



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. 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.”

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.

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			
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 VO2 test)	Not making progress towards goal	Making progress towards goal	Good to excellent
Tobacco use	Yes	Receiving medical assistance to stop	No

First Time User:

- Go to 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.

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

Take the Health Assessment Today

Online Health Assessment

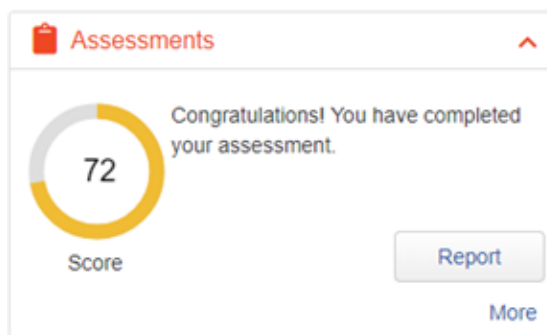
The road to well-being starts here, and only takes 10 minutes.

Take the first step toward improving your health and preventing disease by completing a free online health assessment. By answering a series of simple questions, you'll get a snapshot of your current health and lifestyle habits. It takes just 10 minutes, and you can do it on any device at any time. Your answers save as you move through the questions, so you can work at your own pace.

Enroll Today and Get Started

- Go to www.peak-health.net/wellness.
- Click Register under New Users.
- Enter your Peak Health Username: WC + Associate ID (example:WC1234)
- Enter your work email address
- Click Register

Your responses generate a wellness score. Based on a scale of 1 to 100, your score shows if you're on a path to becoming the healthiest you can be.



Your personalized report contains a color-coded chart highlighting opportunities for change. Each section contains tips on how to improve your score. Use them to achieve that perfect wellness score!

Your small steps toward better health can lead to big rewards.

The privacy of your health information is a key concern for Peak Health. We take this responsibility very seriously and have taken steps to ensure that your health information will be protected and kept private and confidential.

If you have additional questions about the Peak Health program, please contact Peak Health at (252) 237-5090 or email appointment@Peak-Health.net.