

HealthySteps to Wellness

SHC/LPCH wants to help you improve and maintain your health and well-being — personally, financially and in the workplace. Through the *HealthySteps to Wellness* program and www.healthysteps4u.org, you have access to a variety of resources and tools to help you take a step in the direction of better health.

We've made some updates to the *HealthySteps to Wellness* program for 2014 to help you continue to improve and maintain your health. By participating in the healthy lifestyle activities detailed below, you can earn up to \$500 for employee coverage and up to \$1,000 for employee plus one or more dependents coverage in 2014.

Will my *HealthySteps to Wellness* incentive dollars be deposited into a Health Savings Account or Health Incentive Account? How soon will I receive my incentive?

If you are enrolled in the PPO Plan for 2014, your incentive dollars will be deposited into your HSA. If you are enrolled in the Stanford HealthCare Alliance or Kaiser Permanente HMO, all incentive dollars you earn will be deposited into your HIA. Deposits are made within 10 business days after the date the incentive dollars are reflected in your paycheck. (or as soon as administratively possible).

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First Steps completed in 2013 count for 2014. All three First Steps must be completed by March 31, 2014, to earn wellness dollars.

** Employees + 1 or more dependents receive double wellness incentive (\$600 for First Steps, \$200 for Racer, \$200 for Leader)*

Challenge Level	Activities	Rewards	Total Points
First Steps	Assessment (100) Biometric Screenings (100) Be Tobacco Free (100)	\$300	300pts
Racer	Wellness Challenges (100) Or Healthy Cholesterol (25) Healthy BMI (25) Healthy Blood Pressure (25) Healthy Glucose (25)	Additional \$100	Total 400pts
Leader	Wellness Challenges (100)	Additional \$100	Total 500pts
Winner	Wellness Challenges (200)	Chance to Win a Fitbit	Total 700pts

For more information about the *HealthySteps to Wellness* program, visit www.healthysteps4u.org.