

# Healthy Vincent's Wellness Program



## 2019 Program Details

DePaul **HR**

All active full-time and part-time faculty and staff, as well as COBRA participants, 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, 2019. While earning points, you will learn a great deal about health and wellness and have plenty of opportunities to utilize your knowledge.

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?
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, 2018 and October 31, 2019.</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 the Action Plan Tab &gt; My Activity Points &gt; All Activities;</li> <li>2. Click on the link for the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Finish."</li> </ol>	Self-reported
10	<p><b>Complete a dental oral exam and cleaning</b></p> <p>Complete a dental oral exam and cleaning between November 1, 2018 and October 31, 2019.</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; My Activity Points &gt; All Activities;</li> <li>2. Click on the link for the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Finish."</li> </ol>	Self-reported
35	<p><b>Complete a biometric screening and health assessment</b></p> <p><b>Understand what your health risks may be.</b></p> <p>Complete your 2019 on-line health assessment and Health Evaluation (biometric screening) during the Health Fair (October 21-24, 2019).</p>	Automatically reported by program administrator.	Immediately upon approval from Interactive Health's program administrator
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 <a href="http://myinteractivehealth.com">myinteractivehealth.com</a>.</p> <ol style="list-style-type: none"> <li>1. Visit the Action Plan tab &gt; My Activity Points &gt; All Activities;</li> <li>2. Select the link for the activity;</li> <li>3. Complete the text fields;</li> <li>4. Click "Finish"</li> </ol>	Self-reported



Maximum Point Value	Healthy Activities	Reporting Instructions	When will my personal health action plan reflect what I've earned?
45	<p><b>Complete team challenges*</b></p> <p><b>Maintain Don't Gain Challenge</b> February 11 – March 11</p> <p><b>Unplug to Recharge Challenge</b> April 1 – April 28</p> <p><b>Fruit and Veggie Challenge</b> May 27 – June 10</p> <p><b>Water Works Challenge</b> July 22 – August 5</p> <p><b>Maximum of 45 points</b> (each challenge is worth 15 points)</p>	<p>Upon receipt of challenge registration information, log into <a href="http://myinteractivehealth.com">myinteractivehealth.com</a> to register and complete the team challenge. Visit the 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>	<p>At the completion of the challenge if goal is achieved</p>
45	<p><b>Complete local activities*</b></p> <p><b>Green Steps Walking Program</b> (dates to be announced)</p> <p><b>Completion of a Race or Sporting Event</b> between November 1, 2018 and October 31, 2019</p> <p>Check for other local activity options on the Interactive Health portal, including regular exercise.</p> <p><b>Maximum of 45 points</b> (each activity is worth 15 points)</p>	<p>Receive points by self-reporting completion of your local activity at <a href="http://myinteractivehealth.com">myinteractivehealth.com</a>.</p> <ol style="list-style-type: none"> <li>1. Visit the Action Plan tab &gt; My Activity Points &gt; All Activities;</li> <li>2. Select the link for local activities;</li> <li>3. Complete the text fields;</li> <li>4. Click "Finish."</li> </ol>	<p>Self-reported</p>
15	<p><b>Log steps via Steps Log on member website</b></p> <p>You'll receive one (1) point for every 10,000 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>To log steps:</p> <ol style="list-style-type: none"> <li>1. Visit the Action Plan tab &gt; Steps Log.</li> <li>2. Log your steps to earn points. (If using an activity tracker that has been registered on <a href="http://myinteractivehealth.com">myinteractivehealth.com</a>, steps will be automatically uploaded.)</li> </ol>	<p>Immediately upon completion</p>
45	<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, 2019).</p> <p><b>Maximum of 45 points</b> (each workshop is worth 15 points)</p>	<p>To complete online workshops :</p> <ol style="list-style-type: none"> <li>1. Visit the Action Plan tab &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>	<p>Immediately upon approval from Interactive Health's program administrator</p>



Maximum Point Value	Healthy Activities	Reporting Instructions	When will my personal health action plan reflect what I've earned?
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
30	<p><b>Flash Challenges</b></p> <p><b>I Spy Flash Challenge</b> March</p> <p>Additional Flash Challenges to be announced during the year</p> <p><b>Maximum of 30 points</b> (each challenge is worth 10 points)</p>	Receive points by logging activities and completing the quiz	Self-reported
10	<p><b>Receive a flu shot</b></p> <p>Receive a flu shot anywhere between November 1, 2018 and October 31, 2019.</p>	<p>Receive points by self-reporting the completion of your flu shot:</p> <ol style="list-style-type: none"> <li>1. Visit the Action Plan Tab &gt; My Activity Points &gt; All Activities;</li> <li>2. Click on the link for the activity;</li> <li>3. Fill out the text fields;</li> <li>4. Click "Finish."</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.