

2022 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 an INSPD medical plan.

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

How to get started: Call 855-202-4219 or visit www.myactivehealth.com/stateofindiana.

	Health Assessment	Wellness Visit	Dental Cleaning
Reward	\$25 gift card	\$100 gift card	\$50 gift card
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.	Getting regular dental check-ups can help to find early warning signs of health problems and prevent dental problems.
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, and mailing zip code.	Pick the option that works best for you: <ol style="list-style-type: none">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.2. Go to the State’s partner screening site, CVS Minute Clinic. Print the voucher and locate providers in the ActiveHealth portal.	Visit your dentist for a dental cleaning. If you used an INSPD dental plan, Anthem will report your cleaning to ActiveHealth. If you did not use an INSPD dental plan, you will need to provide an explanation of benefits (EOB) or invoice showing the cleaning.
Key Dates	Must be completed by Nov. 30, 2022 to earn the \$25 gift card.	Results must be visible in the ActiveHealth portal by Nov. 30, 2022 to earn \$100 gift card.	Must be loaded in ActiveHealth portal by Nov. 30, 2022 to earn \$50 gift card.
Helpful tips	\$25 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, 2022 to make sure it is processed in time.	It can take up to 30 days to process visits. Submit visits by Oct. 31, 2022 to make sure it is processed in time.

Contact

INSPD Benefits Hotline

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

Schedule a health coaching session with ActiveHealth

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Health Coaching, Health Education, or Fitness Tracking	
Reward	2023 Premium Discount
Why it matters	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 2023.
What to do	<p>Employees and spouses enrolled in coverage must each complete one of the following options:</p> <ol style="list-style-type: none"> 1. Health Coaching: Complete four individual health coaching sessions (in-person or by phone) through ActiveHealth. Call (855) 202-4219 to schedule a health coaching session. 2. Health Education + Health Coaching: Complete two individual health coaching sessions (in-person or by phone) through ActiveHealth, PLUS, reach Level 3 through online education and challenges through the ActiveHealth Portal. 3. Fitness Tracking: 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. 4. Group Coaching: Complete four group coaching sessions in the same series through ActiveHealth. A schedule of group coaching sessions can be found on the “Coaching” page of your ActiveHealth portal.
Key dates	Complete by Sept. 30, 2022.
Helpful tips	Track your progress in the Rewards Center of your ActiveHealth portal .

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