



Discover Your

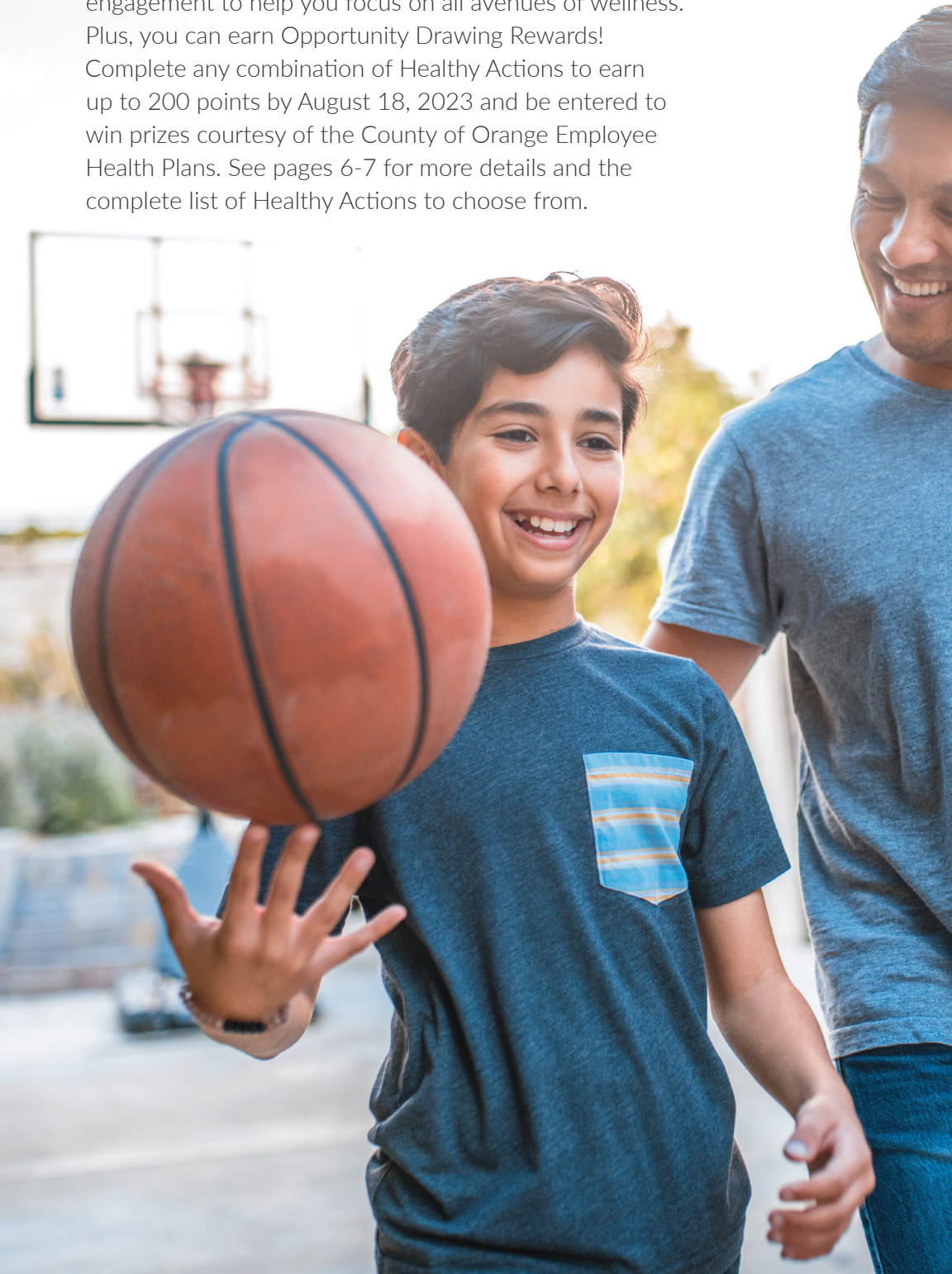
Path to Wellness



**Complete Healthy Actions by August 18, 2023
to earn Opportunity Drawing Rewards.
Visit [Your Pathway to Wellness portal](#) today!**

What's New This Year

Introducing an enhanced well-being program! Now you'll find more choices, greater flexibility and year-round engagement to help you focus on all avenues of wellness. Plus, you can earn Opportunity Drawing Rewards! Complete any combination of Healthy Actions to earn up to 200 points by August 18, 2023 and be entered to win prizes courtesy of the County of Orange Employee Health Plans. See pages 6-7 for more details and the complete list of Healthy Actions to choose from.





