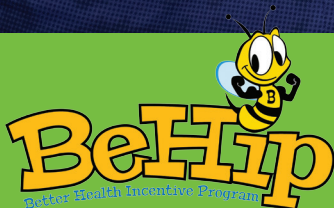


Being healthy has its rewards.

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

2018-2019 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.



HealthAdvocateSM

Earn points. Get your reward!

All about your incentive



What is the incentive? 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

How to earn points

Earn points by completing the activities listed in this guide.

Platinum Level also has specific requirements. You must meet the following:

1. Signed contract for Platinum Level
2. Annual Physical
3. Biometric Screening
4. Stress Management Course- Classes will take place in October, December 2018 and February, April 2019.
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

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 starts August 1, 2018 for the 2018-19 program year.

You need to earn all of your points by July 31st, 2019 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 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.

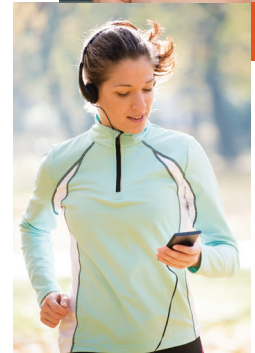


866.695.8622

Email: answers@HealthAdvocate.com
Web: 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, Health Coaching and Healthy Shopping Course	Varied Point Values	450	Multiple
Wellness Commitments	Commit to 2 wellness commitments- annual physical, 5K run/walk or bike event, no texting while driving, volunteering	75	75	Yearly
Enhanced Wellness Commitments	Get important Preventive Screenings. Eligible screenings include: Breast Cancer, Cervical Cancer, Prostate Cancer, Colon Cancer, Skin Cancer or Vision Exam.	15	45	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	150	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	250	Daily
Log Fruits/Vegetables	Eat 5-7 servings of fruits and vegetables per day	1	200	Daily
Log Water	Enter number of 8 ounce water servings per day	1	200	Daily
Log Sleep	Get at least 6.5 hours a night of sleep	1	200	Daily
Resistance Training	Enter at least 2 times per week	5	200	Weekly



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

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