



LCIC  
2017-2018 Wellness Program Guide

# Being healthy has its rewards.

**Complete healthy actions  
to earn your incentive!**

2017-2018 BeHIP Wellness Program, brought to you by Health Advocate, can help you improve your health and well-being—plus, you can earn rewards by participating in healthy activities! This guide explains what you need to do to earn your incentive.



HealthAdvocate<sup>SM</sup>

# Earn points. Get your reward!



## All about your incentive

### What is the incentive?

There are three incentive levels:  
Earn 500 points, receive \$150 (Bronze)  
Earn 575 points, receive \$220 (Silver)  
Earn 650 points, receive \$300 (Gold)

### How to earn points

Earn points by completing the activities listed in this guide. Log on to your wellness website at any time to track your activity and see how many points you have earned so far.

### What's the deadline?

Program runs 2017-2018. **You need to earn all of your points by July 31st, 2018 in order to receive a reward.**

### Who is eligible?

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

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](mailto:cterry@iu17.org) if you have any questions regarding this program.

### 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. **Log on today for personalized help!**

Turn to us—we can help.

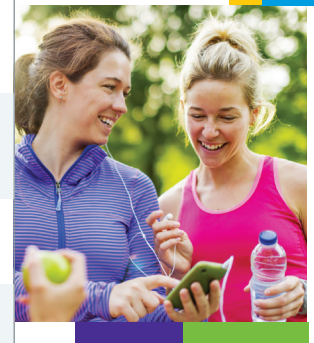
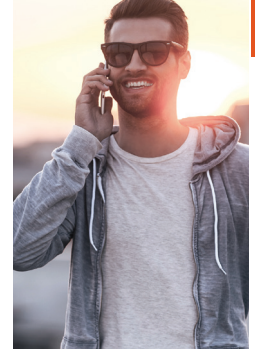


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Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

# Earn points by completing wellness activities.

Activity	Action to Earn Points	Points/Max/Frequency		
Health Screening	Participate in a free health screening offered through the workplace	100	100	Yearly
Personal Health Profile	Complete your Personal Health Profile	100	100	Yearly
Online Tobacco Affidavit or Tobacco Cessation Program	Certify that you are tobacco-free via the online affidavit or complete a tobacco cessation program online	50	50	Yearly
Online Wellness Workshops	Complete a six-week wellness workshop	20	140	Multiple
Competition/Challenge	Walk America, Choose to Move, Choose to Lose or Walk Yellowstone	40	80	Multiple
Workplace Event	LCIC events ie; submission of annual physical paperwork, onsite wellness seminars, weight management, Spirit of Women, flu shot, dental exam, etc	Varied Point Values	450	Multiple
Wellness Commitments	Commit to 2 wellness commitments-annual physical, 5K run/walk or bike event, no texting while driving, annual vision exam	75	75	Yearly
Accessing Health Advocate Wellness Site	Access the wellness website quarterly	10	40	Multiple
Engage with an Advocate	Contact with a Health Advocate	10	40	Multiple
Log Weight	Enter weight once per week	5	260	Weekly
Log Time Exercised	Exercise at least 150 minutes per week	5	260	Weekly
Log Steps	Get 10,000 steps or more each day	1	200	Daily
Log Fruits/Vegetables	Eat 5-7 servings of fruits and vegetables per day	1	365	Daily
Log Water	Enter number of 8 ounce water servings per day	1	365	Daily
Log Sleep	Get at least 6.5 hours a night of sleep	1	365	Daily



It's simple:  
**Get healthy,  
 earn points,  
 get rewarded!**

**Take the next step toward your reward.**

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