



LCIC

2021-2022
Wellness Program Guide



The LCIC Embrace Your Path Wellness Program is committed to helping you achieve your best health and best self. This year, we challenge you to make self-care and your well-being a priority. Complete a selection of the activities from the charts on pages 2-4 based on your personal health goals. As a reward for completing healthy activities, you have an opportunity to earn up to \$375!



Start date:
August 1, 2021



Complete activities
that will help you thrive



Deadline to earn points:
July 31, 2022



Feel good knowing you've
earned a reward

Wellness Incentive Details

Earn rewards based on 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

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

1. Contract for Platinum Level - Must be signed and turned in by 12/1/2021.

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. Complete one of the healthy options below:

- a. Meet 3 out of 4 healthy benchmarks
- b. Improvement of healthy benchmarks at free spring screening event
- c. Health Coaching with Carmen

Wellness Incentive & Program Eligibility

The LCIC Embrace Your Path Wellness Program incentive reward is available to eligible employees and their spouses.





Be the healthiest you

Complete well-being activities to meet your personal health goals and earn points towards your incentive.

| Activities | Action(s) to Earn Points | Points/Max. | ✓ |
|---|---|-------------|---|
| Healthy Actions | | | |
| Personal Health Profile | Complete this online survey to assess your lifestyle and its impact on your health. | 100/100 | |
| Health Advocate Website or App Visit | Log on to the Health Advocate website or app. | 10/40 | |
| Engage with an Advocate | Connect with Health Advocate for healthcare and insurance-related issues. <i>Wellness inquiries do not count for points.</i> | 10/40 | |
| Your Tobacco Status | | | |
| Tobacco Status | Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation Program online. Earn points by participating in at least 8 weeks. | 50/50 | |
| Know Your Numbers | | | |
| Health Screening | Gain insight into your health needs and risks for chronic diseases. Complete your health screening onsite at your workplace. | 100/100 | |
| Keeping Track of Your Health | | | |
| Preventive Screening Commitment | Stay on top of your health by completing preventive care exams. Log on to the Health Advocate website or app to self-report your exams. Earn points for the exams below: | 15/45 | |
| | <ul style="list-style-type: none"> • Breast Cancer Screening • Cervical Cancer Screening • Colon Cancer Screening • Prostate Cancer Screening • Skin Cancer Screening • Vision Exam | | |
| Take Action for Better Health | | | |
| Don't Weight, Make a Change Program | Learn tips, tricks and long-term strategies to help you not only lose weight, but keep it off in this 12-week program. <i>Complete all chapters to earn points.</i> | 50/50 | |
| Wellness Workshops | Participate in online, self-paced workshops on nutrition, fitness, stress, resilience, financial wellness, and more! <i>Complete all chapters to earn points.</i> | 20/140 | |
| Personal Challenges | Start challenges on your own at any time. Participate on your own or invite your coworkers. <i>Track your activity each week of the challenge to earn points.</i> | 5/20 | |



Be the healthiest you

Complete well-being activities to meet your personal health goals and earn points towards your incentive.

| Activities | Action(s) to Earn Points | Points/Max. | ✓ |
|----------------------------------|--|----------------|---|
| Create Healthy Habits | | | |
| Healthy Behavior Tracking | Track your progress and reach healthy goals! Connect your fitness device or manually track your activity. See chart on page 4 for trackers. | Varies | |
| Other Ways to Participate | | | |
| Wellness Commitments | Commit to 5K run/walk or bike events, volunteering, and no texting while driving. | 15/90 | |
| Workplace Events | We have many fun events planned for the year. Keep an eye out for information about activities you can participate in to earn points. 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 | |
| Referral Program | Receive points for referring another employee (not spouse) who works in their own district/college or another district/college up to two referrals. The person who is referred and completes at least the bronze level will receive points also. | 25/50 | |
| Telemedicine | You may earn points for registration in the telemedicine system and at least one visit during the wellness program year. Both activities are tracked via workplace event file. | | |
| | Registration | 40/40 | |
| | Visit | 25/25 | |
| Mail-Order Pharmacy | Commit to using mail order pharmacy by completing the wellness commitment and uploading your mail order receipt | 50/50 | |



