

Making Life Healthy

Rewards - Healthy Activities

To earn Cash Rewards, if biometrics do not meet healthy range:

Care Coordination – For those with complex chronic conditions. Provided by DVACO (Delaware Valley Accountable Care Organization). Call 610-225-6277

Condition Management Coaching – Health Coaching for those with a health condition or diagnosis such as diabetes, heart disease, asthma, etc. Provided by DVACO Health Coaches. Call 610-225-6277

Health Coaching for Lifestyle Improvement – Health Coaching for individuals who desire to exercise more, eat a healthful diet, lose weight, quit smoking, reduce stress, etc. Coaching services provided by *Provant Health*. Call 877-239-3557 to enroll.

Weight Management Program – For those who want to lose weight; examples include Weight Watchers, Nutrisystem, Take Charge of Your Weight, RD visits, etc. Once complete program, record on the Incentive page.

Achieve 5% weight loss as measured by year over year biometric results. This will be calculated automatically, once the 2018 Biometric score is imported.

Tobacco Cessation – For those who certified as “Plan to Quit” on their Benefits Enrollment. Programs include “SMOKEFree” offered by MLH Community Health (email Barb Siso), or Health coaching by *Provant Health* (877-239-3557)

Fitness Center participation – Record 90 visits at a health club between January 1, and Sept 30, 2018.

Fitness Tracking:

- Record 120 days of at least 30 minutes of physical activity on the Provant platform.
- Use a synced device to record at least 7500 steps/day for 120 days

Call 877-239-3557 if need help syncing your device.