

# Healthy Vin-Cent\$ Campaign

2017 Requirements



DePaul **HR**

All active full-time and part-time faculty and staff enrolled in one of DePaul's medical plans (PPO, CDHP, HMOIL) are eligible to receive a \$300 incentive for earning 100 points through engaging in the activities below between January 1 and October 31, 2017. While earning points, you will learn a great deal about health and wellness and have plenty of opportunities to put that knowledge into action.

Visit [myinteractivehealth.com](http://myinteractivehealth.com) to review your personal health action plan, complete the activities below, and earn valuable points. For additional information about the program eligibility and incentive, [click here](#).

## 100 Points = \$300 Incentive

Maximum Point Value	Healthy Activities	Reporting Instructions	When will my personal health action plan reflect what I've earned?
5	<p><b>Enter your DePaul employee ID</b></p> <p>You <b>must</b> enter your DePaul employee ID to be eligible for the <b>\$300 incentive</b>.</p>	<p>Enter your seven-digit DePaul employee ID number at <a href="http://myinteractivehealth.com">myinteractivehealth.com</a>.</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Select the checkbox next to the activity;</li> <li>3. Enter your DePaul Employee ID number in the text field;</li> <li>4. Click "Update."</li> </ol>	Self-reported
20	<p><b>Complete an annual physical/preventive screening</b></p> <p>Complete an annual physical exam or preventive screening as recommended by your health care practitioner between November 1, 2016 and October 31, 2017.</p>	<p>Receive points by self-reporting completion of your exam at <a href="http://myinteractivehealth.com">myinteractivehealth.com</a>.</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan Tab &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Click on the checkbox next to the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Update."</li> </ol>	Self-reported
15	<p><b>Complete a dental oral exam and cleaning</b></p> <p>Complete a dental oral exam and cleaning between November 1, 2016 and October 31, 2017.</p>	<p>Receive points by self-reporting completion of your exam at <a href="http://myinteractivehealth.com">myinteractivehealth.com</a>.</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan Tab &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Click on the checkbox next to the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Update."</li> </ol>	Self-reported
20	<p><b>Complete a biometric screening and health evaluation*</b></p> <p><b>Understand what your health risks may be.</b></p> <p>Complete your 2017 Health Evaluation (biometric screening) during the St. Vincent's Health Benefit Fair (October 23–26, 2017).</p>	Automatically reported by program administrator.	Immediately upon approval from Interactive Health's program administrator



Maximum Point Value	Healthy Activities	Reporting Instructions	When will my personal health action plan reflect what I've earned?
10	<p><b>Attend a DePaul 403(b) financial planning session</b></p> <p>Financial wellness can play a big role in overall wellbeing. Schedule and attend a one-on-one financial planning session with either a Fidelity or TIAA representative.</p> <p><a href="#">Click here to schedule</a></p>	<p>Receive points by self-reporting your attendance at <b>myinteractivehealth.com</b>.</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Select the checkbox next to the activity;</li> <li>3. Complete the text fields;</li> <li>4. Click "Update."</li> </ol>	Self-reported
30	<p><b>Complete team challenges*</b></p> <p><b>LocoMotion: Exercise Challenge</b> January 30 – February 27</p> <p><b>Water Works: Nutrition Challenge</b> April 3 – May 1</p> <p><b>On Your Mark: Walking Challenge</b> June 5 – July 3</p> <p><b>Fruit &amp; Vegetable: Nutrition Challenge</b> July 31 – August 28</p> <p><b>Maximum of 30 points</b> (each challenge is worth 10 points)</p>	<p>Upon receipt of challenge registration information, log into <b>myinteractivehealth.com</b> to register and complete the team challenge. Visit the My Action Plan tab and look for the challenge banner at the top of the page. Log your activity throughout the challenge. At the end of the challenge your points will be awarded if you have met the challenge goal.</p>	At the completion of the challenge if goal is achieved
30	<p><b>Complete local activities*</b></p> <p><b>Maintain Don't Gain Program</b> between November 23, 2016 and January 2, 2017</p> <p><b>DWN Get Fit and Earn Vin-cent\$</b> February 20</p> <p><b>Green Steps Walking Program</b> between September and October</p> <p><b>Completion of a Race or Sporting Event</b> between November 1, 2016 and October 31, 2017</p> <p><b>Maximum of 30 points</b> (each activity is worth 10 points)</p>	<p>Receive points by self-reporting completion of your local activity at <b>myinteractivehealth.com</b>.</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Select the checkbox next to the activity;</li> <li>3. Complete the text fields;</li> <li>4. Click "Update."</li> </ol>	Self-reported
10	<p><b>Log steps via Steps Log on member website</b></p> <p>You'll receive one (1) point for every 7,500 steps per day, up to (2) points per day. You have an opportunity to earn a total of 10 points for logging steps during this campaign period.</p> <p><b>NOTE:</b> If you need to determine the number of steps for an activity, you can enter the activity into the Cardio Log, which will convert into steps in the steps log.</p> <p><i>This does NOT apply for a steps challenge (On Your Mark Walking Challenge).</i></p>	<p>To log steps:</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan &gt; Exercise &gt; Steps Log.</li> <li>2. Log your steps to earn points. (If using an activity tracker that has been registered on <b>myinteractivehealth.com</b>, steps will be automatically uploaded.)</li> </ol>	Immediately upon completion



