



Minneapolis College of Art & Design

2019 Wellness Program

What do I need to do?

1

Take the health assessment by 9/30/2019.

2

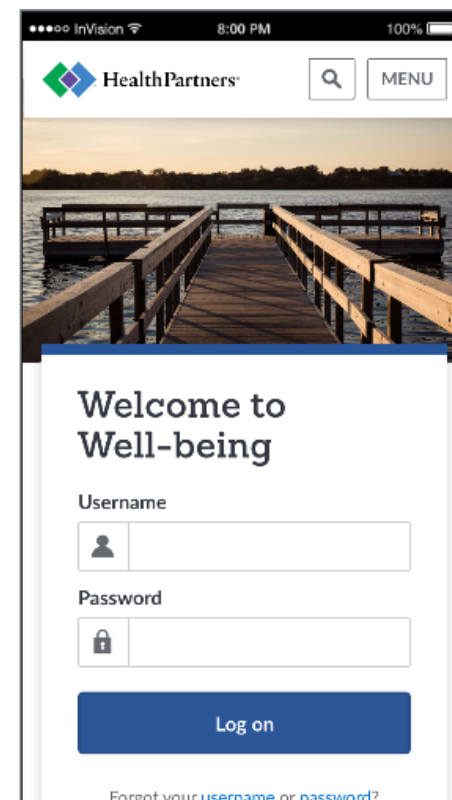
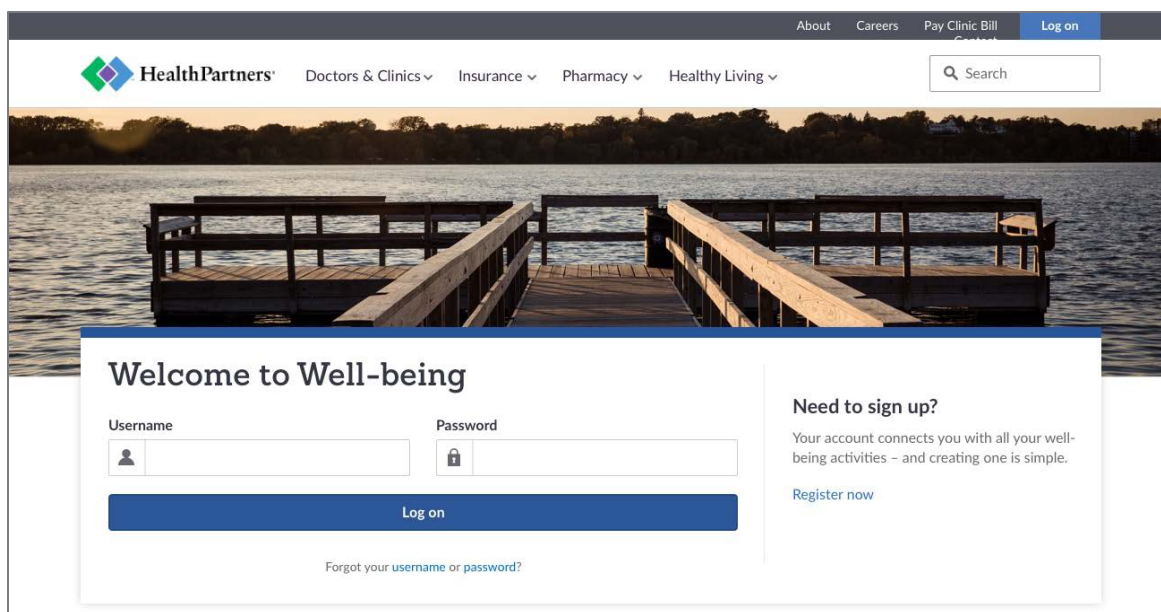
Begin a well-being activity by 8/1/2019 – some activities take up to eight weeks to complete.

3

Complete your well-being activity by 9/30/2019.

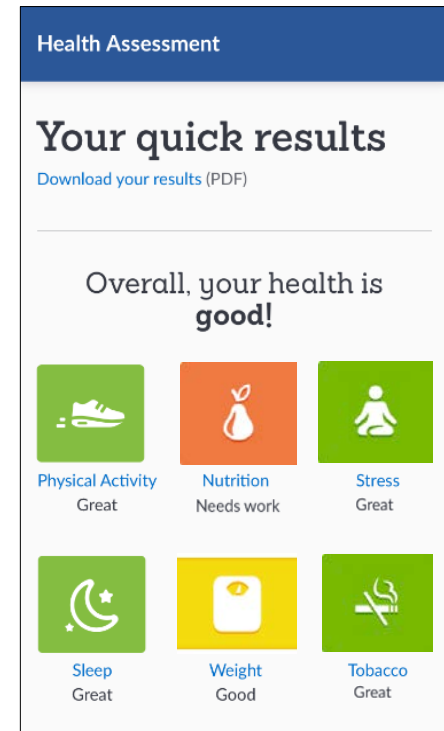
Get started

- Visit **healthpartners.com/wellbeing**
 - If you have a username and password for HealthPartners.com or from your well-being program last year, you will use the same one. If you don't have an account, you'll have to click "Register for an Account" to get started.



Know healthy

- **Step One:** Complete the health assessment
 - It's confidential, quick, and easy – you'll be done in less than 20 minutes
 - You will get immediate feedback on your health
 - You will learn more about your health and can start making simple changes to live the life you want



Get healthy. We'll help.

- **Step Two:** Complete one well-being activity by September 30, 2019.
 - Enroll by August 1, 2019, to ensure enough time to complete your program.
 - You may select from a variety of activities that best meet your needs including :
 - Health coaching
 - New digital activities
 - Choose to Lose
 - Go for Fruits and Veggies
 - Healthy Thinking (coming soon!)
 - Tracking activities
 - Frequent Fitness
 - Note: visit requirements for the Frequent Fitness activity must be met by August 31, 2019.

1:1 Health coaching

- HealthPartners health coaches partner with you so you can live the life you want. Schedule phone calls when it's convenient for you.
- Reach your health goals with the support of experts in the following areas

Back health
High cholesterol
Physical activity
Tobacco cessation
Sleep

High blood pressure
Nutrition
Stress
Weight management
Family well-being

- To enroll, call 952-883-7800

Tracking activities

- Get healthy online. Available 24/7 – anytime, anywhere
- Choose from the following trackers

10,000 Steps®

Set a goal, track your steps and feel great

Sleep

Improve your sleep quality and feel better

Stress

Make healthy lifestyle changes to stress less, find balance and live happier and healthier

- For all tracking activities, you must track a minimum of 8 weeks to complete the activity. Weeks do not need to be consecutive and start from the date you enroll (no back-tracking)

Frequent Fitness

- Already working out at a participating gym? Frequent Fitness members are eligible to save up to \$20 each month by simply working out 12 times per month at a participating health club
 - You can now use this same gym participation to count as your well-being activity
 - Work out at least 12 times per month for a minimum of two months from January 1 – August 31, 2019
 - The Frequent Fitness program is only available to participants that hold HealthPartners medical plan coverage through MCAD

Get rewarded

- In addition to the healthy benefits you will get from making healthy lifestyle choices, by completing your health assessment and one well-being activity by 9/30/2019, you will earn enhanced benefits for the 2020 medical plan year
 - If a copay plan is offered in 2020, there will be a \$20 copay discount; if a deductible plan is offered there will be a \$250 single/\$500 family deductible discount.