Opportunity Drawing Rewards

Participate in the following activities for a chance to be entered into prize drawings throughout the program year. Prizes are generously provided by the County of Orange Employee Health Plans and may be taxable.

- 1. Visit your health care provider for your biometric screening** – Submit a completed Health Care Provider Form (Physician Results Form) with results dated between August 20, 2022 and August 18, 2023 to qualify for an Opportunity Drawing. Learn more on the “Biometric Screening” card on the Your Pathway to Wellness homepage.
- 2. Complete Healthy Actions** – Every 25 points earned will earn you one drawing entry (8 entries max). See pages 6-7 for more details.
- 3. Join wellness challenges** – Look for invitations throughout the year for various individual and team challenges designed to support different avenues of wellness. Plus, your participation will earn you prize drawing entries.



An Enhanced Experience

Take the first step toward better well-being and register today! Scan the QR code to visit webmdhealth.com/countyoforange or download the Wellness At Your Side app (see page 9 for more details).



Returning participant? No need to re-register, just use your current login. For new users, click “Create Account” and follow the instructions below:

- Enter the Employee ID found on your paystub. Be sure to apply leading zeros to ensure the number reads as 10 digits total (ex: 0000012345).
- Create a username and password
- Enter your email address and date of birth (mm/dd/yyyy)
- Accept the “Terms and Privacy Policy” by checking the box, then click “GO”
- Enter your demographic information including height and weight
- Next, answer intake survey questions for any health risks or conditions you would like to learn more about and then choose any wellness topics of focus. This step will allow the platform to personalize Your Pathway to Wellness experience just for you.

Need assistance?

Contact WebMD Customer Service at 800-492-9812
Monday to Friday: 5:30 a.m. – 5:00 p.m. PST. Or email your
Well-Being Program Manager at YourPathway@webmd.net.

Exempt Status

All employees eligible for a County health plan may access the Your Pathway to Wellness Program activities and tools, but certain employees are either “exempt” from the Wellness Credit or do not need to complete activities to earn the Wellness Credit:

- Employees who have waived County health coverage are exempt from receiving the credit because they do not have a health premium.
- Employees who are in the Sharewell PPO plan are exempt from receiving the credit.
- New employees hired on or after May 1, 2023 will receive the Wellness Credit automatically until the next Wellness Credit period.
- Employees on a leave of absence as of May 1, 2023 will receive the Wellness Credit automatically until the next Wellness Credit period.
- A dependent married to an employee that is enrolled in the County Couples program as an Employee Married to Employee (EME). The subscriber needs to participate if they wish to receive the Wellness Credit.
- AOCDS members who are not currently enrolled in one of the County’s medical plans are not eligible for the Your Pathway to Wellness Program, including the Wellness Credit and opportunity drawings. They do not need to complete the activities for the Wellness Credit.

You are receiving this brochure (as addressed to you) because you fall into one of the exempt groups above, and you are NOT required to complete necessary steps to earn your 2024 Wellness Credit. See pages 6-7 for more details on how to earn the Opportunity Drawing Rewards.



How to Earn the Opportunity Drawing Rewards

Complete any combination of the seven Healthy Actions below to earn **up to 200 points by August 18, 2023** and be entered to win prizes courtesy of the County of Orange Employee Health Plans. Every 25 points completed will earn you one drawing entry (8 entries max).

- 1. Health Assessment (25 points)** – Take this short online questionnaire to learn more about your health and then receive recommendations on how to improve it.
- 2. Non-Smoking Attestation (25 points)** – Read and acknowledge the attestation statements.
- 3. Biometric Screening (50 points)** – Complete a screening through ONE of the following options:
 - Submit a completed Health Care Provider Form (Physician Result Form) with results dated between August 20, 2022 and August 18, 2023. Choose this option to qualify for an opportunity drawing—visit the Your Pathway to Wellness portal to learn more.
 - Attend an Onsite Screening event, which are being held at over 19 locations throughout the County. Schedule an appointment through the “Biometric Screening” card on the portal homepage.
 - Visit a Quest Lab (Patient Service Center) between May 22, 2023 and August 18, 2023.
 - Request, complete and submit an At Home Test Kit (Self-Collection Materials). At Home Test Kits must be ordered by August 1, 2023 and submitted to Quest by August 18, 2023.

