

Get healthier, and keep your premiums low



Get started in three easy steps

1. **Activate** your personal health assistant — on the web or with our app.

On the web: Go to www.MyActiveHealth.com/ConeHealth and click on the link "Create an Account."

With our app: Search for "ActiveHealth" in your app store. Then download the ActiveHealth app on your smartphone or tablet. When you open the app, click on the "Register" button.

2. **Schedule** your annual well visit or physical before July 1.

3. **Complete** your health assessment and choice of activities in the Health Action Step before September 1.

Don't wait — activities can take a month or more to complete. See the back of this page for details on the activities to earn your cash incentives.

Your wellness program includes:

- Coaching support — online, by phone or in group classes
- Low-tech options available
- Support for long-term health conditions such as asthma, diabetes, chronic pain and other conditions
- Help with quitting tobacco and more

Active employees and enrolled spouses:
Complete these steps to **avoid a medical plan premium increase of \$15 per pay period.**

Get started with the ActiveHealth app or online at www.MyActiveHealth.com/ConeHealth

Questions? We're here to help. **1-855-294-6577**, Monday – Friday 8:30 AM to 8 PM ET.



ACTIVITIES FOR 2022

Complete your health assessment online and schedule a visit with your provider. Then choose one of the following to complete your health actions step and keep your premiums low. Log in online to see details.

Healthy Pregnancy Program	Enroll in Babyscripts prior to 20 weeks and complete 50% of the program requirements
Personal Coaching for Diabetes Management	Complete at least three coaching calls to help manage diabetes Based on the advice of your coach, additional calls or interactions will be required to qualify
Personal Coaching for Condition Management	Complete at least three Condition Coaching calls for these chronic conditions: <ul style="list-style-type: none"> • Asthma • Chronic back and neck pain • Chronic hepatitis – B and C • Chronic kidney disease • COPD • Coronary artery disease • Depression • Diabetes • End stage renal disease • Heart failure • High blood pressure* • High cholesterol • Migraines • Osteoarthritis • Rheumatoid arthritis • Seizures • Systemic lupus erythematosus • Ulcerative colitis/ IBD/Crohn's • Weight management
Personal Coaching for Lifestyle Management	Complete at least three Lifestyle Coaching calls on these topics: <ul style="list-style-type: none"> • Elevated blood pressure • Exercise management • General health education • Metabolic syndrome • Nutrition management • Pre-diabetes • Sleep • Stress management • Tobacco cessation • Weight management
Online Group Coaching	Complete at least three Group Coaching classes on these topics: <ul style="list-style-type: none"> • Weight management • Healthy eating habits • Being active • Quitting tobacco • Managing stress • Getting enough good sleep • Pre-diabetes • Diabetes • Pre-hypertension • Hypertension
Onsite or Virtual Classes	Complete at least three Cone Health onsite or virtual classes on hypertension, pre-diabetes or the Living Well nutrition classes
Digital Wellness Modules	Earn 1,500 hearts by completing online wellness modules through MyActiveHealth
In-Person Tobacco Cessation Program	Complete the Quit Smart Tobacco Cessation Program classes
Individual Telephonic Tobacco Cessation Program	Complete at least three individual calls for tobacco cessation Nicotine Replacement Therapy available for participants
Cone Health Weight Management Program	Enroll and actively participate in a designated weight management program if you are diagnosed as pre-diabetic or your BMI is 27.5 or higher
Individual Telephonic Weight Management Program	Complete at least three individual calls for weight management
Special Pharmacy Program	If eligible, complete a medication review with the Clinical Pharmacist Practitioner (CPP) and three prescription management calls with Specialty Pharmacy staff



Log in or use the QR code to get started earning your incentives today. www.MyActiveHealth.com/ConeHealth.



Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.