

2020 ActiveHealth Wellness Program Rewards

ActiveHealth is a wellness program offered by the Indiana State Personnel Department (INSPD) as part of your medical benefits package. The ActiveHealth wellness program is focused on helping you make little changes that have a big impact on your health.

Who can use ActiveHealth: Employees and spouses enrolled in a state medical plan.

What you get: Unlimited access to health coaches and a library of health information.

How to get started: Visit the ActiveHealth portal at www.myactivehealth.com/stateofindiana, or call 855-202-4219.

	Health Assessment	Biometric Screening	Health Coaching, Health Education, or Fitness Tracking
Reward	\$50 e-gift card	\$100 e-gift card	2021 Premium Discount
Why it matters	Taking the health assessment is a great way to see where you are and find areas that need some work. It takes about 10 minutes to complete and you get an easy to understand summary report.	Completing a biometric screening is a quick way to check in on your current health. You get instant results and help understanding your key measurements like blood pressure, cholesterol, glucose levels, and BMI.	Work with qualified professionals and access reliable health information to improve your health! This is your chance to earn the lowest medical premiums possible on any plan you choose for 2021.
What to do	Log in to www.myactivehealth.com/stateofindiana and click the “health assessment” link. If you do not already have an account, creating one is easy. The only information needed is your name, birth date, gender, and mailing zip code.	Pick the option that works best for you: 1. Go to an onsite screening. Reserve your spot and see the list of screening dates and locations at investinyourhealthindiana.com/biometric-screening . 2. Go to a partner screening site like CVS Minute Clinic or Quest Diagnostics. Print the voucher and locate providers in your ActiveHealth portal . 3. See your doctor for a physical with lab work. Have your doctor complete the Provider Form. Submit the completed form by secure upload or fax.	Employees and spouses enrolled in coverage must each complete one of the following options: 1. Complete four individual health coaching sessions (in-person or by phone) through ActiveHealth . 2. Reach Level 5 in ActiveHealth’s portal by completing online health education modules and goals. 3. Record 200 days of physical activity fitness tracking through a device synced to the ActiveHealth platform . Any day with 10,000 steps or 30 minutes of physical activity counts toward the 200 day goal.
Key Dates	Must be completed by Nov. 30, 2020 to earn the \$50 e-gift card.	Results must be visible in the ActiveHealth portal by Nov. 30, 2020 to earn the \$100 e-gift card.	Chosen activity must be completed by Sept. 30, 2020 to qualify for the 2021 premium discount.
Helpful tips	\$50 e-gift card is available in the ActiveHealth Rewards Center as soon as health assessment is completed.	It can take up to 30 days to process completed forms. Submit your form by Oct. 31, 2020 to make sure it is processed in time to earn the e-gift card!	You must re-sync your device for 2020. Track your progress in your ActiveHealth portal Rewards Center.

Contact

INSPD Benefits Hotline
(877) 248-0007 (toll-free) | SPDBenefits@spd.in.gov

Schedule a health coaching session with ActiveHealth
(855) 202-4219 | www.myactivehealth.com/stateofindiana

