

NEW WELLNESS INCENTIVE PROGRAM!

MORE POINTS = MORE REWARDS

WELLNESS
HERO
(320 points)

WELLNESS
CHAMPION
(400 points)

ULTIMATE
WELLNESS
WARRIOR
(500 points)



Keep earning points to receive more rewards and special recognition! Complete all steps by May 15, 2015. Questions? Contact Summer James, Health & Wellness Advisor at x7326 or sjames@sterling-wellness.com.

BETTER HEALTH IS JUST THE BEGINNING

Team Members complete Steps 1-4 to save \$600 on annual medical premiums. Spouses and same-sex domestic partners covered on the health plan can save an additional \$600 by completing Steps 1-3.

STEP
1

HEALTH RISK ASSESSMENT (100 Points, Required)

Access your Health Risk Assessment through The Breakers Intranet/Human Resources/Sterling Wellness or at www.Sterling-Wellness.com/HealthPark.

- **Team Members:** Your Member ID is your employee ID number.
- **Spouses and same-sex domestic partners:** Your Member ID is SP plus the Team Member's employee ID number.

New users must click *Register Now* for access. Click on *Start Assessment* in the Things To Do List on the right. If you cannot log in, please call Sterling Wellness Solutions at 1.800.838.0337. The HRA is available in English or Spanish.

STEP
2

HEALTH SCREENING (100 Points, Required)

Complete a health screening with the following results: blood pressure, lipid (cholesterol panel), glucose, height, and weight.

- Attend a FREE on-site Health Screening OR
- Complete an annual wellness exam with your physician. Submit the screening form available online and a copy of your labs to Sterling Wellness by fax (1-337-783-7848), email (MemberServices@Sterling-Wellness.com), or mail (210 W. Mill St., Crowley, LA 70526).
- Health screenings completed between July 1, 2014 - May 15, 2015 will be accepted.

STEP
3

HEALTH COACHING (100 Points, Required)

Once your HRA and screening are complete, schedule a coaching consultation to review your results with Summer James.

- Log on to Health Park at www.Sterling-Wellness.com/HealthPark. In the Things To Do list, click Schedule an Appointment OR
- Contact Summer directly at Ext. 7326 or email at sjames@sterling-wellness.com OR
- Attend a group presentation to satisfy the consultation requirement.

STEP
4

WELLNESS ACTIVITY (20 Points, Team Members Only)

Health Challenges Successfully complete a quarterly health challenge. Log on to Health Park for details and to enroll at www.Sterling-Wellness.com/HealthPark.

Online Action Plans Complete a 6-week, interactive educational program online. Log on to Health Park to enroll. In the Things To Do List, click on Enroll in an Action Plan.

Tower Trek Complete 37 treks.

Eat Well, Be Well Learn how to navigate nutrition during this 8-week program focused on reading food labels, choosing healthy alternatives, learning about body composition (lean muscle mass vs. body fat) and managing your weight. Attend at least 6 sessions.

Preventive Screening Exams Using the form provided in Health Park, submit documentation of any one of the following preventative exams: well woman, mammogram, colonoscopy or dermatological. Only one screening exam accepted.

The Breakers' Yoga, Strength and Cardio Fitness Classes Attend at least 6 classes (any combination). Remember to sign in at each class. Classes are located in the studio on the Mezzanine level.

NEW! Wellness Targets (100 Points) Meet the 6 health outcomes listed on www.Sterling-Wellness.com/HealthPark.

NEW! Trekkin' the Nation (5 Points per 25 Miles) Trek from sea to shining sea by using the *Moves* app or an approved digital fitness tracking device. Log into Health Park to sync an approved device.