



Welcome to PATH!

We'd like to encourage you – and your covered partner – to participate in PDRMA Health's wellness program.

Learn how to customize the many activities and resources available to you in pursuing your wellness journey. Positive Activities Toward Health (**PATH**) is a personalized platform with engaging capabilities to help you develop daily habits that lead to long-lasting behavior change – so you feel your best every day.



PDRMA Health partners with Personify Health, a third-party vendor, to deliver PATH, which you can access and enroll in a number of ways:

Download the Personify Health app on your mobile device to start your journey



personifyTM
HEALTH

Go to Personify Health's website
join.personifyhealth.com/pdrma.

Log in through [PDRMA's website](#) and click **PATH** on the top navigation bar.



The PATH Program year is Jan. 1, 2025, to Dec. 31, 2025, and the following rules apply:

- Participation in **PATH** is voluntary; there are no penalties if you choose not to participate.
- At no time is your Protected Health Information (PHI) shared with your agency or PDRMA Health; your PHI remains confidential as required by law.
- You can start earning **PATH** points Jan. 1, 2025, or as soon as your benefits start, whichever date is later.
- Benefits-eligible employees, their covered partners and employees continuing coverage through COBRA or IMRF can participate in **PATH**. Incentives apply to employees and covered partners enrolled in a PDRMA Health medical plan. If an employee waives medical coverage, incentive payouts vary by agency. Please see your Wellness Ambassador for agency-specific details.
- To receive a PDRMA-paid incentive at the end of the program year, you must be enrolled in a PDRMA Health medical plan or a past employee enrolled in COBRA or IMRF continuation coverage through the last day of the year, Dec. 31, 2025. If you waive coverage, and your employer chooses to pay an incentive, you must be employed on the last day of the year, Dec. 31, 2025.



The PATH Program year is Jan. 1, 2025, to Dec. 31, 2025, and the following rules apply:

- The Internal Revenue Service considers the incentive amount you, and any covered partner, receive to be taxable income, and your agency may include your and any covered partner incentive amount on your W-2 as part of your income.
- Activities, points, incentive amounts and levels can change at any time throughout the year without notice.
- PDRMA and your employer are committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Personify Health at support@personifyhealth.com or PDRMA Health at 630.435.8998 for guidance on how you can earn the full reward in light of your health status.



INCENTIVE

Levels and Points

- **PATH** is divided into quarterly games.
- Work your way up the four levels by earning points for activities and tracking your daily habits.
- Each level you reach earns you points toward your quarterly \$50 incentive.

500 POINTS
(Level 1)

4,000 POINTS
(Level 2)

8,000 POINTS
(Level 3)

15,000 POINTS
(Level 4)

INCENTIVE

Quarterly Points and Levels Game incentive structure!

- The game resets at the end of each quarter – to encourage you to stay engaged with **PATH** all year long!
- You will receive the incentives you earned each quarter after the end of the program year – which means you will receive your maximum total payout as a lump sum!
- Extra \$25 incentive – outside Points and Levels Game – for participating in a biometric screening!



BIOMETRIC SCREENINGS



What is a biometric screening?

A biometric screening is an exam that measures health risk factors like cholesterol, triglycerides, fasting glucose and A1c from a blood draw and checks your blood pressure, body composition, body mass index (BMI) and waist circumference. It's an easy way to keep track of your health over time and be aware of risks to help you make lifestyle changes.

Complete the screening in one of three ways:

LabCorp

Complete a screening at any time throughout the year. Make an appointment at LabCorp and download your Voucher on **PATH** to bring with you.

CVS MinuteClinic

Complete a screening at any time throughout the year. Make an appointment at CVS MinuteClinic and download your Voucher on **PATH** to bring with you.

Your Primary Care Physician's office

Complete a screening at any time throughout the year. Make an appointment at your physician's office, download the Physician Form on **PATH** for your doctor to complete and sign.

Click [here](#) to learn more about how to complete a screening and [here](#) to find out how to make an appointment and download necessary documents.



BIOMETRIC SCREENINGS

Points and Incentives

EARN MORE POINTS THIS YEAR FOR BIOMETRICS!

