

# Health in Action

Managing Risks and Promoting Wellness

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## PATH Creates Your Personal Wellness Journey

One of the most exciting things about PATH – Positive Activities Toward Health – is its ability to customize everyone's experience. But how does it do that?

Well, it all begins with filling out your personal profile and Personal Health Assessment (PHA). The personal profile lets you choose whether you'd like to lose, gain or maintain your weight, allows you to identify any special dietary needs, and asks about your current activity level. That information is combined with information from your PHA – such as health practices, blood pressure, cholesterol and glucose levels – to customize your PATH. After completing your PHA, you can fine tune your experience – and increase your personal health knowledge – by scheduling an appointment for a biometric screening between January and April at a time and location that's convenient for you. Screening times will be available at your agency, or you can choose to attend one at another location if that's more convenient. You also have the option of providing your doctor with a Physician Screening Form, have her complete your blood measurements and upload the results into your PATH.

"We're excited that PATH can offer participants individual wellness plans to address their specific needs," says Leslie Reid, PDRMA Wellness Consultant. "We know wellness is a journey, and there truly are many ways to travel. PATH gives people a

number of activities and recommendations specific to their profile and health risks to maintain and improve their well-being. And there's more than one way to provide the information to PATH."

Roughly four weeks after your screening appointment, your



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results will be available on PATH, and you will receive a hard copy of them at your home address. Once your results are uploaded to PATH, your recommendations are personalized even more. For example, if you indicate you are a smoker and are interested in quitting, PATH might recommend you take a smoking cessation

workshop, sign up for health coaching, or participate in regular health trackers like checking your blood pressure.

"The numbers from your biometric screening are so valuable because they can help you maintain – or improve – your well-being," explains Reid. "You can share them with your primary care physician so she can guide you in any medically necessary steps you need to take and consider the programs and activities that PATH recommends to help you on your journey. Being able to check these results by participating in the screening each year at no additional cost also helps you better manage your healthcare."

If you're worried about confidentiality, don't be. All profile and PHA information, including biometric screening results, as well as all other information on PATH, is Protected Health Information (PHI). PDRMA Health's third-party vendor, Preventure®, which partners with PDRMA

When you complete your Personal Health Assessment, you immediately earn 50 incentive points.

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# PATH Offers Many Ways to Earn \$400 Annual Incentive



There's more exciting news about PATH, and it has to do with the annual incentive for employee participants. The first big change is that the incentive award is now \$400 – \$100 more than last year! The second is that you'll have many more opportunities to earn the incentive throughout the year; it's not limited to completing the health questionnaire and results from the biometric screening. The last is that the incentive is available to every employee participant each year, regardless of previous participation.

"For some people, filling out the Personal Health Assessment (PHA) and completing the biometric screening is easy to do," says Lauren Mucker, PDRMA Wellness Consultant.

"But for others, it's a difficult step to take. We also didn't want people's wellness efforts to be limited to just one day out of the year and those outcomes, so PATH incorporates a number of activities, trackers, challenges and much more to engage participants throughout the year – because wellness doesn't stop."

The points you earn throughout the year are the dollars you receive at the end of each PATH annual program. While you

Daily trackers are easy to find on My PATH – and fun to use.

earn 50 points for completing your PHA and can earn up to 200 points based on biometric screening results, you can still earn the full incentive award no matter what your results are. And you have the flexibility to submit a Physician Screening Form after working with your primary care doctor to complete your blood measurements.

For instance, if you participate in Wellness Workshops or Health Coaching, you can earn a total of 50 or 100 PATH points, respectively. The workshops, available for 13 different health topics, range in length from four to 12 weeks and require you to complete weekly tasks

as you progress through them. Health coaching entails completing three sessions with a health coach who supports you in identifying a wellness goal and helps you stay on track to achieve it while making it manageable for you. Secure emails and messaging are available on PATH, along with traditional over-the-phone coaching.

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## Many Ways to Earn Your Incentive

Whether you're totally excited about all the PATH activities or prefer to try a few things first before signing up for more, you'll still earn incentive dollars throughout the year. You can begin by earning 25 points for watching the PATH video tour after the January launch and then decide whether to fill out your Personal Health Assessment and schedule a screening. Maybe challenges are the perfect activity for you or perhaps it's workshops and webinars. PATH offers a variety of activities so you're sure to find something of interest to help you earn your incentive. You might be like these hypothetical participants – or you may chart an entirely different course for yourself. Get to work a little early, stay a little late or visit the PDRMA website on the weekend from home when it launches in January and discover your PATH.

### HIGH PERFORMANCE PATTY

PATH video tour	<input type="checkbox"/> 25 points
Personal Health Assessment	<input type="checkbox"/> 50 points
Onsite screening	<input type="checkbox"/> 50 points
Physical activity challenge goal met	<input type="checkbox"/> 25 points
Biometric results	<input type="checkbox"/> 170 points
Nicotine free	<input type="checkbox"/> 25 points
Race activity	<input type="checkbox"/> 25 points
Fitness Assessment Program	<input type="checkbox"/> 10 points
Trackers (weight, cardio)	<input type="checkbox"/> 20 points
Local activity participation	<input type="checkbox"/> 10 points
Nutrition Challenge goal met	<input type="checkbox"/> 25 points

**TOTAL POINTS: 435**

**ANNUAL INCENTIVE EARNED: \$400**



"PATH provides many more opportunities to earn points toward the annual incentive," Mucker adds. "Since you learn more about your health by filling out your PHA and completing a biometric screening – and because these activities are used to customize your personal wellness journey – it makes sense to be awarded more points for doing those activities."

