



Dear New Employee:

I am writing this letter to introduce myself and welcome you in your new job. My name is Carmen Terry and I am the Health and Wellness Coordinator that works with all eight Lycoming county school districts and Penn College. I have developed and run the Embrace Your Path Wellness Program for insured employees and their spouses. Your health is important to you and to your employer which is why we have these programs in place. Embrace Your Path wellness encompasses a wide variety of activities to help you improve your health and you can focus on what is important to you in your life and health.

Along with this letter is a brief overview of the program and information on how to earn points so that you can earn money back in your pocket. We have been running this program since 2013 and have had wonderful success. We provide free health screenings at the workplace as well as offering flu shots on-site. We believe it is important to foster a culture of wellness in every aspect of your life.

We use an online program through healthadvocate.com. Login instructions are below:

Type Healthadvocate.com in your browser

Click on Member login

Type in LCIC for the organization

Click on the Register now button at the bottom

If at anytime you have any questions regarding this program, please feel free to contact me. All my information is listed below:

Carmen Terry, MS, ATC, NBC-HWC

Health and Wellness Coach

cterry@iu17.org

Office-570-323-8561 x1067



Embrace Your Path

2022-2023 Wellness Program Guide



The LCIC Embrace Your Path Wellness Program is committed to helping you achieve your best health and best self. This year, we challenge you to make self-care and your well-being a priority. Complete a selection of the activities from the charts on pages 2-4 based on your personal health goals. As a reward for completing healthy activities, you have an opportunity to earn up to \$375.



Start date:
August 1, 2022



Complete activities
that will help you thrive



Deadline to earn points:
July 31, 2023



Feel good knowing you've
earned a reward

Wellness 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 12/1/2022
- 2. Annual Physical**
- 3. Biometric Screening**
- 4. LCIC Health Courses** - Must attend one course in person. Course subjects may include Stress Management, Mindfulness, Nutrition, etc. Courses will be 60-90 minutes long.
- 5. Complete one of the healthy options below:**
 - Meet 3 out of 4 healthy benchmarks
 - Improvement of healthy benchmarks at free spring screening event
 - Health Coaching with Carmen

Wellness Incentive & Program Eligibility

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



Be the healthiest you

Complete well-being activities to meet your personal health goals and earn points towards your incentive.

Activities	Action(s) to Earn Points	Points/Max.	✓
Healthy Actions			
Personal Health Profile	Complete this online survey to assess your lifestyle and its impact on your health.	100/100	<input type="checkbox"/>
Health Advocate Website or App Visit	Log on to the Health Advocate website or app quarterly to earn points!	10/40	<input type="checkbox"/>
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	<input type="checkbox"/>
Your Tobacco Status			
Tobacco Status	Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by participating in at least 8 weekly sessions.	50/50	<input type="checkbox"/>
Know Your Numbers			
Health Screening	Gain insight into your health needs and risks for chronic diseases. Participate in a free health screening offered at the workplace.	100/100	<input type="checkbox"/>
Health and Well-Being Coaching			
Embrace your Path Group Coaching	Complete a 12 week (6 session) group coaching class with Carmen.	100/100	<input type="checkbox"/>
Keeping Track of Your Health			
Preventive Care	Stay on top of your health by completing preventive care exams. Log in to Health Advocate to self-report your exams. Earn points for the exams below: <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	<input type="checkbox"/>
Vaccinations	Protect yourself by receiving the pneumonia and/or shingles vaccinations. Log into Health Advocate to self-report your vaccinations.	20/60	<input type="checkbox"/>



Be the healthiest you








Complete well-being activities to meet your personal health goals and earn points towards your incentive.

