

## 2021 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](http://www.myactivehealth.com/stateofindiana), or call 855-202-4219.

	Health Assessment	Wellness Visit	Health Coaching, Health Education, or Fitness Tracking
Reward	\$25 e-gift card	\$100 e-gift card	2022 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.	A wellness visit is a check-in on your current health. During the wellness visit, the provider will review your medical and family history, and lifestyle habits. They will also help you understand 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 2022.
What to do	Log in to <a href="http://www.myactivehealth.com/stateofindiana">www.myactivehealth.com/stateofindiana</a> 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, and mailing zip code.	Pick the option that works best for you: <ol style="list-style-type: none"><li>1. See your doctor for a physical with lab work. Have your doctor complete the Annual Physical Results Form. Submit the completed form by secure upload or fax.</li><li>2. Go to a partner screening site like CVS Minute Clinic. Print the voucher and locate providers in your <a href="#">ActiveHealth portal</a>.</li></ol>	Employees <b>and spouses</b> enrolled in coverage must each complete <b>one</b> of the following options: <ol style="list-style-type: none"><li>1. Complete four individual <b>health coaching</b> sessions (in-person or by phone) through <a href="#">ActiveHealth</a>.</li><li>2. Reach Level 5 in <a href="#">ActiveHealth's portal</a> by completing online <b>health education</b> modules, goals, &amp; challenges.</li><li>3. Record 200 days of physical activity <b>fitness tracking</b> through a device synced to the <a href="#">ActiveHealth platform</a>. Any day with 10,000 steps or 30 minutes of physical activity counts toward the 200 day goal.</li></ol>
Key Dates	Must be completed by Nov. 30, 2021 to earn the \$25 e-gift card.	Results must be visible in the ActiveHealth portal by Nov. 30, 2021 to earn the \$100 e-gift card.	Chosen activity must be completed by Sept. 30, 2021 to qualify for the 2022 premium discount.
Helpful tips	\$25 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, 2021 to make sure it is processed in time to earn the e-gift card!	Track your progress in the Rewards Center of your <a href="#">ActiveHealth portal</a> .

**Don't forget to redeem your \$25 e-gift card for your fall 2020 flu shot from the ActiveHealth Rewards Center.**

### Contact

#### INSPD Benefits Hotline

(877) 248-0007 (toll-free) | [SPDBenefits@spd.in.gov](mailto:SPDBenefits@spd.in.gov)

#### Schedule a health coaching session with ActiveHealth

(855) 202-4219 | [www.myactivehealth.com/stateofindiana](http://www.myactivehealth.com/stateofindiana)