Throughout the year, PATH also offers quarterly Challenges for participants to join. A nutrition challenge, for example, might have you log your fruit and vegetable servings, or an activity-based challenge might require you to meet a goal of getting 30 minutes of cardiovascular exercise at least five times a week. You receive PATH points for meeting each of the Challenge goals.

"The idea is to be more aware of what you do each day and how it affects your health and well-being," Mucker explains. "Employees have many ways to earn points toward their \$400 annual incentive, including logging their exercise, sleep, weight, and food choices; completing a 5k run or walk, and participating in PDRMA's Wellness Wisdom Webinars, Medical Self-care programs, and the new Fitness Assessment program.

"Having so many options available for earning points makes it easier – and more fun – for employees to earn their annual incentive and for people to participate," Mucker says. "Everyone can pursue their own customized wellness path and track the information that's most important to them so they can enjoy their journey to better health." ■

## MINIMAL MAX

Personal Health Assessment	<input type="checkbox"/> 50 points
Onsite screening	<input type="checkbox"/> 50 points
Biometric results	<input type="checkbox"/> 100 points
Health coaching (three interactions)	<input type="checkbox"/> 100 points

**TOTAL POINTS: 300**

**ANNUAL INCENTIVE EARNED: \$300**



## NO-SCREEN SALLY

Video site tour	<input type="checkbox"/> 25 points
Smoking Cessation Workshop	<input type="checkbox"/> 50 points
Health coaching (three interactions)	<input type="checkbox"/> 100 points
Nutrition Workshop	<input type="checkbox"/> 50 points
Preventive exam	<input type="checkbox"/> 25 points
Wellness Wisdom Webinar	<input type="checkbox"/> 10 points
Agency activity participation	<input type="checkbox"/> 10 points

**TOTAL POINTS: 270**

**ANNUAL INCENTIVE EARNED: \$270**



## PATH Creates Your Personal Wellness Journey cont.

to provide the PATH program, ensures all PHI remains private and secure according to the requirements of the Health Insurance Portability and Accountability Act. PDRMA Health receives only aggregate information to evaluate the membership's overall performance.

Your wellness journey isn't just about your numbers, though they're a great place to start gaining a better understanding of your well-being and what you can do to maintain or improve it. With access to PATH throughout the year, you can have as much fun as you like along the way, tracking what's important to you and taking advantage of programs, coaching and challenges.

"PATH helps you stay motivated because it offers so many ways to incorporate wellness into your every-day life," says Reid, "and makes your journey fun. And having fun while you pursue your PATH makes it much easier to create healthy habits." ■

The screenshot shows the homepage of the PATH website. At the top, there's a navigation bar with links for Home, Contact, and Log In. Below the header, there's a banner featuring several photographs of people in various health-related settings. The main content area has a large button labeled 'Start Here' which leads to a list of activities with checkboxes. To the right of this is a sidebar with a 'Daily Tip' about high-fiber, a 'Health Status' section with icons for blood pressure, heart rate, and blood sugar, and a 'Your Benefits' section listing various incentives.

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## PDRMA Mission

PDRMA is a self-governed, member-owned, risk management agency of public entities that administers funds contributed by members to provide targeted programs and services to help members reduce exposure related to property, liability, workers' compensation, and health coverages.

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## Access PATH from the PDRMA Website

Take the first step on your wellness journey by registering on the PDRMA website before January!

If you have never logged in to the PDRMA website, this is what you need to do. Go to [www.pdrma.org](http://www.pdrma.org) and click the Login link at the far right of the navigation bar at the top of the page. When the log in screen appears, click the “[click here](#)” link at the top of the box.

Provide your **Contact Information**, designate yourself a Health Program member under **Program Enrollment** and be sure to enter your **Health ID number**. Your PDRMA Health ID is a specific number that begins with “887” and ends with “C”. You can find it on your PPO medical ID card. If you have HMO coverage or just Voluntary Life and Employee Assistance Program coverage, you can find your Health ID number on your PDRMA Health welcome letter, or you can call the PDRMA Health Program Team at 630-435-8998 for assistance.

Once you complete and submit the registration form, you will be able to access the **My PATH** link after Jan. 1, 2015. Log in to the PDRMA website, and you'll find the link under the **Risk Management & Wellness** menu, **Member-Only Benefits**.

Be ready to access PATH in January to begin your wellness journey, earn your wellness incentive and explore all the possibilities. ■



**Signing on to the PDRMA website in January 2015 gives you immediate access to your My PATH link. Be sure to register on the website at [www.pdrma.org](http://www.pdrma.org).**