

Health in Action

Path 2018 Delivers More Personalization and Engagement Options

Are you ready? A new **PATH** portal awaits you, with features that make incorporating wellness into your daily life even easier!

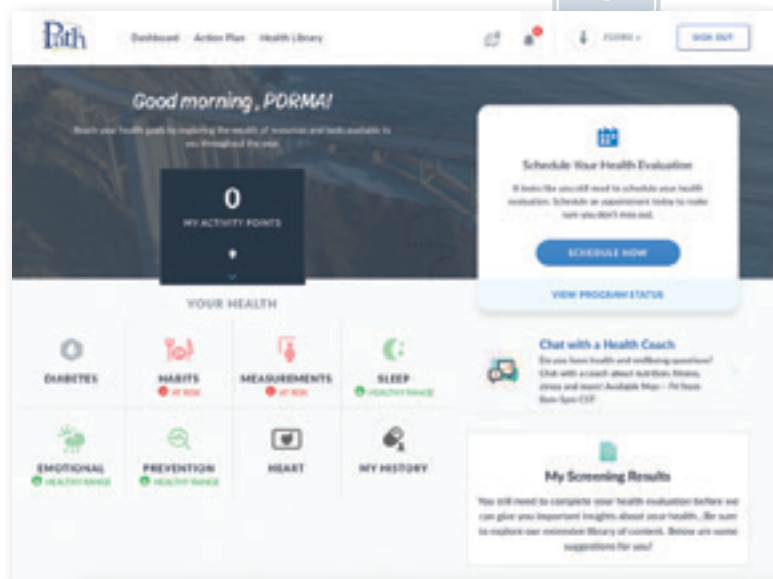
While there's a new look for the **PATH** site, some things remain exactly the same. Like eligibility.

- All benefits-eligible employees, regardless of enrollment in a health plan, can participate in **PATH** and earn an annual incentive up to \$400.
- All those participating in COBRA/IMRF continuation coverage can participate in **PATH** and earn an annual incentive up to \$400.
- All spouses and adult dependents enrolled in a health plan or on COBRA/IMRF continuation coverage can participate in **PATH** but are not eligible to earn an incentive.



The incentive structure is another aspect that remains unchanged. One **PATH** point still equals \$1 to a maximum of \$400 that you can earn between Jan. 1 and Dec. 11, 2018. And as in the past, the more points you earn, the more times you're entered in the gift card raffle at the end of the year. There will be five chances to win a \$100 gift card.

Another unchanged feature is how to access **PATH**. Simply go to the PDRMA website, www.pdrma.org, and log in with your username and password. (If you are new to the site, register first.) Once you're logged in, click **My PATH** in the **Quick Links** at the top right of the home page – and you'll see your new **PATH** dashboard!



What's New?

So glad you asked! Interactive Health (IH) now hosts **PATH**, bringing more than 25 years of experience and as strong a commitment to engaging participants – and keeping them engaged – as PDRMA Health has. Let's explore some new things you'll see this year.

➔ **Personal Health Action Plan** – IH's proprietary software, Active Engine, uses your health assessment and biometric screening information to create a Personal Health Action Plan that is specific to each, individual participant.

➔ **A1c Testing** – With Type 2 diabetes on the rise, A1c testing gives a more accurate two-to-three-month average of your blood glucose compared to a fasting glucose measurement.

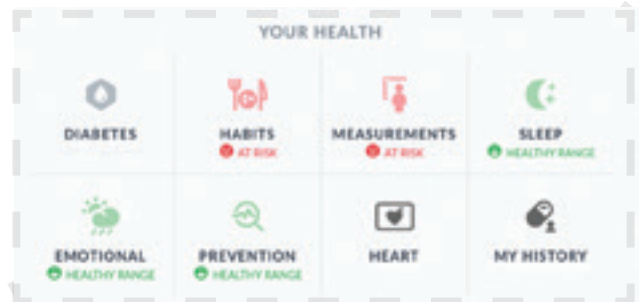
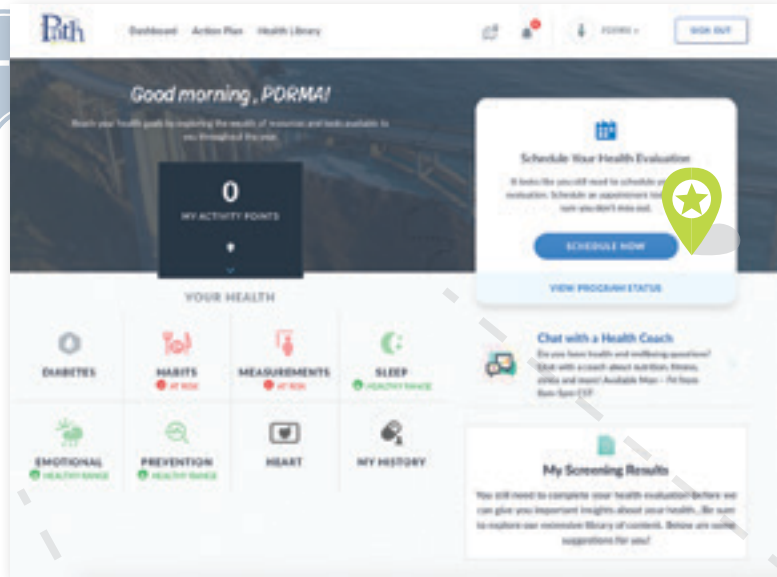
➔ **Social Platform** – During the three themed Challenges each year, you can support your coworkers, family and friends online using **PATH's** social platform.

