

WELLNESS PROGRAM TIMELINE STEPS TO WELLNESS SUCCESS

This is a quick timeline of the steps needed in order to receive your incentives. More information can be found at: employee.provo.edu/human-resources or by emailing Becca at beccat@provo.edu

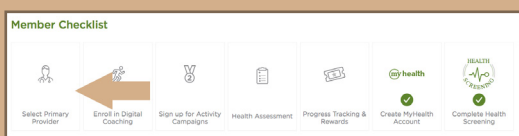


EXPERIENCE LIFE
Live life
THE HEALTHIER WAY

First Quarter started on September 1, 2018

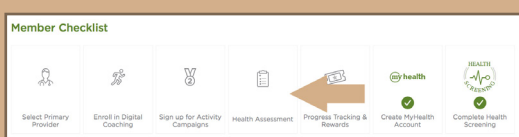
Step 2: Choose a Primary Care Physician

Log in to your My Health account. Choose "Select Primary Provider" from your Member Checklist.



Step 4: Complete the Online Health Assessment

This assessment is accessed through your MyHealth account and will take around 20 minutes.

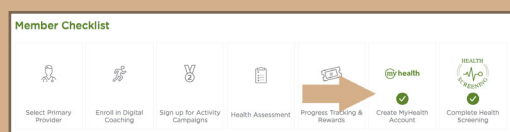


First Quarter incentives given in December

Step 1: Create a MyHealth Account

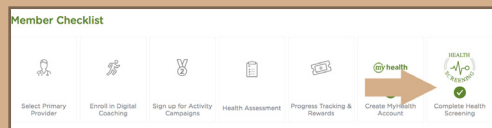


Your MyHealth account can be created at selecthealth.org



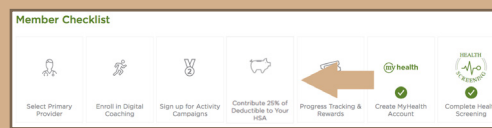
Step 3: Obtain a Health Screening or Physical

If you were unable to attend one of the district health screenings, you may obtain a physical from your doctor.



Step 5: Establish and Contribute to a Health Saving Account

This is for HSA insurance members only. Contact benefits office with questions.



First Quarter ends November 30, 2018



Second Quarter begins November 30, 2018

Step 7: Enroll in Digital Coaching

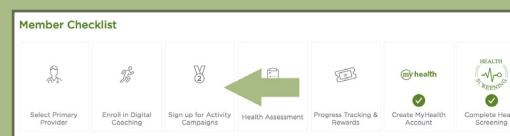
This program is found on your MyHealth account and offers personal, private, guided coaching.



Second Quarter incentive given in March

Step 6: Complete an Activity Campaign

Activity campaigns can be found on the Virgin Pulse App accessed through your MyHealth account. Start a campaign ASAP as they take a while to complete.



Second Quarter ends February 18, 2019



Third Quarter begins February 18, 2019

Step 9: Complete a Digital Coaching 30 Day Check-In

This will come to your email if you have enrolled in digital coaching. You just need to respond to the email.

Third Quarter Incentive given in May and give-aways happen at each location

Step 8: Complete another Activity Campaign

Accessed through your Virgin Pulse App. Remember to start a campaign early as they take a while to complete.

Third Quarter ends April 19, 2019

