

100 winners will be selected!



Complete Healthy Actions for a Chance to WIN!



Complete Healthy Actions by August 16, 2024 for a chance to win GIFT CARDS. Visit Your Pathway to Wellness portal and get started today!

webmdhealth.com/countyoforange

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Your Pathway to Wellness

We want to encourage all employees to complete Healthy Actions regardless of their eligibility status for the Wellness Credit. This year's Your Pathway to Wellness program offers more choices to help you focus on all avenues of wellness. See pages 4-5 for more details.

OPPORTUNITY DRAWINGS

1. You are eligible to earn up to 8 Opportunity Drawing entries by completing Healthy Actions for a chance to **win a \$25 gift card**. One hundred winners will be selected.
 - 25 points in Healthy Actions = 1 drawing entry
Limit: 8 entries max
2. Complete the biometric screening by submitting a completed Health Care Provider Form (Physician Result Form) with results dated between August 19, 2023 and August 16, 2024. Twenty winners will be selected to **win a \$50 gift card**. Visit the Your Pathway to Wellness portal to learn more.

Opportunity Drawings will take place in September 2024. Prizes are generously provided by the County of Orange Employee Health Plans and are taxable.

TRACK YOUR PROGRESS

Keep track of your completed Healthy Actions by visiting the Your Pathway to Wellness page on the portal at webmdhealth.com/countyoforange or scan the QR code.



We're here to support your well-being journey! Contact us with any questions on how to earn your Opportunity Drawing entries, help with account registration or login to your existing account, and even foreign language assistance and translation. See the back page for our contact info.

For additional resources including Frequently Asked Questions, Account Registration Instructions, and a demo video, visit the County of Orange Employee Wellness Center Website at countywellnesscenter.weebly.com.

How to Earn Opportunity Drawing Entries

Complete any combination of the following Healthy Actions below to earn **up to 200 points by August 16, 2024**, and earn Opportunity Drawing entries! *Note: If you took advantage of early access to Healthy Actions, those will show complete in the Rewards page.*

- 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 19, 2023 and August 16, 2024. 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 16, 2024 and August 16, 2024. Important: You must schedule your Quest appointment on the Your Pathway to Wellness portal.
 - Request, complete and submit an At Home Test Kit (Self-Collection Materials). At Home Test Kits must be ordered by August 1, 2024, and submitted to Quest by August 16, 2024.
- 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 19, 2023 and August 16, 2024 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 19, 2023 and August 16, 2024 will be accepted.*

6. meQuilibrium (meQ) activities (10 points each)

- Complete the meQ Assessment or Reassessment to gain insights into your overall well-being.*
- Participate in various meQ activities to build resilience skills.
Maximum 30 points

7. Enrich activities (10 points each)

- Complete the Enrich On-Boarding Assessment or Checkup.*
- 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. *Maximum 30 points*

NEW This Year

8. Daily Habits Plan (max 20 points) – Engage in a well-being goal with a Daily Habits plan. Completing 50% of a Plan will earn you 10 points.* Completing a Plan in full will earn you another 10 points.*

9. Connect a device or app (5 points)*

10. Track 30 minutes of physical activity per day for 28 days (20 points)

11. Find a healthy recipe (max 10 points) – View any five healthy and delicious recipes.

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

Exempt Status

All employees eligible for a County health plan may access the Your Pathway to Wellness Program activities and tools. You are receiving this brochure (as addressed to you) because you fall into one of the exempt groups below, and you are NOT required to complete necessary steps to earn your 2025 Wellness Credit. See pages 4-5 for more details on how to earn the Opportunity Drawing entries.

The following rules are based on your status as of May 1, 2024 in the County's Payroll system:

EXEMPT:

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.

AUTOMATIC:

New employees hired on or after May 1, 2024 will receive the Wellness Credit automatically until the next Wellness Credit period.

Employees on a leave of absence as of May 1, 2024 will receive the Wellness Credit automatically until the next Wellness Credit period.

EME:

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:

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.

A Personalized Experience

Find your personal path to better well-being! Follow the instructions below to login or register for an account.

