



# Health Matters Minute

JANUARY 2010



## What to do in 2010 to earn gold for 2011

Changes in how you earn gold for your out-of-pocket medical expenses mean getting up-to-speed on what you need to do in 2010 to earn gold for 2011. Follow these steps and you'll be good for gold.

**Register:** To take the wellness assessment, you will first need to register at the new Healthy Incentives Web site powered by WebMD. To register, go online to [www.kchealthyincentives.com](http://www.kchealthyincentives.com) and use your new, personal Healthy Incentives<sup>SM</sup> ID, which is located at the top of the blue letter that was sent to your home mailing address at the end of December. Previous access codes, user IDs and passwords no longer work.

After you log in, you will be asked to create a new user name and password. Please keep a record of your user name and password—you will need this information

### Step 1: Take the wellness assessment by January 31, 2010

After registering, **begin your wellness assessment.** You may begin your wellness assessment anytime, but you must complete it by January 31 before you can take the next step toward earning gold—choosing

### Step 2: Complete an individual action plan by June 30, 2010

Taking the next step—completing an individual action plan by June 30 to earn gold—is simpler than ever. Immediately upon completing the wellness assessment, you can choose from among seven new individual action plans and begin the one that best meets your needs. You will no longer have to wait for a letter or a call to get started. You begin when you are ready and pace yourself to complete your individual action plan

### Step 3: go to the rewards page to track your progress

As you take the wellness assessment and work on your individual action plan, visit your rewards page often to keep track of your progress. There, you will be able to see your out-of-pocket expense level change from bronze to silver to gold as you complete each step.

***If you are unable to use a computer, you may request a paper copy of the wellness assessment. But, because paper participation in the Healthy Incentives<sup>SM</sup> program costs the county an additional \$18 per person, the county is limiting the use of***

whenever you return to your personal Healthy Incentives<sup>SM</sup> Web site to track your progress.

**E-mail address:** When you register, you will be asked to provide an e-mail address so you can receive personal notices concerning deadlines, your progress and other information of interest to you. While you're not required to provide an e-mail address, you will not receive personal notices concerning deadlines and your progress if you don't provide one.

If you don't have an e-mail account, you can create a free Gmail or Hotmail account simply by following the easy-to-use instructions at the county's Healthy Incentives<sup>SM</sup> site at [www.kingcounty.gov/employees/HealthMatters/HealthyIncentives.aspx](http://www.kingcounty.gov/employees/HealthMatters/HealthyIncentives.aspx).

and completing an individual action plan.

If you miss the January 31 deadline, **you can still earn silver** by completing the wellness assessment before June 30.

by June 30, 2010.

As you review the seven new individual action plans, you will find that coaching is no longer an individual action plan. However, it is available if you want the extra help and support of a trained expert. Turn this page over to learn more about the individual action plans available to you.

***paper to those who are unable to use or do not have access to a computer.***

If you need help registering or logging in to the new Healthy Incentives<sup>SM</sup> Web site or later forget your password, contact **WebMD at 1-866-584-6813.**

If you have questions about the new Healthy Incentives<sup>SM</sup> program or getting a paper copy, contact **Benefits, Payroll & Retirement Ops at 206-684-1556 or [kc.benefits@kingcounty.gov](mailto:kc.benefits@kingcounty.gov).**

## 2010 Individual Action Plan Comparison Chart

Individual Action Plan	Who is eligible?	What steps must be completed to earn gold?	When must I complete my individual action plan?
<b>Online WebMD Lifestyle Improvement Programs</b>			
Exercise	All employees and spouse/domestic partners	<ol style="list-style-type: none"> <li>10 phases of exercise readings</li> <li>50 online exercise planner entries</li> </ol>	Must be completed anytime before June 30, no more than 1 phase per week
Nutrition	All employees and spouse/domestic partners	<ol style="list-style-type: none"> <li>10 phases of nutrition readings</li> <li>50 online meal planner entries</li> </ol>	Must be completed anytime before June 30, no more than 1 phase per week
Weight Management	All employees and spouse/domestic partners	<ol style="list-style-type: none"> <li>10 phases of weight management readings</li> <li>50 online exercise or meal planner entries</li> </ol>	Must be completed anytime before June 30, no more than 1 phase per week
Stress Management	All employees and spouse/domestic partners	<ol style="list-style-type: none"> <li>10 phases of stress management readings</li> <li>50 online stress management planner entries</li> </ol>	Must be completed anytime before June 30, no more than 1 phase per week
<b>Online Team Competition Individual Action Plan</b>			
Live Well Challenge	All employees and spouse/domestic partners	Log activity on 5 of 7 days for each of 10 weeks during challenge	Live Well Challenge begins March 22 and ends May 30
<b>Group Meetings Individual Action Plan</b>			
Weight Watchers at Work <sup>®</sup>	Employees only	<ol style="list-style-type: none"> <li>Attend 10 Weight Watchers at Work<sup>®</sup> meetings in either a 13 or 17 week series</li> </ol>	Timing will vary depending on individual meeting group, but a full series must be completed by June 30
<b>Tobacco Cessation Individual Action Plan</b>			
Quit for Life <sup>®</sup> Tobacco Cessation Program	All employees and spouse/domestic partners	<ol style="list-style-type: none"> <li>Participate in 5 telephone based tobacco cessation counseling session</li> </ol>	Must be completed anytime before June 30
<b>Paper WebMD Lifestyle Improvement Programs</b>			
Exercise	All employees and spouse/domestic partners* *paper alternatives to online programs cost King County \$15 per person – they should only be requested if computer access is unavailable	<ol style="list-style-type: none"> <li>10 phases of exercise readings</li> <li>50 paper exercise diary entries</li> </ol>	Must be completed anytime before June 30. Dairies must be returned to WebMD via mail before June 30 deadline
Nutrition	All employees and spouse/domestic partners* *paper alternatives to online programs cost King County \$15 per person – they should only be requested if computer access is unavailable	<ol style="list-style-type: none"> <li>10 phases of exercise readings</li> <li>50 paper exercise diary entries</li> </ol>	Must be completed anytime before June 30. Dairies must be returned to WebMD via mail before June 30 deadline