

Guide to a 2020 Premium Discount

Option # 1 - Complete four coaching sessions (face-to-face or over the phone).

Do You Know about These ActiveHealth Services?

You have a health coach who is just a phone call away. A Health Coach can help you:

- Manage your conditions
- Live a healthy lifestyle.

Call [1-855-202-4219](tel:1-855-202-4219) to get started with a coach today!


Hours of Operation:
Monday - Friday 8:00 AM - 8:00 PM CST
Saturday 8:00 AM - 1:00 PM CST, by appointment only

View your progress towards completing this activity in the Rewards Center

Work 1:1 with a Coach

Not Completed

[Work On It!](#)



Earn your 2020 premium reduction by completing 4 Lifestyle Coaching sessions by 9/30/19 by speaking 1:1 with a coach, either on-site or telephonically.

Please Note: If an employee and spouse are on the same health plan, both members are required to complete one of the four activities in order to earn the premium reduction.

Call [855-202-4219](tel:855-202-4219) to get started today!

Available Health Actions	Date Completed	Comments
Session 1		Not Completed
Session 2		Not Completed
Session 3		Not Completed
Session 4		Not Completed

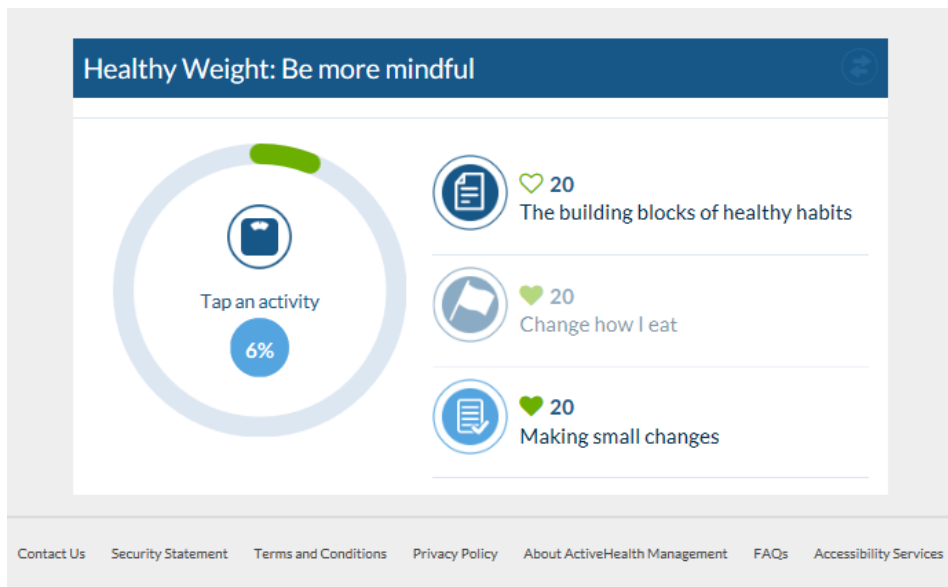
As you complete your coaching sessions, you will see the “Date Completed” column update with the dates of your health coaching sessions.

Option #2 - Reach Level 5 (which is 9,000 hearts) by participating in digital coaching, health education and health goals on the Active Health Platform.

The “Digital Coach” tab is where you go to complete this option. There are two options found under this tab, “Your Health Goals” and “Your Health Education.” Hearts will be awarded for the activities you complete within these categories.



If you select “Your Health Goals,” you will be prompted to set a health goal. Once you’ve selected your goal, you will be prompted to complete activities to earn hearts. These activities can include taking quizzes, reading articles, and watching videos. You can earn 120 hearts a day by completing these activities. Each week you will need to set a new health goal.



If you select “Your Health Education,” you will be taken to a new webpage with a variety of health topics to choose from.



Welcome to Your Health Education

Designed to inspire, motivate and introduce healthy lifestyle changes to your daily routine. Your Health Education features insightful articles, games, videos, and more to keep you on the path to a happier, healthier you.



Protecting Your Back



SELECT A CATEGORY TO GET STARTED

[Tutorial](#) | [FAQs](#)

TRENDING TOPICS

WEIGHT MANAGEMENT [Boosting Your M...](#)
WEIGHT MANAGEMENT [Healthy Eating](#)
WEIGHT MANAGEMENT [Tips for Maintai...](#)
WEIGHT MANAGEMENT [Genetic Influen...](#)
WEIGHT MANAGEMENT [Portions Matter](#)

Asthma

Take charge and understand how to control your asthma. Learn about symptoms, triggers, treatment options and more... [Learn More About Asthma](#)

[View Topics](#)

0/7

Back Pain Management

Learn helpful tips on how to treat, manage, and avoid back pain ranging from periodic to ongoing... [Learn More About Back Pain Management](#)

[View Topics](#)

1/9

CAD/ Coronary Artery Disease

This is the most common type of heart disease. Learn the causes, exams and tests, symptoms, and lifestyle behaviors to address this condition...