Prizes are generously provided by the County of Orange Employee Health Plans and may be taxable.

4. **Upload proof of dental exam (25 points)** – Visit the Your Pathway to Wellness page on the portal to download and print the health form to take with you to your dental appointment. Then, follow instructions on how to upload the completed form. Results from visits between August 20, 2022 and August 18, 2023 will be accepted.
5. **Upload proof of vision exam (25 points)** – Visit the Your Pathway to Wellness page on the portal to download and print the health form to take with you to your eye appointment. Then, follow instructions on how to upload the completed form. Results from visits between August 20, 2022 and August 18, 2023 will be accepted.
6. **meQuilibrium (meQ) activities (maximum of 10 points each)**
 - Complete the meQ Assessment and gain insights into your overall well-being.*
 - Participate in various meQ activities to build resilience skills.
7. **Enrich activities (maximum of 10 points each)**
 - Complete the Enrich onboarding experience.*
 - Complete or retake the Money Personality Assessment to understand the “why” in your money decisions.
 - Take Enrich courses to learn about topics ranging from smart spending to saving, investing and paying for college.

**If you have previously completed this activity, you will receive the 10 points credit automatically.*

Track your progress by visiting the Your Pathway to Wellness page on the portal at webmdhealth.com/countyoforange or scan the QR code.



Important Reminders

Emails about Your Pathway to Wellness and the Opportunity Drawing Rewards will be sent from the County of Orange Wellness Program (personalhealth@webmdhealth.com). We recommend adding this email address to your “Safe Senders” list to avoid it being quarantined or put into spam/junk folder. If you need assistance accessing your account, please call WebMD Customer Service at 800-492-9812.

- **IMPORTANT:** If you receive email reminders from the County of Orange Wellness Program (personalhealth@webmdhealth.com), you may still need to take action on completing the Healthy Actions to earn your Opportunity Drawing Rewards. Emails from the County of Orange Wellness Program are often personalized emails that pertain directly to you. We recommend you log into Your Pathway to Wellness account at webmdhealth.com/countyoforange to confirm if any action is required.

Reach out for help before August 18, 2023. You can call WebMD Customer Service at 800-492-9812, send an email via the “Contact Us” feature on the portal, or reach out to your Well-Being Program Manager at YourPathway@webmd.net. Look on the back page for ways to contact us. We’re all cheering for you!

Privacy Standards You Can Trust

The information you provide as part of the Your Pathway to Wellness Program is protected by the same patient confidentiality laws that protect your medical records. WebMD does not share your personal health information with your employer or the County of Orange Benefits Service Center. Your information will not be used by WebMD or a third party to contact you or try to sell you a product. You will only be contacted by WebMD and/or a third party, if authorized in advance by the County of Orange, as it pertains to the Your Pathway to Wellness Program. To view the full WebMD Privacy Policy, visit the Your Pathway to Wellness portal at webmdhealth.com/countyoforange and click on “Policies” in the footer.



Find Support for Every Step

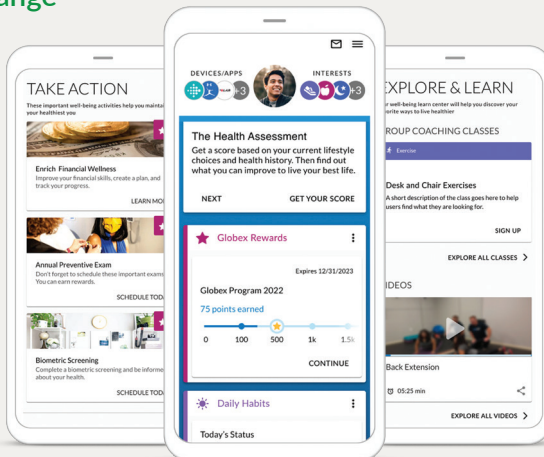
Your Pathway to Wellness is designed to support you year-round in all avenues of wellness: emotional, physical, financial and environmental/social. Get started with proven resources from Your Pathway to Wellness:

- **Health Assessment** – Learn exactly where your health stands. Answer this quick questionnaire to get a personalized report along with recommendations to improve your health.
- **Daily Habits** – Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and watch your progress.
- **Health Coaching** – Receive professional health advice free of cost. A coach can help create a well-being routine that matches your goals and lifestyle.
- **Media Library** – Watch easy-to-follow exercise videos, listen to engaging mental health podcasts and much more.
- **Device and App Connection Center** – Automatically track and upload your activity with a fitness device or app.

