



## Welcome to Healthy Steps 2025

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. 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.”

### Earn Rewards When You Participate

Employees who participate will earn wellness credits towards their medical premiums. 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.

### Program Deadlines

To earn the highest amount of wellness credit rewards, it is advised for new participants to complete all steps as early as possible, for recurring participants, please ensure all steps remain up-to-date throughout the year. Changes in wellness credits will reflect on a quarterly basis, therefore all activities should be current prior to the close of the quarter-end, **December 23, 2024, March 24, 2025, June 23, 2025, and September 23, 2025.**

Criteria	Bronze	Silver	Gold
Wellness Credits per Pay Period	\$10.00	\$20.00	\$30.00
<b>Required Activities</b>			
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			
<b>Nurse Appointments</b>			
Up-to-date on Age/Gender Preventive Care	No	Yes	Yes
Addressing Modifiable Health Risk Factors with Doctor	No	Yes	Yes
Body Composition Score	Not making progress towards goal	Making progress towards goal	Making progress towards goal
Fitness level (submaximal V02 test)	Not making progress towards goal	Making progress towards goal	Good to excellent
Tobacco use	Yes	Receiving medical assistance to stop smoking	No

#### First Time User:

- Go to [peak-health.net/wellness](https://peak-health.net/wellness).
- Click on Register under New Users.
- Username: WC + Employee ID# (i.e., WC1234).
- 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 [mymonarc.org/healthysteps](https://mymonarc.org/healthysteps).

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