866.695.8622

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/LCIC

HealthAdvocateSM



Track healthy behaviors for even more points

Track healthy habits and meet the recommended goals to earn points.

| Health Tracker | Recommended Goal | Points |
|------------------------------|--|--------------|
| Fruits and Vegetables | Boost your nutrition by eating 5 or more servings daily | 1/200 |
| Sleep | Function your best by sleeping 7 to 9 hours each night | 1/200 |
| Steps | Stay on your feet by taking 10,000 or more steps daily | 1/250 |
| Water | Stay hydrated by drinking 64 ounces of water daily | 1/200 |
| Resistance Training | Increase your strength by performing this activity 2 or more days weekly | 1/200 |
| Time Exercised | Get fit by exercising for at least 150 minutes weekly | 5/260 |
| Weight | Log your weight weekly | 1/150 |

There are many other trackers available on the website for your use that are not eligible for points.



Feature in Focus: Sync your fitness device, wellness app or Apple Health

Easily get points for health trackers by syncing your device or app. From the “I would like to...” menu, select “Sync My Fitness Device.” Select your device or app and follow the steps. You will only see Apple Health as an option when logged on through the Health Advocate app on compatible iOS devices.



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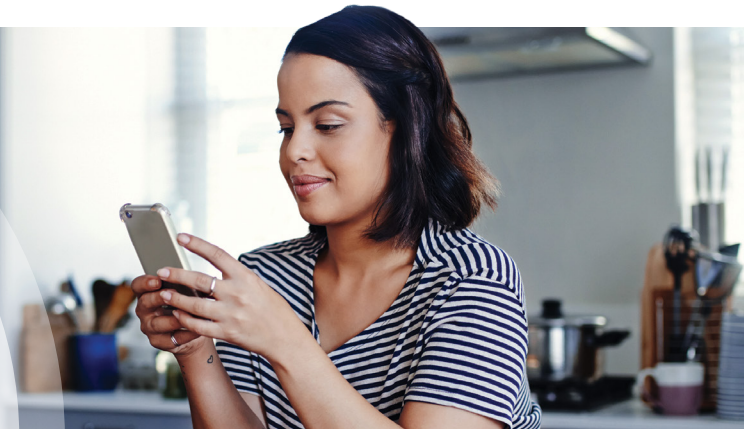
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Frequently Asked Questions



Q: How do I register for the Health Advocate website?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/members
2. Register for the website by clicking on “Register Now”
3. Enter the required information, confirm your registration, then log in

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

A: 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.

Q: What are some common wellness goals Health Advocate supports?

A: We can help you reach goals in areas such as weight loss, fitness, nutrition, tobacco cessation, mindfulness, stress management, prevention and management of chronic disease, and so much more!

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

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

Q: When is Health Advocate available?

A: 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.



Feature In Focus: Live Chat

Instantly connect with a Wellness Coach through our website or mobile app. After logging in, select the chat bubble at the bottom of the screen to get started.




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HealthAdvocateSM



You have one life
to live—let's make it
a healthy one!

No matter your health and wellness goals, Health Advocate can help guide you toward your best health!

The Wellness Program features:



Personal Health Profile

Your current health, in real time



Wellness Coaching

One-on-one support to help you thrive



Jump-Start Coaching Programs

Work with a Coach on specific goals such as reducing blood pressure, weight loss and more



Recipes and Meal Plans

Nutritious and delicious recipes to fuel your goals



Personal Challenges

Jump-start healthy changes while having fun



Health Trackers

Monitor your progress and celebrate your achievements



Well-Being Resources

View curated information on topics such as mindfulness, fitness, nutrition and more



Wellness Workshops & Programs

Get actionable health tips and learn about well-being topics



Health Advocate Blog

Timely tips to help you live well, find balance and more



Health Information Center

Access resources on virtually any health topic



Fitness Discounts

Find deals for online classes, memberships, nutrition resources and more through GlobalFit



Seasonal Campaigns

Receive weekly emails during our Spring Into Summer, Commit to Quit and Maintain, Don't Gain campaigns



It all begins with you!

Quickly reach us any way you like — by phone, email, online or our mobile app.



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