Activities	Action(s) to Earn Points	Points/Max.	✓
Take Action for Better Health			
Don't Weight, Make a Change Program	Learn tips, tricks and long-term strategies to help you not only lose weight, but keep it off in this 12-week program. <i>Complete all chapters to earn points.</i>	50/50	<input type="checkbox"/>
Wellness 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	<input type="checkbox"/>
Take Action for Better Health			
Wellness Challenges	Have fun while getting healthy by participating in wellness challenges. <i>In order to earn points, you must track your progress each week of the challenge. You can earn points for two types of challenges:</i> 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! Personal Challenges are available to start on your own at any time. Participate on your own or invite your coworkers.	40/120	<input type="checkbox"/>
		5/20	<input type="checkbox"/>
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 4 for trackers.	250 max	<input type="checkbox"/>
Other Ways to Participate			
Wellness Commitments	Commit to well-being (i.e. 5K run/walk, bike events, volunteering, no texting while driving)	75 max	<input type="checkbox"/>
Workplace 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 include: submission of annual physical paperwork, onsite wellness seminars, weight management, flu shot, dental exam, healthy shopping, Spirit of Women.	Varies/ 450 max	<input type="checkbox"/>
Referral Program	Receive points for referring someone (not your spouse) who works in their own district/college or at another district/college. Earn up to two referrals.	25/50	<input type="checkbox"/>
Telemedicine	Earn points for registering in the telemedicine system and completing at least one visit during the wellness program year. Both activities are tracked via workplace event file.	Registration 40/40 Visit 25/25	<input type="checkbox"/> <input type="checkbox"/>
Mail-Order Pharmacy	Commit to using the mail order pharmacy by completing the wellness commitment and uploading your mail order receipt.	50/50	<input type="checkbox"/>



Track healthy behaviors for even more points

Track healthy habits and meet the recommend goals to earn up to 250 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
 Resistance Training	Increase your strength by performing this activity 2 or more days weekly	1/200
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5/260
 Weight	Log your weight weekly	1/150

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



Feature in Focus: Sync your fitness device, wellness app or Apple Health

Easily get points for health trackers by syncing your device or app. From the “I would like to...” menu, select “Sync My Fitness Device.” Select your device or app and follow the steps. You will only see Apple Health as an option when logged on through the Health Advocate app on compatible iOS devices.



866.695.8622

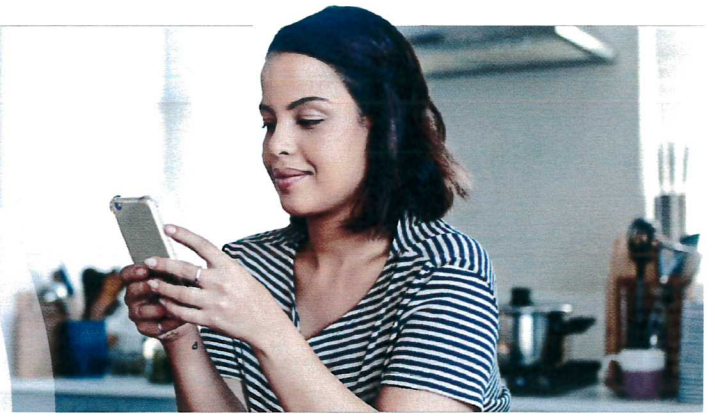
Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

HealthAdvocateSM

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 incentive 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 common wellness goals Health Advocate supports?

A: We can help you reach goals in areas such as weight loss, fitness, nutrition, tobacco cessation, mindfulness, stress management, prevention and management of chronic disease, and so much more!

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: When is Health Advocate available?

A: Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Staff is available for assistance after hours and on weekends.




866.695.8622

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

HealthAdvocateSM



You have one life
to live—let's make it
a healthy one!

No matter your health and wellness goals, Health Advocate can help guide you toward your best health!

The Wellness Program features:



Personal Health Profile

Your current health, in real time



Recipes and Meal Plans

Nutritious and delicious recipes to fuel your goals



Personal Challenges

Jump-start healthy changes while having fun



Health Trackers

Monitor your progress and celebrate your achievements



Well-Being Resources

View curated information on topics such as mindfulness, fitness, nutrition and more



Wellness Workshops & Programs

Get actionable health tips and learn about well-being topics



Health Advocate Blog

Timely tips to help you live well, find balance and more



Health Information Center

Access resources on virtually any health topic



Fitness Discounts

Find deals for online classes, memberships, nutrition resources and more through GlobalFit



Seasonal Campaigns

Receive weekly emails during our Spring Into Summer, Commit to Quit and Maintain, Don't Gain campaigns



It all begins with you!

Quickly reach us any way you like — by phone, email, online or our mobile app.



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Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members