

# Take a Healthy Step

**Campaign Dates:** January 1, 2019 – September 30, 2019



## SHOOTING STARS Requirements:

1. MyHealth Questionnaire
2. Biometric Screening
3. Annual Physical Exam
4. Dental Exam
5. STARS Health Coach Interaction

## ALL STARS Requirements:

1. Earn 500 Healthy Step points

## Reward:

- **SHOOTING STARS:** Premium discount towards your 2020 medical benefits
- **ALL STARS:** Additional premium discount

*Note: In order to receive the reward for ALL STARS, all of the SHOOTING STARS requirements must be completed.*

## Important Numbers:

- **Member Services:** 1-866-918-1590
- **Telephonic Lifestyle Health Coaching:** 1-800-807-0751

## Point Eligible Activities/Programs through MyHealth OnLine

Activity/Program	Points
Cancer Screenings ( <i>Cervical, Breast, Colon</i> )	25 each
Biometric Screening Values ( <i>Desirable/5% Improvement</i> )	50 each
Vision Exam	10
Personal Health Review	25
Coach on Call	10
MyHealth Selections	100
Lifestyle Health Coaching Program	50
Health Coaching Follow-up ( <i>30, 90, 180 Day</i> )	10 each
Influenza Vaccine	10
EMMI Videos	10 each
Healthwise Conversations	10 each



The Resource Center offers a number of internally run activities/programs that are eligible to receive Healthy Step points for the Take a Healthy Step program. Below is a complete listing of those activities/programs.

### **Employer Sponsored Activities / Programs**

Activity / Program	Points
12 month NDPP	100
6 week self-management class	50
Weight Watchers	50
Participation in agency sponsored Wellness Challenge	25 each
Zero Gain Campaign	10
Battle of the Businesses	10
Enroll in MyStrength	25
Defensive Driving	10
Lunch and Learns	10 each
Achieve goal on Wellness Planner	25
Nominated for an Award	25
Annual TRC Membership	10
Wellness Team Member	15
Volunteer / Participate in TRC event	10 each
Blood Drive	10 each
Gym/Fitness Center Membership	25
Half Marathon	50
Full Marathon	100
Triathlon	200
Nicotine Free	25
Volunteering in Community / Charity Events	10 each
My Activity Tracker	25 each

To obtain credit, please provide your STARS Health Coach will documentation of the completed activity/program. The Resource Center will then provide WorkPartners with your information for crediting.