

Welcome to the Healthy Tracks Program, brought to you by your employer and Hometown Health. This wellness program is designed to help you better understand your health, and provide you with tools and opportunities to enhance your well-being and improve your quality of life. Your participation in any activity is voluntary and totally confidential.

This annual program runs for 12 consecutive months. Throughout the year, you will have the opportunity to participate in a variety of fun, health-promoting activities. By recording your participation online through the Healthy Tracks web site, you are able to track your progress and measure your improvement.



**Here's how it works.** Listed on page two are the activities that make up this program. You can choose which activities you want to do. By completing and recording the activity online, you will earn wellness credits. Most of the activities are available throughout the year, and challenge activities are offered during specific dates. Read the Activity Descriptions to learn more about each activity.

**Your Goal.** Research shows that people who set goals have a much better chance of successful improvement. To help you improve your health and well being, we challenge you to **earn at least 24 Wellness Credits during the 12-month program cycle.**

We recommend that you begin by taking the **Health Risk Assessment** to know more about your current health and to learn how you can improve your health status and live a better life.

**Privacy: Your personal information is confidential and protected. No one from your company will see individual information.**

**START TODAY, AND IMPROVE YOUR QUALITY OF LIFE.  
TOGETHER, WE CAN MAKE A DIFFERENCE.**

**WELLNESS ACTIVITIES & CREDIT DISTRIBUTION  
12 MONTH PROGRAM CYCLE**

<b>Program Activity</b>	<b>Credit Value</b>	<b>Annual Max</b>
<b>HEALTH AWARENESS</b>		
<b>Health Risk Assessment</b> (required for program incentive)	6	6
<b>PREVENTIVE CARE ACTIVITIES</b>		
<b>Biometrics Screening</b>	5	5
<b>Colorectal Screening</b>	3	3
<b>Pap Smear</b>	3	3
<b>Mammogram</b>	3	3
<b>Prostate Exam</b>	3	3
<b>Flu Shot / Preventive Immunization</b>	3	3
<b>Establish/Maintain Primary Care Physician</b>	3	3
<b>HEALTH &amp; WELLNESS PROGRAMS</b>		
<b>Fitness Regimen 3x/wk x 12+ weeks</b> (logged online)	2	2
<b>Health Management Services</b>	4	8
<b>Health Coaching</b> (telephonic and digital)	4	4
<b>Healthy Living Programs</b> (online)	3	9
<b>On-Site Wellness Seminar</b>	1	6
<b>Monthly Seminars</b> (online)	1	6
<b>WELLNESS CHALLENGES</b>		
<b>Chill-Out Challenge</b> (May 1 – 31)	4	4
<b>Strive for Five Challenge</b> (August 1 – 31)	4	4
<b>Maintain Don't Gain Challenge</b> (Nov. 1 – Dec. 15)	4	4
<b>Commit to Get Fit Challenge</b> (Feb. 1 – Mar. 15)	4	4
<b>LOCAL WELLNESS ACTIVITIES</b>		
<b>Local Employer Activity</b>	2	4
<b>Community Event</b>	2	4
<b>Online Satisfaction Survey</b>	2	2
<b>Total Opportunity</b>		<b>90</b>

**Personal Program Goal = 24 Wellness Credits**

**Personal Goal Achievement:** Complete the Health Risk Assessment **AND** earn an additional 18 Wellness Credits (total of 24 credits) by the end of the program cycle.

## PROGRAM ACTIVITY DESCRIPTIONS

### Health Risk Assessment

The Health Risk Assessment is available throughout the annual program. The assessment will take approximately 15-20 minutes to complete online. If you have recent biometric data available, such as cholesterol levels, triglycerides, blood pressure, or glucose, be sure and have this information handy so that you can enter it into the assessment to further personalize your individual report. The assessment is a powerful tool for assessing your personal health risk. It collects information about individual behaviors and provides feedback to improve or maximize your personal health.

The information that you provide and your personal report are confidential and protected. No one at your workplace will have access to your personal information.

