

Earn rewards for prioritizing your well-being!

Starting in 2026, SLC 360 is partnering with ComPsych GuidanceResources® to bring you a more engaging and meaningful experience. You can now earn rewards for completing activities that support your health and well-being — it's easier than ever to take care of yourself and get rewarded for it!



How to earn rewards

Between January 1 and November 30, 2026, you can earn up to \$150 in Tango Gift Cards — or \$300 total per household if both you and your spouse participate.

By completing a variety of wellness activities (see page 2 for details), you'll have the opportunity to receive up to six \$25 gift cards throughout the year.

Who's eligible

All full-time, benefits-eligible employees and their spouses are welcome to participate.

How to get started

1 Where to access

Desktop: Go to guidanceresources.com and log in.

First-time users: Register using Web ID: SLC

Mobile: Download the GuidanceNow® app and log in using the same Web ID.

2 Navigate to your health & well-being portal

Click "Browse All Services."

Under "Additional Tools & Resources," select "ComPsych Health & Well-Being."

Click the "Personal Health Dashboard" tile to access your Health & Well-Being Portal.

3 Complete your health assessment

To begin earning rewards, complete your Health Assessment on the Health & Well-Being Portal.

You'll automatically earn your first \$25 Tango Gift Card once it's complete!

4 Explore more

Access a wide range of tools, challenges, and resources to help you stay on track throughout the year.

Click here to download the Navigation Guide!

Additional benefits and offerings

Take advantage of new tools and services available to you — and earn rewards while you do!

Well-Being Coaching

Work one-on-one with a dedicated Well-Being Coach to achieve your personal health and well-being goals. Get support with topics such as weight management, coping with stress, improving sleep, healthy aging, burnout, back care, and many more. Schedule your sessions via GuidanceResources.com or call your dedicated toll-free number.

Daily Habits Plans

Embark on a self-guided journey to build sustainable, healthy habits. Each plan provides daily steps, motivation, and encouragement to help you reach your well-being goals.

Health & Well-Being Resources

Explore a rich library of articles, recipes, podcasts, and videos covering a wide range of health and wellness topics.

Your Well-Being, Rewarded

Make 2026 your healthiest year yet – and get rewarded along the way! Here is the full wellness activity menu.

2026 Activities	Dollars	Information
Required Activity		
Health Assessment	\$25	Complete the Health Assessment on the Health & Well-Being Portal. It takes around 10 minutes to complete.
Make Positive Change (max of \$100 available in this category)		
Complete a Daily Habits Plan	\$25	Plans range from 28-56 days. Each plan provides daily steps, motivation, and encouragement to help you reach your well-being goals.
Biometric Screening	\$25	Self-report a biometric screening.
Engage in Well-Being Coaching	\$50	Complete 5 sessions with a Well-Being Coach.
Preventive Health (max of \$80 available in this category)		
Annual Physical Exam	\$20	Self-report your completion of an Annual Physical Exam between 1/1/26-11/30/26.
Mammogram	\$20	Self-report your completion of a Mammogram between 1/1/26-11/30/26.
Colonoscopy	\$20	Self-report your completion of a Colonoscopy between 1/1/26-11/30/26.
DEXA Scan	\$20	Self-report your completion of a DEXA scan between 1/1/26-11/30/26.
Flu Vaccine	\$20	Self-report receiving a Flu Vaccine between 1/1/26-11/30/26.
Prostate-Specific Antigen Test	\$20	Self-report your completion of a PSA between 1/1/26-11/30/26.
Nutrition Counseling @ Midtown	\$20	Self-report your completion of a Nutrition Counseling between 1/1/26-11/30/26.
Healthy Activities (max of \$75 available in this category)		
Wellness Challenges	\$50	Two Wellness Challenges will be offered throughout 2026. Stay tuned for more information!
Engage with the Health Library: Read 5 Articles (1 article per day)	\$25	Visit the Discover Section of your Health & Well-Being Portal. Read five articles. One article can be viewed per day. You must view five articles to earn credit.
Engage with the Health Library: Read 5 Recipes (1 recipe per day)	\$25	Visit the Discover Section of your Health & Well-Being Portal. Read five recipes. One recipe can be viewed per day. You must view five recipes to earn credit.
CPR/First Aid Certification	\$25	Coordinate with departments for free training annually. Self-report your completion.
Quarterly Wellness Initiatives (max of \$75 available in this category)		
Q2 Wellness Activity: Belonging SLC	\$25	Complete the quarterly wellness activity and self-report your completion between 4/1/26-6/30/26.
Q3 Wellness Activity: Give Back to Your community	\$25	Complete the quarterly wellness activity and self-report your completion between 7/1/26-9/30/26.
Q4 Wellness Activity: SLC 260 5k Event	\$25	Complete the quarterly wellness activity and self-report your completion between 10/1/26-11/30/26.



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