[View Topics](#)

0/7

COPD

Review this progressive disease, including symptoms and treatment, and learn lifestyle behaviors which may help to address this condition...

[View Topics](#)

0/3

Cancer Care

Explore ways to manage your current treatment programs as well as post-recovery care...

[View Topics](#)

0/6

Cholesterol

Explore the different kinds. Covers treatment to lower risk of heart attack and stroke that includes healthy habits and statins... [Learn More About Cholesterol](#)

[View Topics](#)

0/6

Chronic Condition Management

Learn tips to help you understand the day-to-day management of your condition, support your doctor's plan of care, and improve your quality of life... [Learn More About Chronic Condition Management](#)

[View Topics](#)

0/7

Chronic Pain

Covers conditions that can be treated, like neck pain, low back pain, and arthritis. Explores symptoms, treatment options and diagnoses... [Learn More About Chronic Pain](#)

[View Topics](#)

0/6

Depression/ Anxiety

More than just the blues? You're not alone. Learn to recognize depression, and how and when to get help... [Learn More About Depression/ Anxiety](#)

[View Topics](#)

0/6

Diabetes

Your quick reference for easy-to-use information about what diabetes is, how to prevent it, and how to treat it... [Learn More About Diabetes](#)

[View Topics](#)

0/12

Financial Wellness

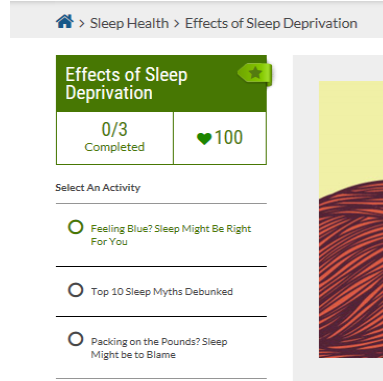
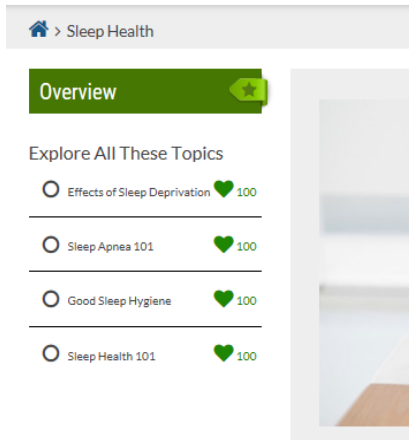
Being healthy can expand to other areas in your life. Learn ways to improve your financial wellbeing by understanding more about your insurance and medical information as well as how your lifestyle decisions impact your financial vitality...

[View Topics](#)

0/4

Each broad health topic has a number of subtopics you can enjoy! Within each subtopic there are different pieces to complete. Once you complete all of the pieces of the subtopic, you will be awarded 100 hearts. You can earn a maximum of 800 hearts from "Your Health Education" a week.

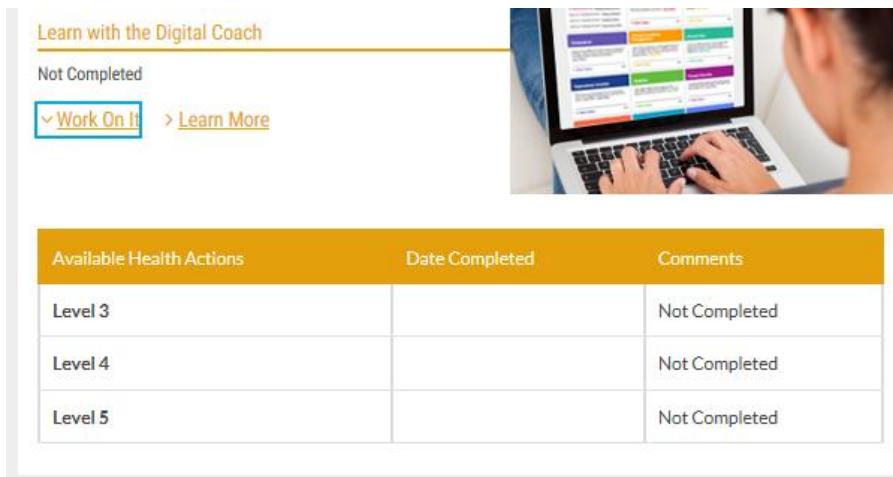
DIGITAL COACH
Your Health Education



When you are logged in to the ActiveHealth portal, you will see your current level and hearts on the top right side of the screen.



