

MCAD 2018

HealthPartners Health and Well-being Program

WELLNESS PROGRAM CALENDAR

Date	Health and Well-being Program
February 5 – February 28, 2018	Step One: <u>Complete</u> confidential Health Assessment online
February 5 – September 30, 2018	Step Two: <u>Enroll</u> in one Health and Well-being Program by August 1, 2018. <ul style="list-style-type: none">• Health Phone Coaching• Virtual Coaching• Frequent Fitness*• Online and MePlus Mobile Programs<ul style="list-style-type: none">• 10,000 Steps• Sleep Tracker• Stress Tracker• Tobacco Tracker• Frequent Fitness<ul style="list-style-type: none">• 12 times per month for two consecutive or non-consecutive months between January 1 and August 31st <u>Complete</u> the program by September 30, 2018; *Frequent Fitness by August 31, 2018
January 1, 2019	Step Three: <u>Qualify</u> for the program reward