



Earn rewards for living life well



LCIC

2020-2021 Wellness Program Guide

It's that time of year...we're launching the LCIC Embrace Your Path Wellness Program! Discover your path to well-being by taking advantage of the activities and resources available through our partnership with Health Advocate.

The LCIC is committed to helping you achieve your best health—and self. We challenge you to make your well-being a priority.

Read on to learn what you need to do to earn your incentive!



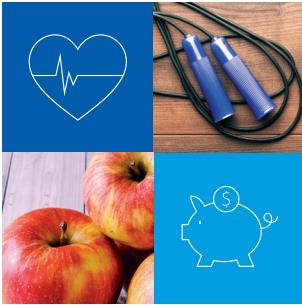
Start date:
August 1, 2020

Deadline:
July 31, 2021

Get healthy,
earn points, get
rewarded!



HealthAdvocateSM



All About Your Incentive

Embrace Your Path is designed to support, educate, motivate and reward employees on the journey of living a healthy lifestyle.

What is the incentive?

Earn points by completing the activities listed in this guide. There are four incentive levels:

Bronze: Earn 550 points, receive \$150

Silver: Earn 625 points, receive \$225

Gold: Earn 700 points, receive \$300

Platinum: Earn 900 points, receive \$375

Who is eligible?

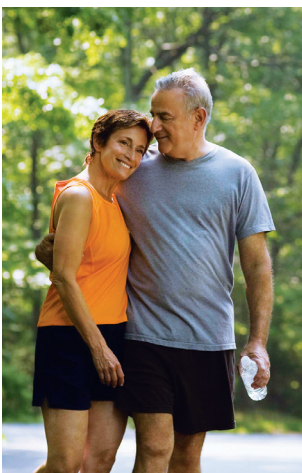
Your Health Advocate Wellness incentive is available to eligible employees and their spouses.

In order to meet the Platinum level, you must also complete the following:

- 1. Contract for Platinum Level** - Must be signed and turned in by 12/1/2020.
- 2. Annual Physical**
- 3. Biometric Screening**
- 4. LCIC Health Courses** - Must attend 1 course in person. Course subjects may be as follows: Stress Management, Mindfulness, Nutrition, etc. Courses will be 60-90 minutes long.
- 5. 1 Healthy Option met**
 - a. Meet 3 out of 4 healthy benchmarks
 - b. Improvement of healthy benchmarks at free spring screening event
 - c. Health Coaching with Carmen

We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all insured employees and their spouses. Please contact **Carmen Terry**, Health and Wellness Coordinator at **570.323.8561 x1067** or at **cterry@iu17.org** if you have any questions regarding this program.

You need to earn all of your points by July 31st, 2021 in order to receive a reward.



Get started today!

The quicker you get on the path to better health, the sooner you'll start to enjoy the rewards of being healthy. Remember, we're here to support you in your journey toward better health and well-being. **Just call or log on today for personalized help!**

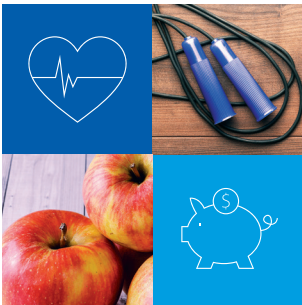


866.695.8622

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!





Small steps lead to big gains

Activities	Activity Details	Points/Max. Points
Health Screening	Participate in a free health screening offered through the workplace.	100/100
Personal Health Profile	Get a snapshot of your health and learn steps you can take to improve it.	100/100
Be Tobacco-Free	Certify that you're tobacco-free using the online Tobacco Affidavit or by completing the 12-week online Health Advocate Tobacco Cessation Program.	50/50
Wellness Workshops	Complete a 6-week self-guided online Wellness Workshop. <i>You may have one workshop in progress at a time.</i>	20/140
Don't Weight! Make a Change Program	Complete this 12-week online weight loss program and learn long-term strategies to help you lose weight and keep it off!	50/50
Personal Wellness Challenges	Complete personal challenges (Colorful Plate, Go Green, etc) <i>Points for completion will be awarded if you track your activity each week of the challenge.</i>	5/20
Workplace Event	LCIC events i.e.; submission of annual physical paperwork, onsite wellness seminars, weight management, Spirit of Women, flu shot, dental exam, Health Coaching and Healthy Shopping Course.	Varies/450
Wellness Commitments	Commit to 5K run/walk or bike events, volunteering and no texting while driving.	15/90
Preventive Screening Commitment	Get important preventive screenings. Eligible screenings include: Breast Cancer, Cervical Cancer, Prostate Cancer, Colon Cancer, Skin Cancer or Vision Exam.	15/45

Keep reading for more ways to earn points! >>

Track healthy behaviors for even more points

Activities	Activity Details	Points/Max. Points
Visit the Health Advocate Member Website	Log in to the Health Advocate member website and browse the resources available to you. You can earn points for one log in per quarter.	10/40
Engage with an Advocate	Utilize Health Advocate experts to find the right in-network doctor, resolve insurance claims and billing issues, support medical issues, from common to complex, and so much more! <i>Wellness troubleshooting or questions do not count for points.</i>	10/40
Personal Challenges	Select from a variety of nutrition, fitness and well-being challenges to help you make healthy changes that stick!	5/20
Log Weight	Enter weight once per week.	5/150
Track Time Exercised	Exercise at least 150 minutes per week.	5/260
Log Steps	Get 10,000 or more steps each day.	1/250
Track Fruits/Vegetables	Eat 5 or more servings each day.	1/200
Track Water	Enter number of 8-ounce servings each day.	1/200
Log Sleep	Get at least 6.5 hours of sleep each night.	1/200
Track Resistance Training	Perform 2 or more days each week.	5/200



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How Your Wellness Program Can Help

The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.



Wellness Coaching Unlimited access to a Wellness Coach by telephone or secure web messaging to help you lose weight, get fit, quit tobacco, reduce stress and more.



Personal Health Profile (PHP) Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.



Nutrition Support Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.



Wellness Resources Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.



Interactive Challenges Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.



Health Trackers Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.



Wellness Workshops Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.



Gym Discounts Access discounted memberships to thousands of fitness centers nationwide.

It's easy to get started! Follow these simple steps to register:

- 1. Visit HealthAdvocate.com/members**
- 2. Register** for the website and enter the required information, **then log in**
- 3. Browse** the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.

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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