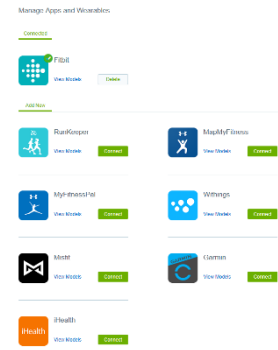
You can also see your progress towards completing this activity in the Rewards Center.



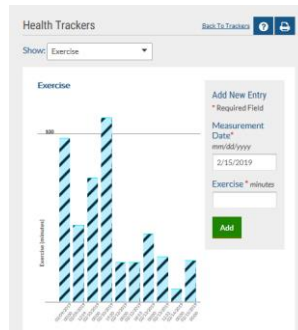
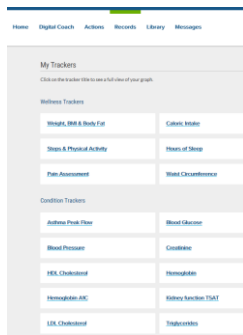
Once you have reached level 3 or higher, you will see the date you reached each level in the “Date Completed” column.

Option #3 - Record at least 45 minutes of physical activity three days per week by using a synced device. You'll need to do this for 11 weeks each quarter, for two out of three quarters this year. Qualifying quarters are Jan. – March, April – June, and July – Sept.

To connect your fitness device, login to you ActiveHealth account. Click on “Devices & Apps” found under the “Records” tab. Click the green “Connect” button for the app you want to connect. This will require you to enter your username and password for that account.



To see the exercise minutes you are tracking, click “Tracker List” under the “Records” tab. From here, click on the “Steps & Physical Activity” link. In the “Show” box, choose “Exercise” to see your recorded exercise minutes.




View your progress towards completing this activity in the Rewards Center

Physical Activity Tracker

Not Completed

[Work On It](#)



Stay active; earn your reward by connecting your device and completing 45 minutes of physical activity 3 days/week for 11 weeks per quarter. To complete this activity you must complete the above requirement two out of 3 quarters of the year.

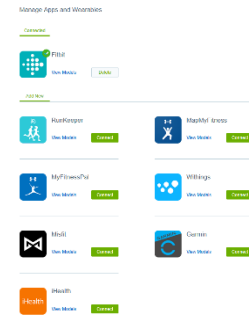
Simplify your tracking by syncing your wearable device [here](#).

Please Note: If an employee and spouse are on the same health plan, both members are required to complete one of the four activities in order to earn the premium reduction.

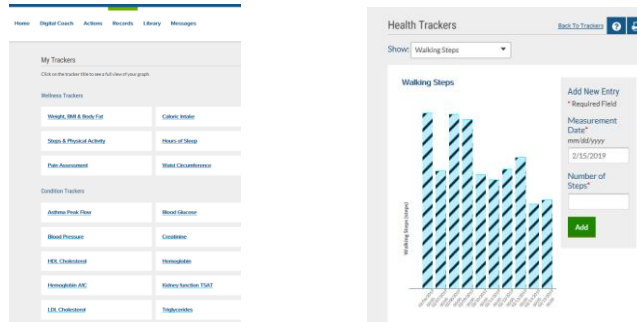
Available Health Actions	Date Completed	Comments
Qtr 1: Jan 1 - Mar 31, 2019		Not Completed
Qtr 2: Apr 1 - June 30, 2019		Coming Soon
Qtr 3: July 1 - Sep 30, 2019		Coming Soon

Option #4 - Record 10,000 steps per day for 75 days of a quarter, for two out of three quarters this year. Qualifying quarters are Jan. – March, April – June, and July – Sept.

To connect your fitness device, login to you ActiveHealth account. Click on “Devices & Apps” found under the “Records” tab. Click the green “Connect” button for the app you want to connect. This will require you to enter your username and password for that account.



To see the steps you are tracking, click “Tracker List” under the “Records” tab. From here, click on the “Steps & Physical Activity” link. In the “Show” box, choose “Steps” to see your recorded steps.




View your progress towards completing this activity in the Rewards Center

Track Your Steps

Not Completed

Work On It



Stay active; earn your reward by connecting your device and completing 10,000 steps per day for 75 days of the quarter.

To complete this activity you must complete the above requirement two out of 3 quarters of the year.

Simplify your tracking by syncing your wearable device [here](#).

Please Note: If an employee and spouse are on the same health plan, both members are required to complete one of the four activities in order to earn the premium reduction.

Available Health Actions	Result	Date Completed	Comments
Qtr 1: Jan 1 - Mar 31, 2019	15		Not Completed
Qtr 2: Apr 1 - June 30, 2019	0		Coming Soon
Qtr 3: July 1 - Sep 30, 2019	0		Coming Soon