

Web Updates: EMPOWERED Health Coaching and Wellness PPO Checklist



Home
Ask The Experts
Screening test
Health Resources
Healthy News
My Coach
My Health
My Workouts
My Assessments
Family Health Guide

Cool Tools
My Settings
Your Comments

tip...
NATURAL CIGARETTES?
Some smokers believe that kreteks, also called clove cigarettes, are healthier than those made solely from tobacco. Clove cigarettes contain a mixture of cloves and tobacco, but studies indicate that they generate even more nicotine, tar and carbon monoxide than regular cigarettes. Clove cigarettes are not a safer alternative to conventional cigarettes.

sign up to receive

health HOME

Welcome and thanks for visiting us. Use this site as your personal reference for the latest in health, fitness and nutrition. Explore the site using the navigation on the left. Have fun, learn about your health, and enjoy our service!

Achieve **BIG** success with a little extra support

Health Coaching 1 New Messages!

Health Coaching Track Your Daily Progress!

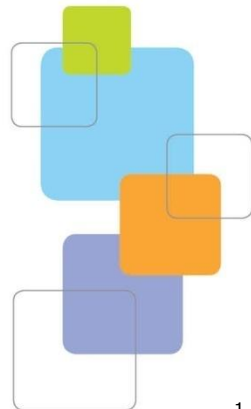
Smoking Cessation
"It's easy to quit smoking. I've done it hundreds of times."
- Mark Twain
Make this attempt your last!
Track It!

Strength
On average, I will do strength building exercises 2 days per week.
Track It!

Vegetables
On average, I will eat 2.0 servings of vegetable each day.
Track It!

Quick Survey
Take our poll...
Would you participate in a Cholesterol Screening or Glucose Screening held at the Village?
 Yes
 No
 Maybe, with more info
Submit Vote

**EMPOWERED
Health
Coaching now
on Home Page**





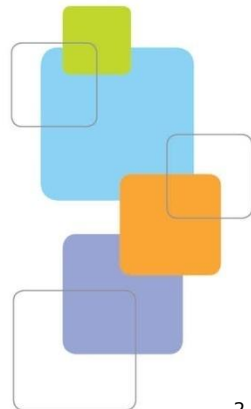
EMPOWERED Health Coaching Enhancements

Features:

- Home Page access to Trackers, Add a Focus Area, and Message Board (when requested to turn "on")
- Coaching areas re-arranged
- Vision Page re-named "My Health Action Plan" Page
- Focus Area Tracking updates
- Message Board "Reply" functionality enhancement
- How's It Going? Questionnaire can be completed anytime during the week

Those enrolled in EMPOWERED will see:

The screenshot displays the EMPOWERED Health Coaching interface. At the top, there is a navigation bar with a "GO" button, the text "Health Coaching", a notification "1 New Messages!" with an envelope icon, and a "GO" button. Below the navigation bar, the main content area is titled "Health Coaching Track Your Daily Progress!". The first module is "Smoking Cessation", featuring an image of cigarettes and a quote: "It's easy to quit smoking. I've done it hundreds of times." - Mark Twain. Below the quote is the text "Make this attempt your last!". The second module is "Unhealthy Fats", featuring an image of a donut and the text "On average, I will eat no more than 8 unhealthy fat foods each day for five or more days of the week." with a "Track it!" button. The third module is "Add a Focus Area", featuring a plus sign icon and the text "Click here to choose a Focus Area."





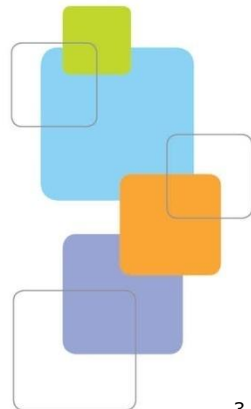
EMPOWERED Health Coaching Enhancements (cont.)

Those who have completed the online health assessment or a biometric screening, but not yet enrolled into EMPOWERED will see:



NOTE: Those who have not completed a health assessment or biometric screening will see nothing.

2012-13 Wellness PPO completion criteria: Enroll before December 29, 2011 and complete 3 or more phone calls with your health coach before March 30, 2012.





2012-13 Wellness PPO Checklist 'Refresh'

- On June 1, 2011, the Wellness PPO Checklist will update to reflect wellness program activity for the new cycle starting April 1, 2011
- The Checklist will now reflect 2012-13 Wellness PPO qualification criteria for the plan year starting July 1, 2012.
- Begin qualifying by enrolling in a wellness program (STEP 1)!
- Remember, both the employee and covered spouse (if applicable) must complete all 3 STEPS to qualify for the Wellness PPO.