Returning participant? No need to re-register, just use your current login. Forgot your login info? Click on “Forgot your username or password?” to reset your access.

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)
- Check the box “Terms and Privacy Policy”, then click “GO”
- Next, answer intake survey questions and then choose any topics of focus to personalize Your Pathway to Wellness experience just for you.

DOWNLOAD OUR APP, WELLNESS AT YOUR SIDE

Access Your Pathway to Wellness on-the-go. 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**

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.

IMPORTANT REMINDERS

The County of Orange Wellness Program (personalhealth@webmdhealth.com) will send emails about the Your Pathway to Wellness program. 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 entries. 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 16, 2024. Look on the back page for ways to contact us. We’re all cheering for you!

HELPFUL TIPS

Onsite Biometric Screenings start in June. Please make sure you log into the Your Pathway to Wellness portal and click on “Onsite Screening” to choose the location you would like to go. These onsite screenings will fill up fast, so if this is your preference, please sign up ASAP.

Quest Lab Screenings - Please make sure to log into the Your Pathway to Wellness portal and click on “Quest Lab”. You must book your Quest Lab screening appointment through the portal, otherwise you will not earn the 50 points.

Health Care Provider Form - Please make sure to download your form from the Your Pathway to Wellness portal. Your information will be pre-populated for you. The form must be completely filled out and signed by your health care provider, then follow the instructions on the cover letter to return the form back to Quest. Once the completed form has been received, you will receive an email confirmation.



Self Collection Materials - Please log into the Your Pathway to Wellness portal and select “Self Collection Materials” to order an At Home Test Kit. Upon receiving the materials, please follow the instructions provided in the kit and “Activate” it. The materials will include step-by-step instructions along with shipping information to track your specimen. At Home Test Kits must be ordered by August 1, 2024, and submitted to Quest by August 16, 2024.

Dental and Vision Forms* - You must first download the forms from the Your Pathway to Wellness portal. Take these forms with you to your respective dentist and/or eye doctor for your appointment(s). Make sure your dentist/doctor signs the form. Please follow all directions to upload back to the portal. Please choose Dental or Vision from the drop-down menu when uploading. *If you choose the wrong category, you will not earn the credit.* Important: Do NOT upload your Health Care Provider Form (Physician Results Form) here.

Non-Smoking Attestation* (NSA) and the Health Assessment* are two different activities. Each is worth 25 points. The NSA can be found on the “Your Pathway to Wellness” tab. If you’re currently a smoker, you can still complete the NSA and earn this credit by enrolling in a tobacco cessation program.

Earning Points - When you have completed an activity for points, please wait up to 48 hours to see the points populate in the Your Pathway to Wellness portal. For Biometric Screenings, please allow up to 2 weeks for points to be credited. If you do not see the points, then you did not complete the activity.

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

Find Support for Every Well-Being Goal

Available on the Your Pathway to Wellness portal, access the following tools for your well-being journey.

LISTEN TO BEYOND WELL PODCASTS

Stay in-tune with various aspects of your well-being with these private self-help talks.

- Improve your financial well-being
- Adapt to changes in the workplace
- Dealing with insomnia

New podcasts will be released weekly, so keep a lookout for new topics.



PUT MENTAL HEALTH FIRST WITH meQuilibrium

meQuilibrium is a science-based program designed to help you improve every part of your emotional well-being. Using a holistic approach, it provides you with interactive tools and activities that can help you fight stress and feel your best:

- Sleep more soundly
- Sharpen your focus
- Soothe your anxiety
- Find a work-life balance
- And more!

