

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

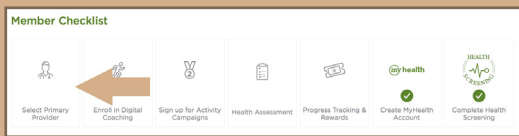


EXPERIENCE LIFE
Live life
THE HEALTHIER WAY

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

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

Third Quarter begins February 18, 2019

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

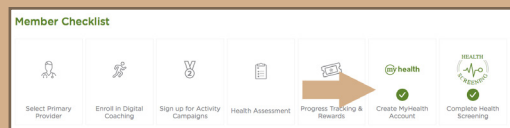
This will come to your email if you have enrolled in digital coaching. You just need to respond to the email.

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

Step 1: Create a MyHealth Account

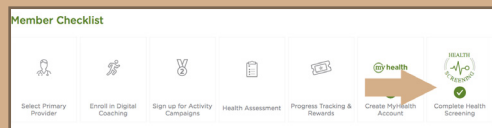


Your MyHealth account can be created at selecthealth.org



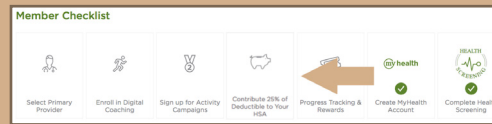
Step 3: Obtain a Health Screening or Physical

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.

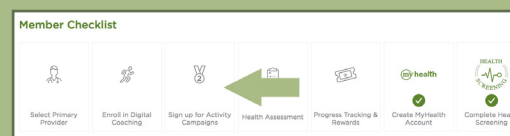


First Quarter ends November 30, 2018



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



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