➔ **Health Coaching Access** – You can get immediate answers from a Health Coach using the new online chat function on your **PATH** dashboard.

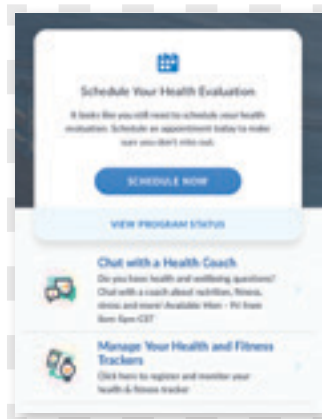
PATH Dashboard – Where Your Journey Begins



Your Dashboard keeps the information you need easily accessible and lets you know next steps for you to complete and/or resources available to keep you on course with your Personal Health Action Plan. When you log in for the first time in 2018, you'll immediately be encouraged to schedule your onsite screening and complete your Health Assessment.



Once your biometric results are available – 10 days after your screening – those will display as well, so you can access that information with a click.

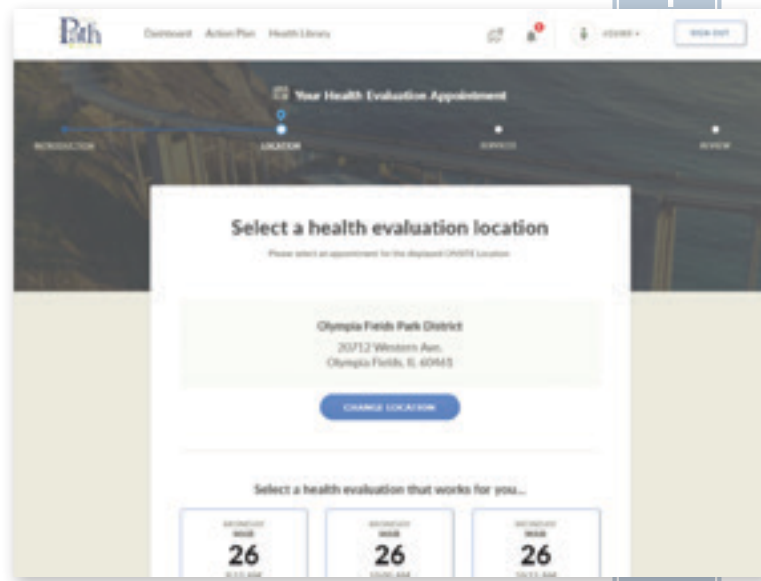


Notice that you always have easy access both to chat online with a Health Coach and customize your Health and Fitness Trackers display.

Action Plan — Look at the top of the page next to the **PATH** logo and you'll see a link to your Action Plan. **PATH** will serve up recommended activities in your Action Plan once you complete your Health Assessment. When your biometric screening results are available, you'll have a more personalized Action Plan available to you. While you'll find recommendations to address your specific needs in your plan, you're also free to check out the Health Library to learn more about improving and/or maintaining your well-being.



Health Evaluation — When you click the **Schedule Now** link and confirm your contact information, the closest agency to your home address will display as the suggested location. If your agency is further away and you'd prefer to do your screening there, you can click a link to change the location. Once scheduled, your screening date will display on your Dashboard, and you can add it to your calendar.



Physician Screening Forms and Preventive Exam Confirmation Forms

You can still submit a Physician Screening Form with your biometric results, but you must call IH to request the form. You'll receive it in the mail with prepopulated information along with a self-addressed, stamped envelope. Once your doctor completes the form, make a copy for your records and return it to IH in the included envelope. There's no faxing, uploading or emailing required! If you use this form, you'll automatically receive 25 points for your annual physical as well.

You can download the Preventive Exam Confirmation Form from **PATH** or ask your Wellness Ambassador for one. Use this one-page form to submit your preventive exams done – and signed – by your primary care physician, dentist, optometrist, etc. Beginning this year, you can submit up to two dental exams for incentive points! Keep a copy of the form for your records, and submit it via mail or fax as outlined at the bottom of the form.

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PDRMA Mission

PDRMA is a self-governed, member-owned, risk management agency of public entities that administers funds contributed by members to provide targeted programs and services to help members reduce exposure related to property, liability, workers' compensation, and health coverages.

Health in Action – A bimonthly publication of the Park District Risk Management Agency • 630-769-0332 • pdrma.org



Next Steps for PATH Participants

If you would like a guided look at the new **PATH** portal, watch the **2018 PATH Recorded Webinar** located on the home page of the PDRMA website. If you're ready to dive right in, log in to **PATH** and start getting things done! Learn where to find things throughout the site by completing the **PATH Treasure Hunt Quiz** – and earn 25 points to start you on your way to the \$400 annual maximum.

Keep earning points by attending your screening appointment and completing your Health Assessment. Remember to sync your device to make tracking even easier – and just explore, explore, explore!

Have fun as you continue your wellness journey, and we look forward to meeting you at the onsite screening events that run from Jan. 8 to April 5. See you there! ■