Your Wellness PPO Checklist

For July 1, 2012 Plan Year

(If checked , step is completed.)

Step 1: Met criteria for ONE of the following Wellness Programs:
(≥ means greater than or equal to)

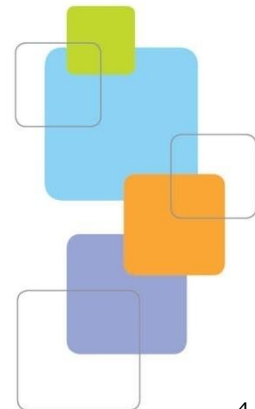
- EMPOWERED Coaching - ≥ 3 calls
- Condition Management - ≥ 4 calls
- Walk This Way - ≥ 600,000 steps
- FLAM - ≥ \$1 Million Virtual Dollars

Step 2: 2012 Biometric Screenings

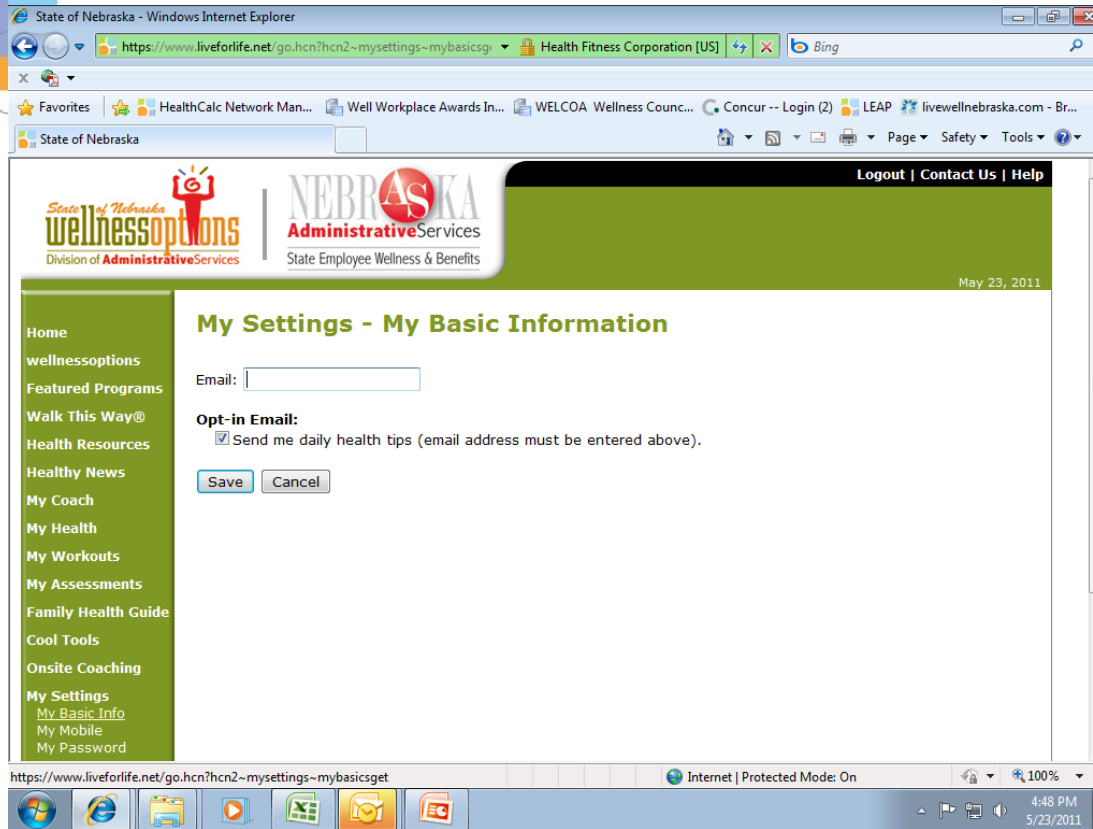
Step 3: 2012 Health Assessment

Review your [Checklist Detail](#) for further information on qualifying for the Wellness PPO.

[Learn more](#) about the Wellness PPO qualifications for the July 1, 2012 Plan Year.



Stay Informed With Your Correct Email Address!



- Make sure your current email address is in the system!
- Email is a highly used avenue of communicating wellness updates and deadline reminder notices.
- Help yourself stay informed by maintaining your correct email.
- **Pass this information on to your spouse to ensure they stay informed!**

To check or enter your email address:

- After logging in with your user name and password, go to: 'My Settings' (left toolbar), then select 'My Basic Info.'
- Enter your valid email address, then select 'Save.'