

# My Healthy Spirit

## How to get started and earn your wellness incentives!

### Start Here:

- 1) Log in: [home.catholichealth.net/myhealthyspirit](http://home.catholichealth.net/myhealthyspirit)
- 2) Enter your dashboard by clicking on: [Enter and Earn Points!](#)

### Earn Points:

- 3) Under the “Start Here” section is a list of activities to earn points.
- 4) There are several ways to earn points. Here is a list of activities to help get you started:
  - Health Coaching = 50 points
  - Disease Management = 50 points
  - Biometric Screening/Physician Form = 25 points
  - Personal Health Assessment (PHA) = 25 points
  - Tobacco-free Household Pledge = 10 points
  - Preventive Exams = 10 points
- 5) Points are cumulative – any extra points earned each quarter will carry over to qualify you for the next quarter’s incentive.

**Participate in the CHI National Challenges to earn 50 points! Visit your dashboard for details.**

### Track on Your Phone:

- 6) Download the **FREE mobile app** to easily track activities and earn points.
  - “HealthyNow” can be downloaded for iOS (iPhone or iPad) or Android devices.
  - Once downloaded, visit the “Mobile Hub” tab on your Healthy Spirit Dashboard to activate your smartphone.

### Earn Incentives:

For 2014, the incentive will continue to be a reduction on your medical plan premium (taxable gift card if you are not enrolled in the medical plan). You can **earn a \$50 reduction on your medical plan premium for each quarter that you earn the incentive** – for a total of up to \$200 for you and up to \$200 for your spouse! You will receive the incentive on paychecks received the quarter after your points are earned (*taxable gift cards will be mailed after the end of 2014*).

### Earn MORE Incentives:

**For every 10 incentive points you earn throughout the year, you will be entered into the drawing for a quarterly prize.** The more points you earn each quarter, the more chances you have to win!

Taxable prizes for each quarter include:

- 2 - \$500 gift cards
- 5 - \$250 gift cards
- 10 - \$100 gift cards
- 15 - \$50 gift cards

## 2014 Quarterly Activities/Themes

## Wellness Incentive (Cumulative)

### January – March

Know Your Spirit – Personal Health Assessment & Biometrics



50 points = \$50

+ 1 entry in the random quarterly drawing for every 10 points earned for the year

### April – June

Move Your Spirit – Fitness Challenge



100 points = \$50

+ 1 entry in the random quarterly drawing for every 10 points earned for the year

### July – September

Fuel Your Spirit – Nutrition Challenge



150 points = \$50

+ 1 entry in the random quarterly drawing for every 10 points earned for the year

### October – December

Celebrate Your Spirit – Stress Challenge



200 points = \$50

+ 1 entry in the random quarterly drawing for every 10 points earned for the year