling medical narrative, *Extreme Measures* enlarges the national conversation as it thoughtfully and compassionately examines an experience that defines being human.

why did i receive an optimum wellness rewards card: *The Whole Body Reset* Stephen Perrine, Heidi Skolnik, AARP, 2022-03 The first-ever weight-loss plan specifically designed to stop-and reverse-age-related weight gain and muscle loss, while shrinking your belly, extending your life, and creating your healthiest self at mid-life and beyond--

why did i receive an optimum wellness rewards card: *A Prescription for Healthy Living*

Emma Short, 2021-01-29 *A Prescription for Healthy Living: A Guide to Lifestyle Medicine* takes an evidence-based approach to health promotion and disease prevention. Medical doctors, healthcare professionals and research scientists from a variety of backgrounds provide informed advice on how to encourage patients to take charge of their health and future. This book addresses the impact that socioeconomic and environmental factors have on the health of a population and explores the psychology of health-related behavioral change, as well as considering a variety of subject areas as diverse as nutrition, physical activity, the practice of gratitude, the adverse health impacts of loneliness and the importance of achieving a satisfactory work-life balance. *A Prescription for Healthy Living* aims to encourage and inspire healthcare practitioners and public health officials to empower patients to make simple behavioral changes that will have a large and positive effect on their physical and mental wellbeing. Written by qualified medical professionals and research scientists from a variety of specialties. Addresses a variety of health promotion, disease prevention and wellbeing topics. Provides evidence-based information in a digestible and actionable way.

why did i receive an optimum wellness rewards card: *Lost Roses* Martha Hall Kelly,

2019-04-09 NEW YORK TIMES BESTSELLER • The million-copy bestseller *Lilac Girls* introduced the real-life heroine Caroline Ferriday. Now *Lost Roses*, set a generation earlier and also inspired by true events, features Caroline’s mother, Eliza, and follows three equally indomitable women from St. Petersburg to Paris under the shadow of World War I. “Not only a brilliant historical tale, but a love song to all the ways our friendships carry us through the worst of times.”—Lisa Wingate, #1 New York Times bestselling author of *Before We Were Yours* It is 1914, and the world has been on the brink of war so often, many New Yorkers treat the subject with only passing interest. Eliza Ferriday is thrilled to be traveling to St. Petersburg with Sofya Streshnayva, a cousin of the Romanovs. The two met years ago one summer in Paris and became close confidantes. Now Eliza embarks on the trip of a lifetime, home with Sofya to see the splendors of Russia: the church with the interior covered in jeweled mosaics, the Rembrandts at the tsar’s Winter Palace, the famous ballet. But when

Austria declares war on Serbia and Russia's imperial dynasty begins to fall, Eliza escapes back to America, while Sofya and her family flee to their country estate. In need of domestic help, they hire the local fortune-teller's daughter, Varinka, unknowingly bringing intense danger into their household. On the other side of the Atlantic, Eliza is doing her part to help the White Russian families find safety as they escape the revolution. But when Sofya's letters suddenly stop coming, she fears the worst for her best friend. From the turbulent streets of St. Petersburg and aristocratic countryside estates to the avenues of Paris where a society of fallen Russian émigrés live to the mansions of Long Island, the lives of Eliza, Sofya, and Varinka will intersect in profound ways. In her newest powerful tale told through female-driven perspectives, Martha Hall Kelly celebrates the unbreakable bonds of women's friendship, especially during the darkest days of history.

why did i receive an optum wellness rewards card: The War of the Roses Warren Adler, 2004 Oliver and Barbara Rose thought they had a perfect marriage, only to discover their marriage was skin deep. This story was made into a major motion picture with Michael Douglas and Kathleen Turner.