**To take the Health Risk Assessment, click on the Health Risk Assessment link located on the home page of this web site. Wellness Credits are awarded automatically upon completion of the online assessment. Value: 6 Credits**

### Biometric Screening

Biometric screenings include body fat analysis, blood pressure, glucose, triglycerides, total cholesterol, HDL and LDL. Onsite screening services are provided by some employers. Biometrics screening can also be obtained from your Primary Care Physician. **Upon completion of a screening, you can earn your wellness credits by completing and submitting a Participation Affidavit on the Wellness Credits page of the web portal.** Credits are recorded automatically upon submission of the Participation Affidavit. **Value: 5 Credits**

### Preventive Exams and Screenings



You are encouraged to have routine physical exams or preventive screenings with your physician or other healthcare provider. Screenings that will earn credits include colorectal, mammogram, Pap smear, prostate exam, flu shot and preventive immunizations. **Upon completion of a screening or immunization, you can earn your wellness credits by completing and submitting a Participation Affidavit on the Wellness Credits page of the web portal.** Credits are recorded automatically upon submission of the Participation Affidavit. **Value: 3 Credits each**

## Primary Care Physician

If you establish and/or maintain a PCP during the program cycle, you can earn wellness credits. **Earn your wellness credits by completing and submitting an Affidavit on the Wellness Credits page of the web portal.** Credits are recorded automatically upon submission of the Participation Affidavit. **Value: 3 Credits each**

## Fitness Routine

Participants who maintain fitness routine 3 or more days a week for a minimum of 12 consecutive weeks during the program cycle can earn wellness credits. **Earn your wellness credits by completing and submitting an Affidavit on the Wellness Credits page of the web portal.** Credits are recorded automatically upon submission of the Participation Affidavit. **Value: 2 Credits each**

## Health Management Services

Earn Points for your participation in applicable health management programs. For information about programs available to Hometown Health Insured call 775-982-5073. For information on programs available thru other insurance providers contact your insurance provider or your Human Resources representative. **Earn your wellness credits by completing and submitting an Affidavit on the Wellness Credits page of the web portal.** Credits are recorded automatically upon submission of the Participation Affidavit. **Value: 4 Credits each; max. 8 credits**

## Health Coaching (online and telephonic)

Participants identified as at risk based on their Health Risk Assessment results may be referred to health coaching depending on their employer's program design. **Credits awarded automatically upon completion of each program. Value: 4 Credits**

## Healthy Living Programs (online)



These interactive, personalized online tutorials help you take important steps to reduce risk and improve health. Once you complete the Health Risk Assessment, programs are recommended to you based on your need and interests. However, you may choose any one of the 13 Healthy Living Programs at any time. **Credits awarded automatically upon completion of each program. Value: 3 Credits each; max. 9 credits**

- Weight Loss
- Get In Shape
- Stress Relief
- Healthy Heart
- Diabetes-Fighting
- Custom Program Smoke-Free
- Healthy Aging
- Easy Start
- Healthier Diet
- Cancer-Fighting
- Healthy Senior
- Healthy Kids

## Online Seminars

Monthly Online Seminars are provided on the web portal that will cover a variety of wellness topics. Speakers or head phones are needed to hear the audio, and a high-speed connection is beneficial, although not required. **Credits awarded automatically upon completion of each seminar. Value: 1 Credit each - max. 6 credits**

## Onsite Wellness Seminars

Onsite wellness seminars are provided by some employers to help educate participants about how they can take an active role in improving health and quality of life. **Earn your wellness credits by completing and submitting an Affidavit on the Wellness Credits page of the web portal.** Credits are recorded automatically upon submission of the Participation Affidavit. **Value: 1 Credit each - max. 6 credits**

## Local Employer Activity

Your employer may offer additional health education or wellness activities. Contact your Human Resources department for information on applicable employer activities. **Earn your wellness credits by completing and submitting an Affidavit on the Wellness Credits page of the web portal.** Credits are tracked automatically upon submission of the Participation Affidavit. **Value: 2 Credits each - max. 4 credits**

