



## Embrace Your Path

### 2022-2023 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, 2022**



**Complete activities**  
that will help you thrive



Deadline to earn points:  
**July 31, 2023**



**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 reach the **Platinum level**, you must complete the following:

1. **Contract for Platinum Level** - Must be signed and turned in by 12/1/2022
2. **Annual Physical**
3. **Biometric Screening**
4. **LCIC Health Courses** - Must attend one course in person. Course subjects may include 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

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.	✓
<b>Healthy Actions</b>			
<b>Personal Health Profile</b>	Complete this online survey to assess your lifestyle and its impact on your health.	<b>100/100</b>	
<b>Health Advocate Website or App Visit</b>	Log on to the Health Advocate website or app quarterly to earn points!	<b>10/40</b>	
<b>Engage with an Advocate</b>	Connect with Health Advocate for healthcare and insurance-related issues. <i>Wellness inquiries do not count for points.</i>	<b>10/40</b>	
<b>Your Tobacco Status</b>			
<b>Tobacco Status</b>	Certify that you are tobacco-free via the online tobacco affidavit or complete the <b>12-week Health Advocate Tobacco Cessation Program</b> – online or with a Wellness Coach. Earn points by participating in at least 8 weekly sessions.	<b>50/50</b>	
<b>Know Your Numbers</b>			
<b>Health Screening</b>	Gain insight into your health needs and risks for chronic diseases. Participate in a free health screening offered at the workplace.	<b>100/100</b>	
<b>Health and Well-Being Coaching</b>			
<b>Embrace your Path Group Coaching</b>	Complete a 12 week (6 session) group coaching class with Carmen.	<b>100/100</b>	
<b>Keeping Track of Your Health</b>			
<b>Preventive Care</b>	Stay on top of your health by completing preventive care exams. Log in to Health Advocate to self-report your exams. <b>Earn points for the exams below:</b> <ul style="list-style-type: none"> <li>• Breast Cancer Screening</li> <li>• Cervical Cancer Screening</li> <li>• Colon Cancer Screening</li> <li>• Osteoporosis Screening</li> <li>• Prostate Cancer Screening</li> <li>• Skin Cancer Screening</li> <li>• Vision Exam</li> </ul>	<b>25/100</b>	
<b>Vaccinations</b>	Protect yourself by receiving the pneumonia and/or shingles vaccinations. Log into Health Advocate to self-report your vaccinations.	<b>20/60</b>	



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Activities	Action(s) to Earn Points	Points/Max. ✓
<b>Take Action for Better Health</b>		
<b>Don't Weight, Make a Change Program</b>	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>	<b>50/50</b>
<b>Wellness Workshops</b>	Participate in online, self-paced workshops on nutrition, fitness, stress, resilience, financial wellness, and more! <i>Complete all chapters to earn points.</i>	<b>20/140</b>
<b>Take Action for Better Health</b>		
<b>Wellness Challenges</b>	Have fun while getting healthy by participating in wellness challenges. <i>In order to earn points, you must track your progress each week of the challenge. You can earn points for two types of challenges:</i>	
	<b>Embrace Your Path Challenges</b> are planned for the entire year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!	<b>40/120</b>
	<b>Personal Challenges</b> are available to start on your own at any time. Participate on your own or invite your coworkers.	<b>5/20</b>
<b>Create Healthy Habits</b>		
<b>Healthy Behavior Tracking</b>	Track your progress and reach healthy goals! Connect your fitness device or manually track your activity. See chart on page 4 for trackers.	<b>250 max</b>
<b>Other Ways to Participate</b>		
<b>Wellness Commitments</b>	Commit to well-being (i.e. 5K run/walk, bike events, volunteering, no texting while driving)	<b>75 max</b>
<b>Workplace Events</b>	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 include: submission of annual physical paperwork, onsite wellness seminars, weight management, flu shot, dental exam, healthy shopping, Spirit of Women.	<b>Varies/ 450 max</b>
<b>Referral Program</b>	Receive points for referring someone (not your spouse) who works in their own district/college or at another district/college. Earn up to two referrals.	<b>25/50</b>
<b>Telemedicine</b>	Earn points for registering in the telemedicine system and completing at least one visit during the wellness program year. Both activities are tracked via workplace event file.	<b>Registration 40/40 Visit 25/25</b>
<b>Mail-Order Pharmacy</b>	Commit to using the mail order pharmacy by completing the wellness commitment and uploading your mail order receipt.	<b>50/50</b>



## Track healthy behaviors for even more points

Track healthy habits and meet the recommend goals to earn up to 250 points.

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

*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.



**866.695.8622**

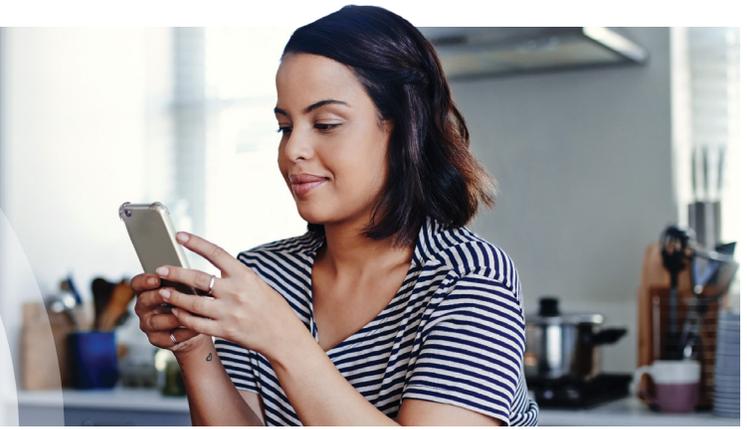
Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)



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

**HealthAdvocate<sup>SM</sup>**

# 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. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate or Carmen Terry, Health and Wellness Coordinator, at 570.323.8561x1067 or at [cterry@iu17.org](mailto: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. Staff is available for assistance after hours and on weekends.



**866.695.8622**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)



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

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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



**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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