FEEL FINANCIALLY SECURE WITH ENRICH

Enrich is a valuable benefit that can help you pay off debt, prepare for retirement and put your best foot forward when it comes to your finances. It will take a holistic look at the components that make up your financial life to help you achieve your personal goals, including:

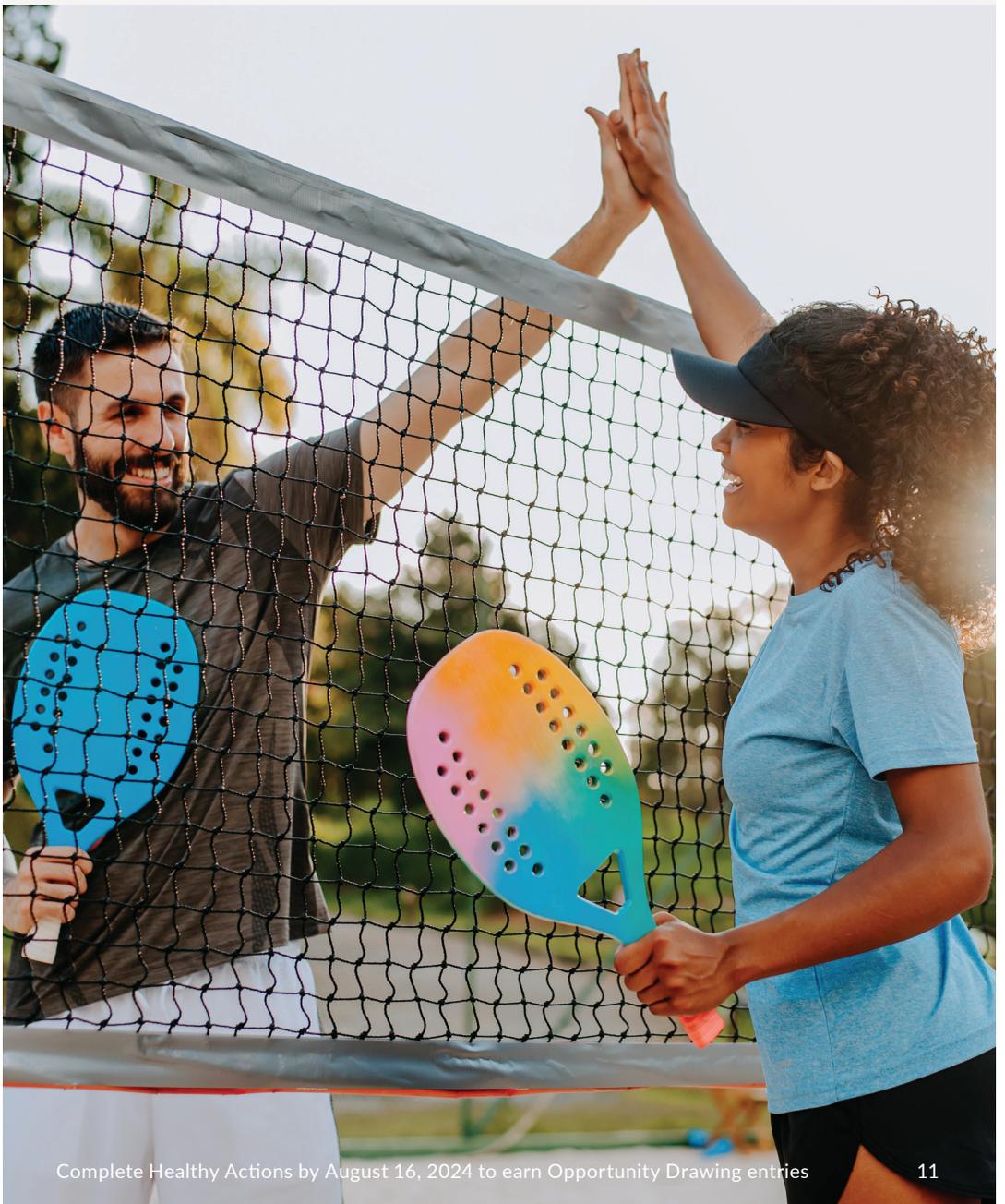
- Setting up an emergency fund
- Improving your credit score
- Saving for a new home

FIND SUPPORT FROM THE EMPLOYEE ASSISTANCE PROGRAM

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 EAP a call for free, confidential help and referrals for any emotional or mental health concerns you may have.

Employee Assistance Program
(800) 221-0945 (TTY: 711)
resourcesforliving.com

Username: **Orange County ca**
Password: **eap**





We're Here to Help.

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

Make sure to reach out for help about the Opportunity Drawings before the August 16, 2024 deadline.

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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