



Healthy Vin-Cent\$ Campaign

Remaining 2017 Healthy Activity Options

The Healthy Vin-cent\$ Campaign is part of an ongoing program to promote the health, safety and productivity of DePaul's faculty and staff. The program aims to provide employees with a diverse portfolio of information, activities and resources for making health-related decisions to improve overall well-being in order to support their families, the university's mission and values, and to help enrich our community.

All active full-time and part-time faculty and staff enrolled in DePaul's medical plan (PPO, CDHP and HMOIL) are eligible to earn a \$300 incentive for earning 100 points through engaging in the activities below between January 1, 2017 and October 31, 2017. Incentives will be paid out in January 2018. 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 to review your plan, earn points and complete the activities below. If you have questions, please contact Interactive Health at (800) 840-6100.

| Maximum Point Value | Healthy Activities | Reporting Instructions | When Will My Personal Health Action Plan Reflect What I've Earned |
|---------------------|---|--|---|
| 5 | Enter your DePaul Employee ID to receive credit for the campaign (required). | Enter your seven digit DePaul Employee ID number at myinteractivehealth.com . 1. Visit Action Plan > My Activity Points > All Activities; 2. Select the activity option; 3. Enter your DePaul Employee ID number in the text field; 4. Click "Finish." | Self-reported |
| 20 | Complete an annual physical exam or preventive screening as recommended by your health care practitioner between November 1, 2016 and October 31, 2017. | Receive points by self-reporting completion of your exam at myinteractivehealth.com . 1. Visit Action Plan > My Activity Points > All Activities; 2. Select the activity option; 3. Enter the date of exam and provider in the text field; 4. Click "Finish." | Self-reported |
| 15 | Complete a Dental Oral Exam and Cleaning between November 1, 2016 and October 31, 2017. | Receive points by self-reporting completion of your exam at myinteractivehealth.com . 1. Visit Action Plan > My Activity Points > All Activities; 2. Select the activity option; 3. Enter the date of exam and provider in the text field; 4. Click "Finish." | Self-reported |

(Over)



Healthy Vin-Cent\$ Campaign (Continued)

| Maximum Point Value | Healthy Activities | Reporting Instructions | When Will My Personal Health Action Plan Reflect What I've Earned |
|---------------------|---|---|---|
| 20 | <p>Understand what your health risks may be. Complete your 2017 Biometric Screening and Health Evaluation during the October St. Vincent's Health Benefit Fair. (October 23–26, 2017)</p> | | Immediately upon approval from Interactive Health's program administrator |
| 30 | <p>Complete Local Activities*</p> <p>Green Steps Walking Program September 18–October 29, 2017</p> <p>Completion of a Race or Sporting Event November 1, 2016–October 31, 2017</p> <p>Each local activity is worth 10 points (max three local activities for 30 points).</p> | Receive points by self-reporting completion of a local activity. | Self-reported |
| 30 | <p>Complete Online Workshops</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>Each workshop is worth 10 points (max three workshops for 30 points).</p> | Learn at your own pace with our interactive workshops. Visit Action Plan > My Workshops, enroll in a workshop that interests you and upon completion of all workshop tasks your points will be awarded. | Immediately upon approval from Interactive Health's program administrator |
| 10 | <p>Log Steps via Steps Log on Member Website</p> <p>You'll receive one point for every 7,500 steps per day, up to two points per day. You have an opportunity to earn a total of 10 points for logging steps during this campaign period.</p> <p>NOTE: <i>If you need to determine the number of steps for an activity, you can enter the activity into the Cardio Log. Once the activity is entered into the Cardio Log, it will show the conversion into the number of steps. You then must input the number of steps for that action into the Steps Log to receive your point(s). During a steps challenge, the activities you enter in the Cardio Log will convert to steps and you will automatically receive points in the challenge without re-entering the steps in the Steps Log.</i></p> | Visit Action Plan > Health & Fitness Tracker Tab > Steps Log. Log your steps to earn points. (If you are using a fitness tracker that has been registered on the myinteractivehealth.com website, steps will be automatically uploaded). | Immediately upon completion |

(Over)



Healthy Vin-Cent\$ Campaign (Continued)

| Maximum Point Value | Healthy Activities | Reporting Instructions | When Will My Personal Health Action Plan Reflect What I've Earned |
|---------------------|---|---|---|
| 10 | <p>Attend a DePaul 403(b) financial planning session 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. go.depaul.edu/403b</p> | <p>Receive points by self-reporting attendance at myinteractivehealth.com.</p> <ol style="list-style-type: none"> 1. Visit My Action Plan > My Activity Points > Points Details; 2. Select the activity option; 3. Enter the date activity in the text field; 4. Click "Finish." | Self-reported |
| 5 | <p>The Interactive Health online Health Assessment asks various lifestyle and health questions and completing it will bring you one step closer to good health.</p> | <p>Click the Action Plan tab and click the Health Assessment link to complete your Health Assessment.</p> | Upon approval from Interactive Health's program administrator |
| 10 | <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 health evaluation 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> | | Upon approval from Interactive Health's program administrator |
| 10 | <p>Be Tobacco Free*</p> | <p>To report your Tobacco Free status:</p> <ol style="list-style-type: none"> 1. Visit My Action Plan > My Activity Points > Points Details; 2. Select the activity option; 3. Complete the online assessment | Self-reported |
| 10 | <p>Receive a flu shot between November 1, 2016 and October 31, 2017</p> | <ol style="list-style-type: none"> 1. Visit My Action Plan > My Activity Points > Points Details; 2. Select the activity option; 3. Enter the date of flu shot and sign in the text field; 4. Click "Finish." | Self-reported |

Alternative Activities

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 marked with an asterisk (see above list), 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 to request a reasonable alternative standard to qualify for the incentive.



14 East Jackson Boulevard, Suite 1300
Chicago, Illinois 60604