why did i receive an optum wellness rewards card: Healthcare Operations Management Daniel B. McLaughlin, John R. Olson (Professor), 2017

why did i receive an optum wellness rewards card: Do the KIND Thing Daniel Lubetzky, 2015-03-31 For the socially conscious, the intellectually curious, or the creative soul comes an inspiring, New York Times bestselling handbook for success in business, life, and the all-important task of building a more compassionate world—by the visionary founder and CEO of KIND Healthy Snacks. When Daniel Lubetzky started KIND Healthy Snacks in 2004, he aimed to defy the conventional wisdom that snack bars could never be both tasty and healthy, convenient and wholesome. A decade later, the transformative power of the company's "AND" philosophy has resulted in an astonishing record of achievement. KIND has become the fastest-growing purveyor of healthy snacks in the country. Meanwhile, the KIND Movement—the company's social mission to make the world a little kinder—has sparked more than a million good deeds worldwide. In *Do the KIND Thing*, Lubetzky shares the revolutionary principles that have shaped KIND's business model and led to its success, while offering an unfiltered and intensely personal look into the mind of a pioneering social entrepreneur. Inspired by his father, who survived the Holocaust thanks to the courageous kindness of strangers, Lubetzky began his career handselling a sun-dried tomato spread made collaboratively by Arabs and Jews in the war-torn Middle East. Despite early setbacks, he never lost his faith in his vision of a "not-only-for-profit" business—one that sold great products and helped to make the world a better place. While other companies let circumstances force them into choosing between two seemingly incompatible options, people at KIND say "AND." At its core, this idea is about challenging assumptions and false compromises. It is about not settling for less and being willing to take greater risks, often financial. It is about learning to think boundlessly and critically, and choosing what at first may be the tougher path for later, greater rewards. By using illuminating anecdotes from his own career, and celebrating some past failures through the lessons learned from them, Lubetzky outlines his core tenets for building a successful business and a thriving social enterprise. He explores the value of staying true to your brand, highlights the importance of transparency and communication in the workplace, and explains why good intentions alone won't sell products. Engaging and inspirational, *Do the KIND Thing* shows how the power of AND worked wonders for one company—and could empower the next generation of social entrepreneurs to improve their bottom line and change the world. Advance praise for *Do the KIND Thing* "An enjoyable read . . . wise advice about matters from product development to people management."—Financial Times "By sharing the ten tenets that helped KIND grow, Daniel Lubetzky has given entrepreneurs a road map to success that includes both passion and purpose."—Arianna Huffington, president and editor in chief, Huffington Post Media Group "Lubetzky uses the power of kindness to build purpose into his business and his community. He's a role model for future leaders."—Mehmet Oz, M.D., professor of surgery, Columbia University "I've always been a fan of the KIND brand. This engaging and inspirational book shows how coupling a social mission with

creativity can spark change and empower a generation.”—Bobbi Brown, founder and CCO, Bobbi Brown Cosmetics

why did i receive an optum wellness rewards card: Uncaring Robert Pearl, 2021-05-18 Doctors are taught how to cure people. But they don't always know how to care for them. Hardly anyone is happy with American healthcare these days. Patients are getting sicker and going bankrupt from medical bills. Doctors are burning out and making dangerous mistakes. Both parties blame our nation's outdated and dysfunctional healthcare system. But that's only part of the problem. In this important and timely book, Dr. Robert Pearl shines a light on the unseen and often toxic culture of medicine. Today's physicians have a surprising disdain for technology, an unhealthy obsession with status, and an increasingly complicated relationship with their patients. All of this can be traced back to their earliest experiences in medical school, where doctors inherit a set of norms, beliefs, and expectations that shape almost every decision they make, with profound consequences for the rest of us. *Uncaring* draws an original and revealing portrait of what it's actually like to be a doctor. It illuminates the complex and intimidating world of medicine for readers, and in the end offers a clear plan to save American healthcare.

why did i receive an optum wellness rewards card: Introduction to the Financial Management of Healthcare Organizations Michael Nowicki, 2017-07

why did i receive an optum wellness rewards card: Juggling Life, Work, and Caregiving Amy Goyer, 2015 One in four American adult face the challenges of caring for an adult friend or relative. Although caregiving can be a richly rewarding and joyful experience, the role comes with enormous responsibilities-- and pressures. This gentle guide provides practical resources and tips that are easy to find when you need them, whether you're caregiving day to day, planning for future needs, or in the middle of a crisis. Goyer offers insight, inspiration, and poignant stories and experiences of caregivers, including her own as a live-in caregiver for her parents.

why did i receive an optum wellness rewards card: Breast Cancer Screening and Diagnosis Mahesh K Shetty, 2014-09-19 This book presents the current trends and practices in breast imaging. Topics include mammographic interpretation; breast ultrasound; breast MRI; management of the symptomatic breast in young, pregnant and lactating women; breast intervention with imaging pathological correlation; the postoperative breast and current and emerging technologies in breast imaging. It emphasizes the importance of fostering a multidisciplinary approach in the diagnosis and treatment of breast diseases. Featuring more than 800 high-resolution images and showcasing contributions from leading authorities in the screening, diagnosis and management of the breast cancer patient, *Breast Cancer Screening and Diagnosis* is a valuable resource for radiologists, oncologists and surgeons.

