



Embrace Your Path

2023-2024 Well-Being Program Guide

The LCIC Embrace Your Path Well-Being Program is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
August 1, 2023



Complete activities
that will help you thrive



Deadline to earn points:
July 31, 2024



Feel good knowing you've
earned a reward

Well-Being 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 12/1/2023
- 2. Annual Physical**
- 3. Biometric Screening**
- 4. LCIC Health Courses or Online Personal Pathway**- Must attend one LCIC Health course or complete a Health Advocate Personal Pathway on the platform.
- 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

Well-Being Reward & Program Eligibility

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



Being active is more than a goal — it's a way of living



Activities	Action(s) to Earn Points	Points/Max.	✓
Healthy Actions			
Personal Health Profile (PHP)	Complete this online survey to assess your lifestyle and its impact on your health.	100/100	
Personal Pathfinder	Take this assessment to help guide you to your well-being priorities and discover what is most important to you.	10/40	
Health Advocate Website or App Visit	Sign on to Health Advocate through the website HealthAdvocate.com/members or the mobile app quarterly.	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	
Stay on Top of Your Health			
Preventive Care	<p>Stay on top of your health by completing preventive care exams. Visits occurring between August 1, 2023 to July 31, 2024 will qualify for points. Log into Health Advocate to self-report your exams. Earn points for the exams below:</p> <ul style="list-style-type: none"> • Breast Cancer Screening • Cervical Cancer Screening • Colon Cancer Screening • Osteoporosis Screening • Prostate Cancer Screening • Skin Cancer Screening • Vision Exam 	25/100	
Vaccinations	Protect yourself by receiving the Pneumonia and/or Shingles vaccinations. Log into Health Advocate to self-report your vaccinations.	20/60	
Health Screening	Gain insight into your health needs and risks for chronic diseases. Participate in a free health screening offered through the workplace.	100/100	
Your Tobacco Status			
Tobacco Status	Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Quit Tobacco Pathway online.	50/50	



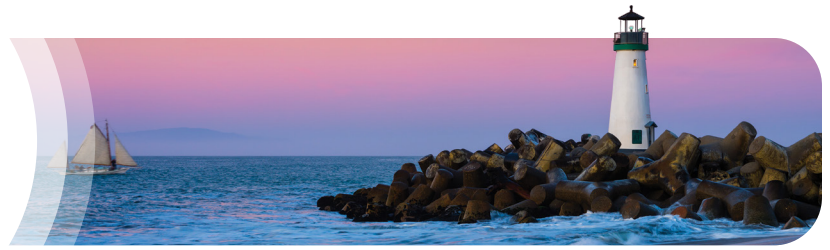
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Live each day
with **intention**
and **direction**



Activities	Action(s) to Earn Points	Points/Max. ✓
Health & Well-Being Coaching		
Embrace your Path Group Coaching	Complete a 12-week (6 session) group coaching class with Carmen.	100/100
Take Action for Better Health		
Personal Pathways	Explore online personal pathways to take action for improved well-being. There are a variety of pathways to choose from to help you build skills and learn new healthy habits.	50/100
Well-Being 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
Well-Being Challenges	Have fun while getting healthy by participating in wellness challenges. In order to earn points, you must track your progress each week of the challenge. You can earn points for two types of challenges:	
	Embrace Your Path Challenges are planned for the entire year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!	40/120
	Personal Challenges are available to start on your own at any time. Participate on your own or invite your coworkers.	5/20
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 5 for trackers.	Varies



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Well-being is a journey, not a race



Activities	Action(s) to Earn Points	Points/Max.	✓
Other Ways to Earn Points			
Well-Being Commitments	Commit to your well-being. <ul style="list-style-type: none"> • 5K run/walk • Bike events 	<ul style="list-style-type: none"> • Volunteering • No texting while driving 	Varies
Embrace Your Path Activities and 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: submission of annual physical paperwork, onsite wellness seminars, weight management, flu shot.		Varies
Learning Center	View articles, videos and more about virtually every health and well-being topic across gender, geography and generation.		1/20
Referral Program	Receive points for referring another (not spouse) who works in their own district/college or another district/college up to two referrals.		25/50
Telemedicine	You can earn points for registration in the telemedicine system and at least one visit during the wellness program year. Both activities are tracked and uploaded to health advocate monthly. <ul style="list-style-type: none"> • Registration • Visit 		40/40 25/25
Mail-Order Pharmacy	Commit to using mail order pharmacy by completing the wellness commitment and uploading your mail order receipt		50/50



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Small steps add up to **big gains**



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
 Meditation / Resilience	Perform one or more meditation or resilience activities daily	1/100
 Strength Training	Increase your strength by performing this activity 2 or more days weekly	5/200
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5/260
 Weight	Log your weight weekly	5/150

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




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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 reward 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 if you have any questions regarding this program.

Q: What are some well-being goals Health Advocate supports?

A: We can help you gain insight into your well-being and discover what is important to you through our four pillars: Be Connected, Be Balanced, Be Well and Be Successful.

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: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Get answers to your insurance and claims questions and resolve billing issues
- Understand how your benefits work and clarify copays and deductibles
- Find the right in-network doctors, make appointments and transfer medical records
- Make informed decisions about medical conditions and diagnoses
- Find and explore the latest treatment options and arrange second opinions

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.




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Never stop
improving yourself



No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.

Empowers you to live well by taking
charge of your physical health.

Fosters connection
with yourself, others
and the environment
around you.



Promotes skills to help
you thrive financially, at
work, and at home.

Supports you in caring for your
emotional and mental well-being.

In addition to the well-being activities and resources outlined in the previous pages, you have access to:



Recipes and Meal Plans

- Step up your morning meal game with **bold breakfasts and brunch**
- **Easy make-ahead lunches**—so tasty you'll enjoy eating them all week!
- Quick and easy-to-prepare **dinner recipes**
- Access **meal plans** for a variety of healthy goals such as heart health, weight loss and more



Your Go-To Resources

- **Health Advocate Blog:** Information to help you live well, find balance and more! Visit blog.healthadvocate.com and subscribe to get timely tips sent directly to your inbox.
- **The Learning Center:** Access videos, articles and more on virtually any health and well-being topic



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