



**Beginning
January 2024**

Welcome to Healthy Steps 2024

Healthy Steps, powered by Peak Health, for employees enrolled in the medical plan, is designed to reward you for your efforts in developing and maintaining a healthy lifestyle. The program provides health and fitness education, including information on disease prevention and behaviors that may be negatively affecting your overall wellbeing. In this program, you will have the opportunity to complete an online Health Assessment, obtain regular labs (blood-work), participate in preventive care, and be regularly evaluated by a board certified RN (registered nurse). Your assigned RN will review your medical information with you, help you to establish realistic and attainable health goals, and assign you to a "health phase/incentive level."

Updated for 2024

Employees who participate will earn wellness credits towards their medical premiums. **New this year: your efforts to reduce health risks and reach target health goals will determine your incentive level and amount of wellness credits. Participants can earn up to \$30 per paycheck - an annual savings of up to \$780!** Peak Health will keep you updated on appointments and deadlines after your initial nurse appointment. To continue earning wellness credits, you must remain active in the Healthy Steps program by attending regular nurse visits.

Criteria	Bronze	Silver	Gold
Wellness Credits per Pay Period	\$10.00	\$20.00	\$30.00
Required Activities			
1. Online Health Assessment	Completed once but follow-ups are overdue	Complete and must be up-to-date	Complete and must be up-to-date
2. Lab Work Completed			
3. Meet with a Peak Health Nurse			
Nurse Appointments	Clinical Phase 1 Meets every 4 months	Clinical Phases 2 - 3 Meets every 4 months	Clinical Phases 4 - 5 Meets every 8 - 12 months
Up to date on Age/Gender Preventive Care	No	Yes	Yes
Addressing Modifiable Health Risk Factors with MD	No	Yes	Yes
Body Composition Score	Not making progress towards goals	Making progress towards goals	Within 2.0 points of target goal
Fitness level (submaximal VO2 test)	Not making progress towards goals	Making progress towards goals	Good to excellent
Tobacco use	Yes	Receiving medical assistance to stop smoking	No

First Time User:

- Go to peak-health.net/wellness.
- Click on **Register** under **New Users**.
- **Username:** WC + Employee ID# (i.e., WC12345).
- Enter your date of birth (for verification purposes).

- Enter your personal email address.

- Click **Sign In**.

If your username and date of birth match what is on file, you will be accepted and asked to create a password. Please use this password every time you login.

The information provided here is only a summary of the program. For additional information, please refer to the program guide which can be found along with more wellness information at <https://mymonarc.org/healthysteps/>.

Questions or concerns? Contact Peak Health at (252) 237-5090 or appointment@peak-health.net.