

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



Connect On-Site

Start Team Training

Support your team by bringing HealthySteps to Wellness 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 events that are offered to you.

wellness.healthysteps4u.org/events/

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



Seek Support

Receive Confidential Counseling

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



Stanford Red

Join Stanford Recreation Center

Enroll in a Stanford Recreation Center membership to get access to Stanford University's various recreational facilities.

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.



Manage Weight, Type 2 Diabetes and High Blood Pressure

Join Omada to Build Healthy Habits That Last

A personalized program designed to help you reach your health goals – whether that's losing weight, lowering your blood pressure, or staying on top of your type 2 diabetes.



Weight Management for Kids

Work with Kurbo

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

Try the Pediatric Weight Management Program

Participate in family-based, group behavioral and educational program, teaching lifelong healthy eating and exercise habits for kids ages 8-15.

OUR PARTNERS

Achieve Solutions

achievesolutions.net/shclpch
855.281.1601

Employee Assistance Program (EAP)

855.281.1601

Headspace

headspace.com
help@headspace.com

Kurbo

wellness.kurbo.com
800.444.7158

Omada

omadahealth.com/healthysteps
888.409.8687

Pediatric Weight Management Program

stanfordchildrens.org/en/service/eight-control
650.725.4424

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

Start earning incentives by following these two steps:

1 Assess Your Health

Get started by logging into the program at **wellness.healthysteps4u.org**. Then, take your Health Assessment to learn more about your current lifestyle and inspiration for ways to take action.

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

- **Health Assessment**

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.

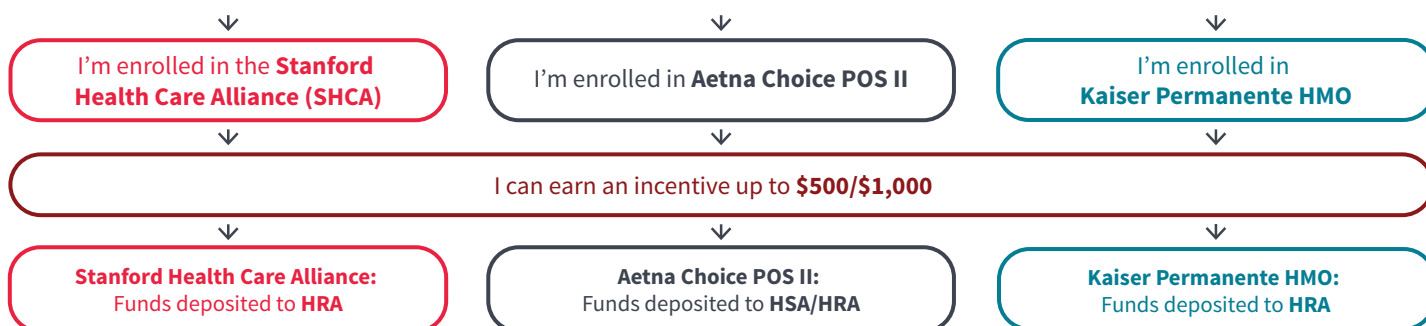
Earn 250 points and receive either a \$250 (employee-only) **or \$500** (employee + one or more covered dependent) **incentive.**

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

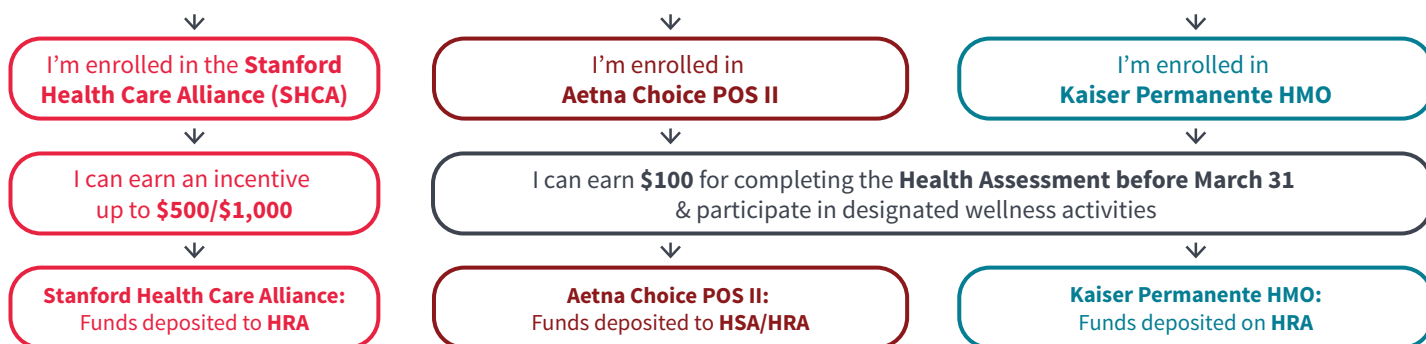
Who is Eligible?

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

I'm a Non-represented or SEIU employee enrolled in medical benefits



I'm a CRONA-represented member (Nurse) enrolled in medical benefits



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).

INCENTIVE PERIOD



January 1, 2021 – September 30, 2021

INCENTIVE SCHEDULE

Steps completed during:	(HSA)/(HRA) Deposited By:
Q1: 1/1-3/31	5/31/2021
Q2: 4/1-6/30	8/31/2021
Q3: 7/1-9/30	11/30/2021