Maximum Point Value	Healthy Activities	Reporting Instructions	When will my personal health action plan reflect what I've earned?
30	<p><b>Complete online workshops</b></p> <p>Workshops vary in length from one to 12 weeks, be sure you have enough time to complete the workshop(s) before the campaign ends (October 31, 2017).</p> <p><b>Maximum of 30 points</b> (each workshop is worth 10 points)</p>	<p>To complete online workshops :</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan &gt; My Workshops</li> <li>2. Enroll in a workshop that interests you.</li> <li>3. Upon completion of all workshop tasks your points will be awarded.</li> </ol>	Immediately upon approval from Interactive Health's program administrator
5	<p><b>Complete the Interactive Health online health assessment</b></p> <p>The online health assessment asks various health questions and by completing it you will be one step closer to good health.</p>	Visit the My Results tab and click the Health Assessment link to complete your assessment.	Upon approval from Interactive Health's program administrator
10	<p><b>Have Interactive Health fax your current biometric results to your physician</b></p> <p>While participating in the Health Evaluation is a step in the direction of good health, it is only the first step. Ask your phlebotomist how to fax your results at the time of your screening, or visit the My Support Team tab to fax your results directly to your physician from the member website. Completion of the Health Evaluation is required.</p>	Automatically reported by program administrator.	Upon approval from Interactive Health's program administrator
5	<p><b>Be tobacco free*</b></p> <p>Maintain a tobacco free lifestyle.</p>	<p>Receive points by self-reporting your tobacco free status:</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan Tab &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Click on the checkbox next to the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Update."</li> </ol>	Self-reported
10	<p><b>Receive a flu shot</b></p> <p>Receive a flu shot anywhere between November 1, 2016 and October 31, 2017.</p>	<p>Receive points by self-reporting the completion of your flu shot:</p> <ol style="list-style-type: none"> <li>1. Visit My Action Plan Tab &gt; Earn Rewards &gt; My Healthy Habits;</li> <li>2. Click on the checkbox next to the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Update."</li> </ol>	Self-reported



**If you have questions, please contact Interactive Health at (800) 840-6100.**

**Unable to participate in activities with \* above or unable to meet your personal health goal?**

Review your Personal Health Action Plan (PHAP) to see all of the ways that you can earn points towards your incentive. If you are unable to meet your health goals or participate in activities with \* above, you may qualify for an opportunity to earn the same incentive through an alternative course of action. Please contact Interactive Health no later than four weeks prior to the end of the campaign at (800) 840-6100 or at [rasrequest@interactivehealthinc.com](mailto:rasrequest@interactivehealthinc.com) to request a reasonable alternative standard to qualify for the incentive.