why did i receive an optum wellness rewards card: Cases in Health Services Management Jonathon S. Rakich, Beaufort B. Longest, Kurt Darr, 1987

why did i receive an optum wellness rewards card: Runaway Girl Carissa Phelps, 2012-07-05 “Riveting . . . A genuinely important book that casts the problem of sex trafficking in America into stunning, heartbreaking relief.” (Kirkus Reviews) A School Library Journal Best Adult Book for Teens A Joan F. Kaywell Award Finalist from the Florida Council of Teachers of English Carissa Phelps was a runner. By the time she was twelve, she had run away from home, dropped out of school, and fled blindly into the arms of a brutal pimp. Even when she escaped him, she could not outrun the crushing inner pain of abuse, neglect, and abandonment. With little to hope for, she expected to end up in prison, or worse. But then her life was transformed through the unexpected kindness of a teacher and a counselor. Through small miracles, Carissa accomplished the unimaginable, graduating from UCLA with both a law degree and an MBA. She left the streets behind, yet found herself back, this time working to help homeless and at-risk youth discover their own paths to a better life. Like the multimillion-copy bestseller *The Glass Castle*, this memoir moves us through the power of its unflinching candor and generosity.

why did i receive an optum wellness rewards card: Living a Healthy Life with Chronic Conditions Kate Lorig, 2000 Drawing on input from people with long-term ailments, this book points

the way to achieving the best possible life under the circumstances.

why did i receive an optum wellness rewards card: Perspectives and Theories of Social Innovation for Ageing Population Andrzej Klimczuk, Łukasz Tomczyk, 2020-03-25

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why did i receive an optum wellness rewards card: Early Childhood Oral Health Joel H. Berg, Rebecca L. Slayton, 2015-10-26 Dental caries has been called a “silent epidemic” and is the most prevalent chronic disease affecting children. Though much has been written on the science and practice of managing this disease, publications are diverse in their loci, preventing easy access to the reader. Early Childhood Oral Health coalesces all the important information related to this topic in a comprehensive reference for students, academics, and practitioners. This second edition expands the scope of the first and puts an additional focus on interprofessional and global efforts that are necessary to manage the growing disease crisis and screening and risk assessment efforts that have expanded with the boom of new technologies. With updated references and incorporating the latest research, chapters address the biology and epidemiology of caries, the clinical management of early childhood caries, risk assessment, and early diagnosis. Other topics include public health approaches to managing caries worldwide, implementation of new caries prevention programs, fluoride regimens, and community programs, and family oral health education. Brand new are four chapters on the medical management of early childhood caries, considerations for children with special needs, interprofessional education and practice, and how the newest policy issues and the Affordable Care Act affect dental care. A must-read for pediatric dentists, cariologists, public health dentists, and students in these fields, Early Childhood Oral Health is also relevant for pediatricians and pediatric nursing specialists worldwide.

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over the country rallied around Joan as she went into Warrior mode. Within a few months, after losing her hair, Joan appeared on the cover of People magazine bald, showing the world she could, and would, beat the disease. Determined to remain upbeat—to look in the mirror with a brave face—her resolve empowered women everywhere. The Today show quickly recruited Joan as a special correspondent and continues to follow her progress. A deeply personal and powerful story of pain, persistence, and perseverance, *Had I Known* is a chronicle of Joan's experience and the plan she formulated and followed to battle with her disease and treatment. As Joan reveals, while her journey was not easy, it profoundly changed her in unexpected ways. Her odyssey helped Joan redefine herself, her values, and most of all, her health. Following a new clean way of eating, Joan lost thirty pounds, became more aware of the food she was eating, and avoided many of the debilitating side effects of chemotherapy. Dealing with the cancer also changed her perception of true beauty. Being attractive isn't about the hair on your head—it's about the strength and character you bring to everything you do. Positive yet down-to-earth, told with piercing honesty leavened with warmth and humor, *Had I Known* offers unforgettable, inspirational lessons for us all.

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