



2018

# MyHealth Wellness Guide



# Creating a Culture of Wellness

This year MyHealth is focusing on what we can do to make wellbeing fun and engaging. MyHealth offers a variety of programs focusing on physical, mental, social, and fiscal wellbeing that can help you be the best you in every aspect and stage of life.

In addition to old favorites, like the Summer Walking Series, and new exciting activities, there is a lot to look forward to in 2018, including new tracking devices, expanded app compatibility, a new and improved MyHealth website, and a variety of ways to earn wellness points that apply to your quarterly HRA/VEBA rewards.

Let's get started today!



## GET STARTED



**Register for the website**

1. Access **Kloud** or **KloudLite.org** and click on **MyHealth**
2. Complete registration page and create a **password**
3. After registration, website access will use **single-sign-on**



**Download the app**

1. Access your app store on your cell phone and search **Virgin Pulse**
2. Download the **free app**
3. **Login** using your **email address** and **password** created during registration

## QUARTERLY HRA/VEBA REWARDS

Employees can earn up to \$180 per quarter that will be contributed to an HRA/VEBA account. That adds up to \$720 per year! This money can be saved for large health care expenses or can be used to pay for everyday health care related expenses such as deductibles, co-pays and health care equipment.

Quarterly wellness points equal quarterly HRA/VEBA rewards.



HRA/VEBA CONTRIBUTION							
Points	QTR 1 Feb-Mar	POINTS RESET TO ZERO	QTR 2 Apr-June	POINTS RESET TO ZERO	QTR 3 July-Sept	POINTS RESET TO ZERO	QTR 4 Oct-Dec
2,000 points	\$45		\$45		\$45		\$45
4,000 points	\$90		\$90		\$90		\$90
6,000 points	\$135		\$135		\$135		\$135
8,000 points	\$180		\$180		\$180		\$180
<b>Total Contribution</b>	<b>\$180</b>		<b>\$180</b>		<b>\$180</b>		<b>\$180 = \$720</b>

Medical option 2 and on-call employees, check website for details

## EARN POINTS

It's easy to earn points by making healthy choices. Watch your points and HRA/VEBA rewards grow as you track healthy habits through your app or the website.

### Here are just a few of the ways

- Completing the health assessment (online questionnaire) (1,000 points)
- Logging steps (10 points per 1,000 steps)
- Health coaching (250 points per session)
- Wellness education classes (250 points per class)
- Sleep Tracking (20/points per day)
- Nutrition tracking (20/points per day)
- Validated weight and/or blood pressure (500 points + 250 bonus for ideal or improved values)
- Setting personal goals (200 points)

Visit the website or app to see all the ways to track your healthy habits for points!

## Reach your full reward with 8,000 points each quarter!



**Jill**

Too busy to login daily, but uses a tracking device

### EXAMPLE SCENARIOS



**Shawn**

No tracking device, but working on healthy habits

Registration	4,000
Set interests	100
Complete the health assessment (online questionnaire)	1,000
Tobacco free agreement	250
Connect activity device	200
7,000 steps a day (10 points per 1,000/day - assuming 40 days)*	1,400
7,000 steps a day 20 times in a month (2 months)*	800
45 or more active minutes per day (total of 10 days in first quarter)*	1,400
Track sleep nightly (40 days in first quarter)*	800
Track sleep 20 days in a month (2 months in first quarter)*	600
<b>Total</b>	<b>10,550</b>

Registration	4,000
Set interests	100
Complete the health assessment (online questionnaire)	1,000
Tobacco free agreement	250
First log in to mobile app	250
First five friends	250
Set a wellbeing goal	200
Track healthy habits (30 pts/day max, 40 days in quarter)	1,200
Track healthy habits 20 days in a month (2 months)	600
Complete daily cards 10 pts/each (2/day for 40 days in quarter)	800
Complete 10 cards in a month (completed 2 months)	200
Join the company challenge	100
Achieve the promoted healthy habit for 5 of 7 days (2 in first qtr.)	200
Create a personal challenge	50
Track calories 10 days in a month (2 months)	400
<b>Total</b>	<b>9,600</b>

\*Points earned automatically via synced activity device.



# It's Easy to Earn Points by Making Healthy Choices

MyHealth is designed to promote wellness in all parts of your life by encouraging you to make wellness a priority every day.

## Get involved!

### Integrate with your favorite health and wellness apps:



- ➔ MyFitness Pal
- ➔ Garmin
- ➔ Strava
- ➔ and many more

### Perks:



- ➔ Discounted activity trackers
- ➔ Peak Health and Wellness Center membership subsidy
- ➔ Discounted onsite massage
- ➔ Weight Watchers subsidy

### Challenge yourself:



- ➔ Biggest Loser
- ➔ Summer Walking Series
- ➔ Step challenges
- ➔ Join Kootenai Health's Corporate Team; #teamkootenai

### Give back:



- ➔ Volunteering
- ➔ Donate blood
- ➔ Wellness Champion Program

### Jumpstart your nutrition:



- ➔ Find healthy recipes
- ➔ Add recipes to grocery lists
- ➔ Track calories

### Learn something new:



- ➔ Health coaching (in person or online)
- ➔ Financial coaching
- ➔ Fitness/nutrition coaching
- ➔ Free wellness seminars



## MYHEALTH

### Contact

Email: [myhealth@kh.org](mailto:myhealth@kh.org)  
Phone: 208.625.6464

### Hours

Monday - Thursday  
7 a.m. - 5:30 p.m.  
Friday  
7 a.m. - 3:30 p.m.

### KloudLite

MyHealth

### App Store

Search: Virgin Pulse



KootenaiHealth