Earn a 5,000-point voucher to use any time before Dec. 31, 2025, 11:59 p.m. and an automatic 1,000 points uploaded to your account for participating in a screening! You will also earn an extra \$25 incentive outside PATH's Points and Levels quarterly game.

Earn 300 points per measurement that is in the normal range.

Improvement points are also available for biometric outcomes, if not in the normal range. When you make a 5-percent improvement from a validated 2024 result, you earn 300 points per measurement!



ACTIVITIES

Earn points by:

- Tracking daily activity, sleep, diet and healthy habits.
- Completing daily cards.
- Syncing your device for seamless integration.
- Completing the Health Check Assessment and setting your interests.
- Participating in Journeys and Health Coaching.
- Watching videos on the Media Library – **PATH** provides a comprehensive selection of wellness videos covering topics such as healthy eating, physical activity, financial wellness and emotional balance.
- Competing in monthly healthy habits, personal and PDRMA-wide challenges.
- Giving and receiving Shoutouts.
- Checking off preventive exams on your My Care Checklist.
- And more!

(*Visit the [Rewards](#) page on **PATH** for the full list of possible ways to earn points.)

MEDIA

Browse quick, informative content that helps you work on your fitness, mindfulness and more.

Healthy Eating Reset



Breathe Away Anxiety
Daily Tip • Anxiety & Depression

Feeling anxious? Try calming yourself with cyclic sighing. To do it, first inhale through your nose. Next, take a second, deeper breath to fully expand your lungs. Then slowly exhale all the air through your mouth. Do this for about 5 minutes.

+20 Points

GET IT

Topics of Interest

Recommended

Topics are recommended based on information you've shared with us.

Getting Active

Eating Healthy

Sleeping Well

[Load More](#)

To further personalize your experience, choose topics of interest from the dropdown menus.

Energy 1 Selected

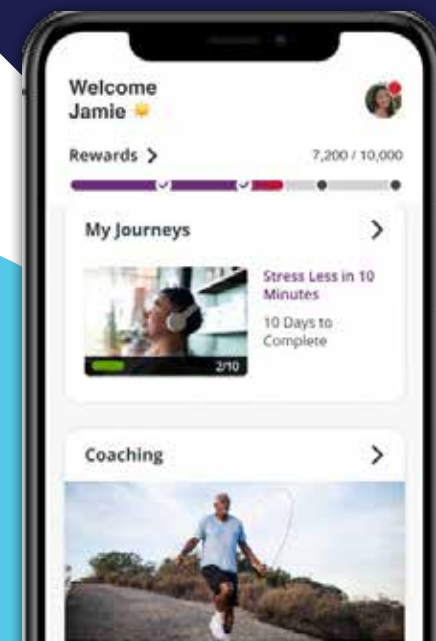
Focus 4 Selected

Diet 2 Selected

Health Habits 4 Selected

Interests flow your privacy is protected

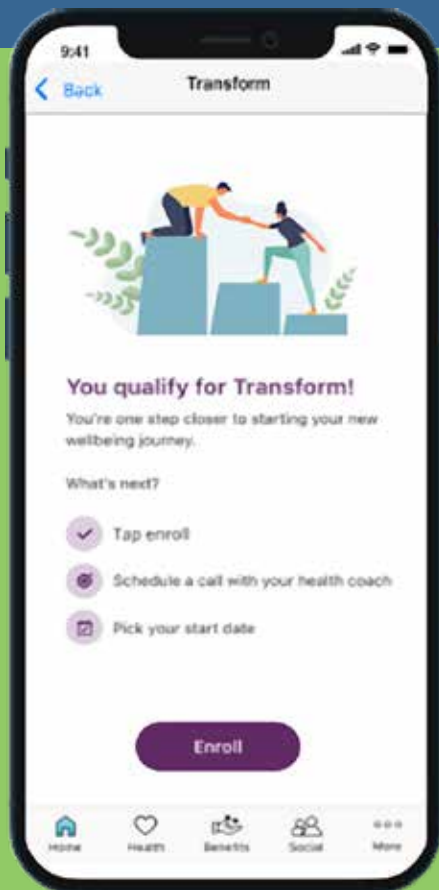
Cancel Done



TRANSFORM

Prediabetes and Weight Management

If you begin a Transform Program in 2025, you can access Transform's newly integrated platform easily from the PATH homepage.



