



## WELCOME TO A HEALTHIER YOU!

The County's worksite wellness program, Lifestyle Returns<sup>®</sup>, is available in a paper format **for those employees who do not have access to the internet at work.**

### **WHAT DOES THIS MEAN?**

If you are an employee on the County's Highmark healthcare benefits and you do not have access to the internet at work you can complete the three steps of Lifestyle Returns by using a paper process. When you complete all 3 steps of Lifestyle Returns by September 30 you are eligible for an extra day off OR \$125!

**Please note:** If you work for a department that operates 24 hours a day 7 days a week, you are eligible for the \$125 bonus only. This includes Kane Regional Centers, Shuman Juvenile Detention Center, Allegheny County Jail, Emergency Management 911 and Police. This also includes the Courts.

***Employees who complete Lifestyle Returns in 2012 will be placed in the Wellness Rewards Program in 2013.***

### **WHAT IS LIFESTYLE RETURNS?**

Lifestyle Returns is the County's worksite wellness program. It is an incentive-based wellness program designed to help Allegheny County employees take more control of their health. Lifestyle Returns gives employees the tools and resources they need to lead healthier lives. By taking three easy steps you can understand your health status, learn healthy behaviors and earn rewards while you're doing it. The three steps are:

1. Take the Pledge
2. Complete the Wellness Profile
3. Take Charge of Your Health by:
  - Scheduling Your Preventive Care Visits
  - Completing Two Health and Wellness Programs
  - Getting a Healthy Education

*See the other side of this flier for details on completing each of the three steps.*

### **WHERE CAN I GET A PACKET?**

Employees who do not have access to the internet will receive a paper packet from their Wellness Representatives. Employees will be required to complete a Confirmation of Receipt Form once they received their packet.

The three steps of Lifestyle Returns are:

1. **Take the Pledge** – It starts with a pledge for you to improve your health and meet program requirements. Just check “I Accept” on the Participant Tracker then sign and date. Once you do this you have completed Step 1.
2. **Complete the Wellness Profile** – Take 20 – 30 minutes to complete the Wellness Profile. Indicate the date you completed the Wellness Profile on your Participant Tracker. Then mail the Wellness Profile in one of the postage-paid envelopes that will be enclosed in the packet to Highmark. You’ll receive a personalized action plan in the mail that will act as your roadmap to better health with recommendations for wellness programs.
3. **Take Charge of Your Health** – Once you’ve completed steps 1 and 2, you’re ready to take action to support a healthy lifestyle! This means you get needed preventive care exams, participate in two health and wellness programs geared to your individual health needs and interests, and get a healthy education.

**Part 1: Get Preventive Care** – Schedule and document preventive exams and screenings that fall within your age and gender requirements during your health care benefits year. (Refer to the information in your Lifestyle Returns Paper Packet). Enter dates on your participant tracker.

**Part 2: Complete two Health and Wellness Programs** – Lifestyle Returns requires that you participate in two health and wellness programs designed to help you live a healthier lifestyle. You have access to many health and wellness programs – at the worksite, on the phone or in the community. (Refer to the informational inserts in your packet).

To receive program credit, you may complete two of the programs listed on your Participant Tracker or contact your department wellness representative to see if a program is being offered at your worksite. Record the program you participate in on your Participant Tracker.

**Part 3: Get a Healthy Education** – You can complete this quick part of Step 3 by reading one of the health education articles included in the packet and completing the survey on your Participant Tracker. Enter the date you complete the survey on your Participant Tracker.

Once you’ve finished all the parts of Step 3 of the Lifestyle Returns Program and complete your Participant Tracker, mail the Participant Tracker to Highmark in the other postage-paid envelope provided in your package.

**Highmark’s Pledge to You**

*Highmark pledges to protect your privacy. The information you provide is used to make recommendations for programs that will best benefit you. Your individual information will not be shared with your employer. Please be assured that your health information will remain strictly confidential.*