Download our app, Wellness At Your Side

Access Your Pathway to Wellness, improve your health and earn rewards—right from the convenience of a mobile device. Here's how to get started:

1. Visit the Apple App Store or the Google Play Store and search for “Wellness At Your Side.” Or scan the QR code here for direct access.
2. Download the app and enter your connection code: **orange**



Reliable Health Resources

Feel your best with meQuilibrium

meQuilibrium is a personalized online stress management program that can help you stand resilient to whatever life throws your way. It's designed to help you build the mental and emotional strength to face each day with confidence, even during times of adversity. Plus, resilience can help you become:

- 60 percent less likely to suffer burnout.
- Five times as likely to have very good health or excellent health.
- 66 percent more likely to have higher life satisfaction overall.

Achieve financial freedom with Enrich

Your finances are as unique as you are. That's why it's important to get advice that is personalized to your goals, challenges and current financial situation.

With Enrich, you'll get just that. It will ask the right questions to help paint a personalized picture of your finances. Then, it will give custom advice and recommendations that fit your specific needs. You'll get free financial resources that can help you learn how to pay off debt, prepare for retirement and more.

Find support from the Employee Assistance Portal

If you or someone you know is struggling with anxiety, stress, depression or other mental health issues, reach out. The County of Orange Employee Assistance Program, Resources For Living is available to help 24/7. Give us a call for free, confidential help and referrals for any emotional or mental health concerns you may have. See the graphic below for contact information.

Employee Assistance Program

(800) 221-0945 (TTY: 711)

www.resourcesforliving.com

Username: **Orange County ca**

Password: **eap**



Visit our state-of-the-art Wellness Center

It's a perfect place to rest or get a workout in—right in the middle of your workday. You'll find cutting-edge exercise equipment, peaceful pods for relaxation and so much more. Visit countywellnesscenter.weebly.com to learn more about the Wellness Center and classes offered.

Wellness Center: **601 N. Ross St., Santa Ana**

Hours: **9am-4pm Mon-Thur, 9am-2pm Friday**

Work with a Trained Health Professional

Health Coaching is a series of free, confidential, one-on-one conversations that provide you with personalized support and motivation. Connect with a WebMD Health Coach today at 800-492-9812 or webmdhealth.com/countyoforange.

- To get started, complete your online Health Assessment. The results can help create health strategies that work for you.
- Try our interactive Group Coaching sessions that allow you to engage with like-minded individuals.
- Ready to quit smoking? You don't have to do it alone. A coach can develop a personal plan for you and give you the extra confidence, encouragement and motivation you need to quit tobacco once and for all.

Find a healthier commute

Contact the Rideshare Office at 714-834-7600 or rideshare@ocgov.com to find a rideshare option that works for you. They can help you get into a carpool or vanpool or map out a route on transit that works for you. You can also find options 24/7 at ridematch.info or by calling 511.

Special Incentives for County of Orange and Superior Court Employees

When you rideshare, you may qualify for special incentives, including:

- \$40 sign-up bonus in Club Rideshare when you rideshare or telework 20 or more times in the last 90 days (plus monthly \$25 gift card prize drawings).
- Subsidies up to 75% for three months when you try transit.
- Tax savings when you purchase fares for bus, rail or vanpooling using payroll deduction.
- \$100 incentive if you lease/purchase an electric car or truck to commute to and from work (application must be submitted no later than 90 days after lease/purchase).
- Reimbursement for a ride (via taxi, rental car or other approved option) if you need to get home due to an emergency on a day you rideshare (up to two times per fiscal year).



We're Here to Help.

WebMD Customer Service can answer your questions on how to earn your Opportunity Drawing Rewards, help you log into your account, and even provide foreign language assistance and translation.

Call **800-492-9812**

Monday – Friday: 5:30 a.m. – 5:00 p.m. PST

Or email your Well-Being Program Manager at

YourPathway@webmd.net.

LOG IN TODAY!

webmdhealth.com/countyoforange



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