## Community Events

You are encouraged to contribute to the well-being of the community by participating in community events that involve physical activity. This is a great opportunity to promote group activities with your friends and co-workers. Some examples include Komen Foundation Walk/Run, American Heart Association Heart Walk, March of Dimes Walk, Habitat for Humanity, and various fun runs; bicycling events; triathlons; walk-a-thons; etc. **Earn your wellness credits by completing and submitting an Affidavit on the Wellness Credits page of the web portal.** Credits are tracked automatically upon submission of the form. **Value: 2 Credits each - max. 4 credits**

## End of Year Survey

An online survey will be available toward the end of the program year to measure your perceptions and satisfaction of this program. **Credits awarded automatically upon completion of the seminar. Value: 2 Credits**

## WELLNESS CHALLENGES

Challenges engage the population in simple healthy behaviors that lead to healthier lifestyles and lower risks. They run for a short time periods, to help you make changes in you daily behaviors. Challenges help you practice healthy behaviors with other persons, which help to keep you motivated and share experiences to learn from others. Most people are more likely to participate in an activity if those around them are also participating. Get your co-workers, friends, and families involved and have fun while experiencing personal benefits.

### Commit to Get Fit Challenge (February 1 – March 15)



The Commit to Get Fit Challenge is a 6-week challenge that encourages all types of continuous physical activity. This program considers that not everyone is at the same fitness level. You receive **1 point for every 10 minutes of continuous physical activity** you do throughout the day. The goal of the challenge is to earn **60 points in 6 weeks**. Points are tracked online, and credits are awarded automatically upon reaching the challenge point goal. Printed tracking forms are available, although online tracking is required in order to record your participation. Upon reaching the point goal for the challenge, credits are awarded automatically to the participant. **Value: 4 Credits**

### Chill-Out Challenge (May 1 – 31)

The “Chill-Out” Stress Management Challenge educates you about the importance of minimizing stress and maximizing control, and encourages you to practice healthy behaviors. Throughout the month, the Challenge will focus on methods to better manage stress.

**You will earn 1 point for each of the following activities** designed to help you take control of your life.

- **Healthy Eating:** eat at least 5 servings of fruits and/or vegetables per day
- **Exercise:** complete at least 15 minutes of physical activity per day
- **Sleep:** Get at least 7 hours of sleep per night
- **Relaxation/Meditation:** Take at least 10 minutes of relaxation activity per day

The goal of this challenge is to obtain at least **80 points in the month**. Points are tracked online, and credits are awarded automatically upon reaching the challenge point goal. Printed tracking forms are available, although online tracking is required in order to record participation. Upon reaching the point goal for the challenge, credits are awarded automatically. **Value: 4 Credits**

### Strive for Five Challenge (August 1 – 31)

The Strive for Five Challenge is a month-long challenge that focuses on the importance of eating at least 5 servings of fruits and/or vegetables each day. You simply record online the number of servings eaten each day. The goal of this challenge is to consume at least **125 servings of fruits and vegetables during the program**. Points are tracked online, and credits are awarded automatically upon reaching the challenge point goal. Printed tracking forms are available, although online tracking is required in order to record participation. Upon reaching the point goal for the challenge, credits are awarded automatically. **Value: 4 Credits**

### Maintain Don't Gain Challenge (November 1 – December 15)

This Challenge encourages healthy behaviors that support weight management, while discouraging unhealthy behaviors that promote weight gain.

You can earn points by practicing healthy habits that support healthy living and weight management including:

- Exercise at least 15 minutes daily
- Eat 1 cup of fruit and/or vegetables daily
- Eat breakfast daily
- Not skipping meals - breakfast, lunch or dinner
- Limit sweets to 1 serving or less daily
- Limit alcohol to 1 serving or less daily

Earn 1 point daily for each behavior that you practice. (Opportunity to earn up to 6 points per day.) **The goal is to earn at least 126 points throughout the challenge.** Points are tracked online. Printed tracking forms are also available, although online tracking is required in order to record participation. Upon reaching the point goal for the challenge, credits are awarded automatically. **Value: 4 Credits**