



Earn up to
\$780



Welcome to Healthy Steps

Healthy Steps, powered by Peak Health, is for employees enrolled in the medical plan and designed to reward participants for their efforts in developing and maintaining a healthy lifestyle. The program provides health and fitness education and information on disease prevention. In this program, participants will have the opportunity to complete an online Health Assessment, obtain over \$375 worth of lab work, and be regularly evaluated by a board-certified RN (registered nurse). Your assigned RN will privately review your medical information with you and help you to establish realistic and attainable health goals.

NEW FOR 2026: Points Phasing Guide

The **Points Phasing Guide** (below) helps the Peak Health nurses to place participants in an appropriate health phase based on a holistic view of their overall health risk factors. Points are assigned to each health risk factor or outcome; the sum of points corresponds to the participant's phase. Peak Health will keep you updated on appointments and deadlines.

Earn Rewards for Participating

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 program by attending your regularly scheduled nurse visits.

Health Phase	Total Points Score	General Health Status	Recurring Nurse Visits	Reward Level
1	Less than 35	High health risk	4 months	Bronze \$10.00
2	35-47	Moderate health risk	4 months	Silver \$20.00
3	48-79	Low health risk	4 months	
4	80-91	Healthy	8 months	Gold \$30.00
5	92-100	Very healthy	12 months	

Outcome/Risk Factor	Scoring Range
Tobacco / nicotine use	- 40 to 8
Cardiovascular fitness	0 to 10
Body Composition Score	0 to 12
Metabolic syndrome (<i>five components</i>)	0 to 14 (each)
Up-to-date lab work	- 60 to 0
Up-to-date preventive health exams	- 60 to 0
Status of any follow-up with physician for health issues	- 80 to 0

Your overall health status will determine your total score, your phase, how soon the nurse would like to meet with you again, and the medical credit you qualify for. Regardless of what your phase is, Peak Health will support you on your journey to achieve your health goals.

First Time User:

- Go to peak-health.net/wellness or visit the QR code.
- 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.



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

Questions or concerns? Contact Peak Health at 1 (888) 385-4583 or appointment@peak-health.net.

Take the Health Assessment Today

Online Health Assessment

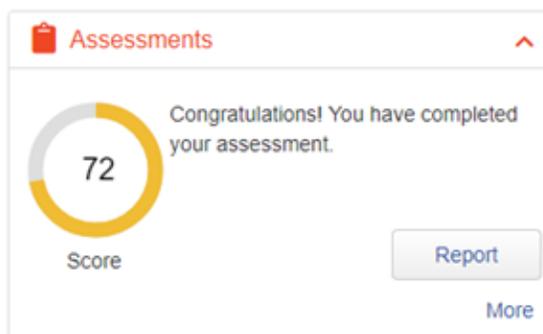
The road to well-being starts here, and only takes 10 minutes.

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 peak-health.net/wellness.
- Click Register under New Users.
- Enter your Peak Health Username: WC + Employee ID (example:WC1234)
- Enter your personal 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 (888) 345-4583 or email appointment@Peak-Health.net.