Transform widget on home page.

There are two entry points to Transform

Complete the risk screening survey to see if you qualify to enroll in a Transform program.

Health Tab – Transform on the drop-down menu.



TRANSFORM

Prediabetes



TRANSFORM PREDIABETES

- Helps participants prevent or delay the onset of Type 2 diabetes.
- This 12-month program has a goal of 5-percent weight loss and increasing/maintaining 150 weekly minutes of activity.

DEVICES AND SUPPORT

- Digital therapeutics suite on the **PATH** website/app.
- Participants will receive a connected scale and activity tracker.
- Photo-enabled food log, 25 lesson plans, 12 coaching phone calls (1 monthly), unlimited messaging.



TRANSFORM

Prediabetes

Participants who began the Transform for Prediabetes program prior to 2025 will continue to use the Transform app and receive 1:1 health coaching, evidence-based curriculum, peer support group and behavior tracking tools until their 12-month program is complete.



ELIGIBILITY CRITERIA



You must be all the following:

- 18 years of age or older.
- Have a body mass index (BMI) of 25 or higher (23 or higher if Asian American).
- Not be previously diagnosed with Type 1 or Type 2 diabetes.
- Not be pregnant.

You must have either or both 1 and 2:

1. A recent (within the past year) blood test (may be self-reported) or claim code indicating you have prediabetes or a history of gestational diabetes mellitus (GDM), according to one of the following specifications:
 - Hemoglobin A1c: 5.7-6.4%.
 - Fasting plasma glucose: 100-125 mg/dL.
 - Two-hour plasma glucose (after a 75-gm glucose load): 140-199 mg/dL.
 - Clinically diagnosed GDM during a pregnancy (may be self-reported).
2. Screen positive for prediabetes based on the CDC Prediabetes Screening Test (score of 9 or more).

TRANSFORM

Weight Management

TRANSFORM WEIGHT MANAGEMENT

- 12-month, lifestyle change program that helps adults create healthier habits including physical activity, eating patterns and more to lose weight and keep it off the healthy way.
- Focus on sustainable weight management, balanced eating, physical activity and self-efficacy.



TRANSFORM

Weight Management

DEVICES AND SUPPORT

- Participants will receive a connected scale and activity tracker.
- Photo enabled food log, 25 lesson plans, 12 coaching phone calls (1 monthly), unlimited messaging.

ELIGIBILITY CRITERIA

- BMI 30+
- OR
- BMI 25-29.9 and one of the following:
 - Hypertension.
 - Hyperlipidemia.
 - Prediabetes, Type 1 (with physician consent) or Type 2 diabetes.



HEALTH COACHING

A coach can be a helping hand when you need it to keep you focused and accountable in overcoming obstacles and meeting your goals. Coaching is a safe, judgement-free space for working on your well-being goals. Take advantage of this inspirational resource!

- Complete four calls and earn 2,000 points up to an annual maximum of 8,000 points.
- Coaching is not limited to a quarter. After four calls, participants receive their points.
- Even after earning 8,000 points, participants may still schedule calls with their coach.
- In-app messaging is available.
- Conversations are totally private and confidential.
- Coaching can help participants get active, eat healthy, reduce stress, manage weight, be tobacco-free, sleep well and be mindful of their finances.
- Sign up for Health Coaching by clicking [here](#) or from the PATH home page by going to the Health menu in the navigation bar, clicking Coaching and then Schedule a session.



PLATFORM FEATURES



BENEFITS PAGE

Access all your PDRMA Health resources to understand your full benefits package.



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HEALTH

PERSONIFY HEALTH'S ONLINE STORE

Purchase health items such as water bottles, yoga mats or fitness tracking devices.



FRIENDS AND FAMILY ACCESS

Invite up to 10 friends/family to participate in personal challenges, have access to daily activity tracking and healthy habits for free! All with a personal leaderboard for you and your 10 "outside" friends/family.

SUPPORT



PDRMA Wellness
wellness@pdrma.org
630.435.8998

Personify Health Customer Support
support@personifyhealth.com
888.671.9395



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HEALTH