



# Health Matters

## Minute

JANUARY 2011



## Get started on the 2011 Healthy Incentives<sup>SM</sup> program

by Jim Lindler, Benefits, Payroll & Retirement Operations

You've received your blue letter with information on how to go for gold this year. Now you can take advantage of programs that will support your goals for good health.

**How?** First, begin by completing the wellness assessment by Monday, Jan. 31, 2011.

Go to [www.kchealthyincentives.com](http://www.kchealthyincentives.com) and follow the directions in your blue letter to log in.

The first thing you see upon logging in is your home page, which tells you what your current benefit status is (gold, silver or bronze) and what your next step is on the road to gold. As you move from bronze to silver to gold, this page will reflect that progress and will take you directly to what you need to do next.

Then, complete an individual action plan by Friday, July 1, 2011.

This year, there are five individual action plan options to choose from:

- The improved WebMD online individual action plan
- Free and Clear Quit for Life<sup>®</sup> tobacco cessation, which requires five coaching calls
- Weight Watchers at Work<sup>®</sup>—attend 10 sessions at county worksites—this one is for employees only
- Live Well Challenge, the same 10-week program as last year but beginning Jan. 31 this year
- A "No Thanks" option, reminding you that you will remain silver if you don't complete an individual action plan by July 1, 2011.

If you want to know more about the requirements of any option, click the "Tell me more" link next to the option you're interested in. Then, make your selection and click on the "Submit" button at the bottom of the page. After you make your selection, you will be taken to a page where you can begin your individual action plan.

As a reminder, coaching by itself is not an individual action plan, but it can be used by anyone who would like free, personal health coaching or feels the need for

extra support in completing an individual action plan. If you would like to discuss your personal wellness assessment report with a health coach or get assistance in completing an individual action plan, call 1-866-584-6813.

If you select the WebMD online individual action plan, you will be taken to the Healthy Incentives Road to Gold Rewards Page where you will find many more options and much more flexibility in completing your activities to meet the requirements for gold. You will also find all of the instructions for successfully completing an online individual action plan on that page—if you need help, call Benefits, Payroll and Retirement Operations at 206-684-1556 or e-mail us at [kc.benefits@kingcounty.gov](mailto:kc.benefits@kingcounty.gov).

For more details go to [www.kingcounty.gov/Health-Matters](http://www.kingcounty.gov/Health-Matters) and find our story on the revolving banner.

### Contact Information

Here's a list of contact information and topics to help you with this year's Healthy Incentives<sup>SM</sup> program.

#### Contact WebMD at 1-866-584-6813 for:

- Registration or Log-in assistance
- Help if you forgot your Username or Password, and the website retrieval did not work
- Help with your WebMD Individual Action Plan
- Request for a paper Individual Action Plan

#### Contact Benefits, Payroll & Retirement Operations

206-684-1556 or [kc.benefits@kingcounty.gov](mailto:kc.benefits@kingcounty.gov) to:

- Request for a paper Wellness Assessment
- Request your Healthy Incentives ID number (you can find this number faster by accessing your PeopleSoft account and looking under Self Service/My Benefits.)
- Get help with the Live Well Challenge, Weight Watchers at Work<sup>®</sup> or Free & Clear Quit For Life<sup>®</sup>
- Get help understanding the Healthy Incentives<sup>SM</sup> Program requirements

## Individual action plan options in 2011

**Free & Clear Quit for Life®** tobacco cessation – This program helps you customize a quit plan and work with a telephone coach. Make 2011 your tobacco-free year. Five coaching sessions before July 1, 2011 counts as your individual action plan.

**Weight Watchers at Work®** - This individual action plan teaches you to eat smart and move more to manage your weight. Completion of the Weight Watchers at Work® individual action plan requires that you attend and weigh in to at least 10 meetings before July 1, 2011. You must be a King County employee to participate.

**King County's Live Well Challenge** - This individual action plan allows you to choose eat smart or move more as your focus area. Participate as part of a team in this 10-week event and track your nutrition or physical activity online. Log your activity for 5 of 7 days during each of the 10 weeks of the challenge to earn the gold out-of-pocket expense level. Register between Jan. 1 and Jan. 30, 2011. The Challenge starts Jan. 31, 2011.

### WebMD Individual Action Plans

**Online** – this program has been improved for 2011 to give you more time practicing your healthy behaviors and less time in front of the computer. Choose from a wide list of activities – you need to complete three activities each week for ten total weeks to earn the gold out-of-pocket expense level – **3 activities for 10 weeks**. You may skip weeks, but remember you need to log activity online for 10 weeks before July 1, 2011. Begin before April 23, 2011 if you need to skip logging in for vacation etc.



You may choose from many activities that help you eat smart, move more and stress less. Once you have logged into WebMD and are on the Road to Gold Rewards Page, click

the "Tell me More" link next to the items in the "Actions Available" list for full details. Some examples are:

- **Planners:** choose from a walking, stress, exercise or meal planner. These vary in detail, so choose a planner that works for you. With the walking planner, just enter steps walked 3 times a week for ten

weeks to earn the gold. With the stress planner, what counts is your use of relaxation techniques, not your log of your daily stress level. Exercise and meal planners are good for people who want to be told what to eat or what exercises to try.



- **Phased Readings:** These are meant to be used in combination with planners, but they can also be used independently. Choose from stress management, weight management, nutrition or physical activity topics, and complete 7 steps of reading plus a quiz to earn one activity point.
  - **Trackers:** These tools are new for 2011 and allow you to track weight, blood pressure or many other health measures. Each entry counts as one activity point.
- **Personal Health Record:** Enter information in your health record details to earn an activity point.
- **Read a Health Matters Newsletter article:** You have the option of reading one article a month through the online site to earn one activity point.

**Paper** – paper individual action plans focused on nutrition or physical activity are still available. It is your responsibility to ask for a paper individual action plan. These must be returned to WebMD by July 1, 2011 to be eligible for the gold out-of-pocket expense level.

Need help choosing a plan? Check out our **Profiles page**. Go to [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) and find the link on the revolving banner.

**For more information** on any of these individual action plan options, contact Benefits at 206-684-1556.

