

Welcome to Healthy Steps

Healthy Steps, powered by Peak Health, is for employees enrolled in The Arc of Washington County 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.

Earn Rewards for Participating

Employees who participate will earn incentives after completion of:

1. Annual Health Assessment
2. Lab Work
3. Complete Nurse Appointments as Scheduled

Participants can earn up to $30.00 per paycheck - an annual incentive of up to $780. For new participants, incentives start the next calendar quarter after completing the required steps. To continue earning incentives, you must remain active in the program by attending your regularly scheduled nurse visits, take your annual Health Assessment, and keep your Lab Work up-to-date.

Points Phasing for Health Risks

Points Phasing helps the Peak Health nurses to place participants in an appropriate health phase based on a holistic view of your 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 your recurring appointments and deadlines.

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

Points Phasing for Outcomes/Risk Factors	Scoring Range
Tobacco / nicotine use	- 32 to 8
Cardiovascular fitness	0 to 10
Body Composition Score	0 to 12
Metabolic syndrome *(five components)*	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 total score will determine your overall health status, your phase, how soon the nurse would like to meet with you again, and the incentive 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 Login Instructions

- 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.

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

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The Arc Washington County

Take the Health Assessment Today

Online Health Assessment

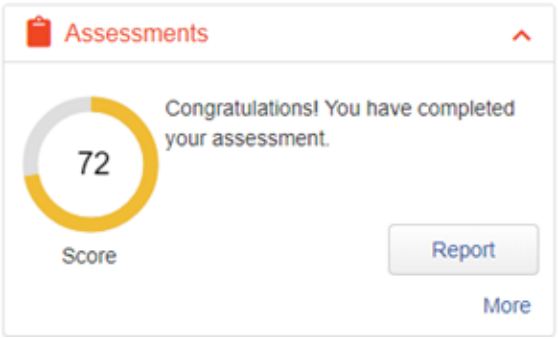
The road to well-being starts here, and only takes 10 minutes.

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 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.

PEAK HEALTH