



Taking strides toward a
**HEALTHIER
LIFESTYLE**

HealthySteps to Wellness gives you the freedom to design your own path to a healthier lifestyle.

Created to help you achieve your personal health goals, the HealthySteps to Wellness program **offers a wide variety of free and discounted tools** to benefit both you and your team.

Along with these benefits, if eligible, you also have the ability to earn an incentive of **\$100 to \$1,000** for participating!



Wellness Tools

HealthySteps partners with trained professionals and peers to help you maintain a healthy lifestyle. *We can help you...*



CONNECT ON-SITE

Start Team Training

Support your team's wellness by bringing HealthySteps to your department for a health and wellness experience during a huddle, staff meeting or retreat.

Get Involved in Stretch Breaks

Engage your team in an interactive movement program.

Apply for a Team Grant

Apply for a \$200-\$1,000 grant for your department for encouraging wellness at work.



EXPERIENCE MORE

Become a Champion

Prioritize self-care and team-care in your work group and become a trusted voice for the wellness program.

Participate in an Event

Discover all of the upcoming Wellness and Biometric events that are offered to you.

wellness.healthysteps4u.org/events/



SEEK SUPPORT

Receive Confidential Counseling

Get the emotional support you need through the Employee Assistance Program (EAP) or Help Center.

Our Partners

Achieve Solutions
achievesolutions.net/shclpch
855.281.1601

**Employee Assistance
Program (EAP)**
855.281.1601

**Health Improvement
Program (HIP)**
med.stanford.edu/hip
650.723.9649

Kurbo
wellness.kurbo.com
800.444.7158

Omada
go.omadahealth.com/
deployments/healthysteps
888.409.8687

**Stanford Faculty Staff
Help Center**
cardinalatwork.stanford.edu/
faculty-staff-help-center

Visit Us

HealthySteps to Wellness Program

wellness.healthysteps4u.org

Email the wellness team at
healthysteps@stanfordhealthcare.org

ACCESS THE WELLNESS TOOLS

To access our resources visit
wellness.healthysteps4u.org
or email the wellness team at
healthysteps@stanfordhealthcare.org



MANAGE WEIGHT

Join a Weight Management Program

Take Omada's 16-week online program that will fit seamlessly into your life.

Work with Kurbo to Help Manage Your Child's Weight

Participate in this interactive, family-based nutrition program and receive one-on-one coaching from healthy role models.



GET MOVING

Take a Stanford Health Improvement Program (HIP) Class

Join a convenient fitness class or take a Healthy Living class to support your sustainable behavior change.

Sign up for a Gym Membership

Get discounted memberships and classes at various gyms and fitness centers.



QUIT SMOKING

Join the Tobacco: Kick It! Program

Free yourself from tobacco with the help of Achieve Solutions.

Start earning incentives by following these two steps:

STEP

1

KNOW YOUR NUMBERS

Get started by logging into the program at wellness.healthysteps4u.org. Here you can take your Health Assessment and complete your Tobacco Use Statement. Next, visit one of our on-site biometric events.

Complete all 3 required activities to earn \$250 (employee-only) **or \$500** (employee + one or more covered dependent) **and advance to Step 2:**

- **Biometrics**
- **Health Assessment**
- **Tobacco Use Statement**

STEP

2

TAKE ACTION

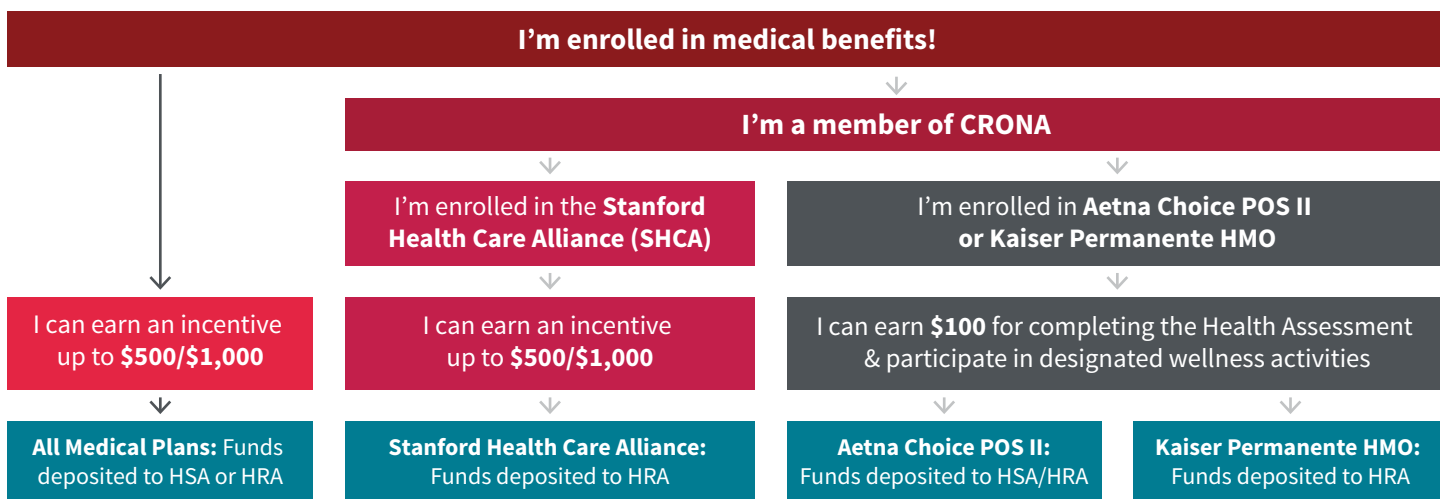
Once you have completed Step 1, you can participate in our programs and events to start earning wellness points toward an additional incentive.

Earn 250 points and receive either a \$250 (employee-only) **or \$500** (employee + one or more covered dependent) **incentive.**

- **Weight management program (Omada)** - 250 points
- **Healthy living or fitness class (HIP)** - 50 points
- **Seminar or Event** - 25 points
- **And more...**

Who is Eligible?

Dependents do not need to enroll in the program. New employees are eligible to participate after 30 days.



How does the incentive payment work?

All points must be earned before incentive is paid. Your incentive will be based on your medical enrollment status (employee-only or employee + 1 or more dependent(s)) as of the last day of each quarter. To earn your incentive, you must be enrolled in a hospital-sponsored medical plan and be an active employee at the time funds are deposited, or the funds will be forfeited. You can use your incentive for any qualified medical expense (learn.healthequity.com/shclpch/hsa/). Funds will be deposited in a Health Equity Health Savings Account (HSA) or Health Reimbursement Account (HRA).

How do I complete my Biometrics?

A full list of dates and locations can be found on the HealthySteps to Wellness calendar at wellness.healthysteps4u.org/events/#biometric. Free Biometrics for all non-represented and SEIU employees enrolled in a hospital-sponsored medical plan; including CRONA members enrolled in a Stanford Health Care Alliance (SHCA) plan will be available until March 29, 2019. You may also have your Biometrics done at your primary care provider and submit the Biometrics Form found on the HealthySteps website.

INCENTIVE PERIOD



January 1, 2019 – September 30, 2019

QUESTIONS?



Visit us at wellness.healthysteps4u.org or email at healthysteps@stanfordhealthcare.org

INCENTIVE SCHEDULE

Steps completed during: (HSA)/(HRA) Deposited By:

Q1: 1/1-3/31 5/31/19

Q2: 4/1-6/30 8/31/19

Q3: 7/1-9/30 11/30/19