



Get Healthy Now Program 2022 Incentive Guide

The Get Healthy Now Wellness Program can help you take charge of your health and it's a fun way to connect with others, create a culture of well-being and stay motivated.

There are several wellness activities to choose from which are designed to help improve and maintain our health together! You must earn 480 wellness points (Personal Health Profile required) to receive the 2022 \$40/monthly incentive.



Register and
log in beginning
June 1, 2021



Decide your path,
complete activities



Focus on your health,
feel awesome



Deadline to
earn 480 points:
**November 30, 2021
by 11:59 ET**



You are all set for
2022 and will receive
your **\$40/monthly
incentive beginning
January 2022.**

Wellness Incentive and Program Eligibility

The \$40 GHN incentive is available to all current employees and pre-65 retirees enrolled in a UofL medical plan. Medically enrolled spouses/qualified adults and dependent children age 18+ can utilize the wellness program features, but are not eligible for the incentive.

Take the Personal Health Profile to jump start your journey!

Complete the **Personal Health Profile (PHP)** to get a wellness assessment and personalized tips to help you improve and maintain your health and well-being. On average, the PHP takes 8-10 minutes to complete. You must complete the PHP to earn 200/480 points required to qualify for the \$40/monthly incentive.

Visit HealthAdvocate.com/UofL to enroll and sign into your account so you can begin earning points. **Need help registering? Call 866-799-2731.**

Additional ways to earn the rest of your incentive points are on page 2.

Register Now!

Learn how to register at
Louisville.edu/gethealthynow
or call Health Advocate at
866-799-2731



866.799.2731

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/UofL



HealthAdvocateSM

Wellness Opportunities

Earning 480 points will secure your \$40/monthly incentive for 2022, but that's just the beginning of a healthier you.
Challenge yourself, your coworkers, and/or your team to set higher point goals!

Activities	Points
<p>Health Education Session: Complete one coaching session to discuss your Personal Health Profile and/or wellness goals. Contact Health Advocate at 866-799-2731 to schedule.</p>	100
<p>Preventive Care: Stay on top of your health and complete applicable preventive care exams and vaccinations (December 1, 2020 - November 30, 2021) worth 200 points each. Self-report completion by visiting HealthAdvocate.com/UofL and choosing the Preventive Care option from your To-Do list.</p> <p><i>Annual Physical</i> ▪ <i>Annual Well Woman Exam</i> ▪ <i>Cervical Cancer Screening</i> ▪ <i>Colon Cancer Screening</i> <i>COVID-19 Vaccination</i> ▪ <i>Flu Shot Vaccination</i> ▪ <i>Mammogram</i> ▪ <i>Prostate Cancer Screening</i> ▪ <i>Skin Cancer Screening</i></p>	200
<p>Chronic Care Coaching Enrollment: Chronic medical conditions such as diabetes, hypertension, heart disease and depression are included in our Chronic Condition Support program. One-on-one support is available with a certified Nurse Coach or Diabetes Educator. Contact Health Advocate at 866-799-2731 to schedule.</p>	300
<p>Wellness Coaching: When it comes to improving your well-being, you don't have to do it alone. A Wellness Coach can help you meet your health goals and thrive. Earn 300 points by completing 3 sessions within 45 days. Each session is about 15-20 minutes. Coaching is unlimited. Contact Health Advocate at 866-799-2731 to schedule.</p>	300
<p>UofL Well-Being Virtual Workshops: Throughout the year, UofL will provide several opportunities, including but not limited to, group fitness classes and virtual sessions employees can attend and earn points. Check UofL Today and visit Louisville.edu/gethealthynow for point opportunities. Each workshop is worth 200 points.</p>	200
<p>Online Workshops: Participate in online, self-paced workshops, worth 200 points each, on a variety of wellness topics, such as nutrition, fitness, stress, financial wellness, and more! You must complete all chapters to earn points. Workshops take 6 days to complete and average 15 minutes a day. Visit HealthAdvocate.com/UofL and choose Workshops from the Well-Being drop down.</p>	200
<p>Online Programs: Each completed online program is worth 300 points each.</p> <ul style="list-style-type: none"> ▪ Don't Weight! Make a Change Weight Loss Program – During this 12-week online program, learn tips, tricks and long-term strategies to help you lose weight and keep it off! Each week 1 new lesson will be available to complete. A lesson takes about 15 minutes to complete. (3 hours of time in total). ▪ Tobacco Cessation Program – Complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions. Each daily session lasts approximately 15 minutes. Visit HealthAdvocate.com/UofL and choose Programs from the Well-Being drop down. 	300
<p>Track Daily Activities: Track one or more of the following activities using the Health Advocate tracker or sync your tracker to the Health Advocate app. Each completed activity is worth 5 points each.</p> <p><i>Fiber (25g or more daily)</i> ▪ <i>Fruits & Veggies (5 servings or more daily)</i> ▪ <i>Sleep (7 hrs or more daily)</i> ▪ <i>Stretching (10 minutes or more daily)</i> ▪ <i>Steps (7500 steps or more daily)</i> ▪ <i>Sodium (1500mg or less daily)</i> ▪ <i>Water (64oz or more daily)</i></p>	5
<p>Track Weekly/Monthly Activities: Track one or more of the following activities using the Health Advocate tracker or sync your tracker to the Health Advocate app. Each completed activity is worth 10 points each.</p> <p><i>Distance/Timed Exercise (150 min weekly)</i> ▪ <i>Resistance Training (2 or more days weekly)</i> ▪ <i>Charity Work (2 hrs per month)</i></p>	10

For additional wellness opportunity details and program FAQs,
 visit the GHN website: Louisville.edu/gethealthynow