



Get Healthy Now Program 2025 Incentive Guide

The Get Healthy Now Well-Being Program can help you build better habits and help you make meaningful healthy lifestyle changes.

There are several well-being activities to choose from which are designed to help improve and maintain our health together! You must earn 480 total wellness points (Personal Health Profile required) to receive the 2025 \$40/monthly incentive.



Register and
log in beginning
February 15, 2024



Decide your path,
complete activities



Focus on your health,
feel awesome



Deadline to
earn 480 points:
November 30, 2024
by 11:59pm ET



You are all set for
2024 and will receive
your **\$40/monthly**
incentive beginning
January 2025.

Well-Being Incentive and Program Eligibility

The \$40 GHN monthly incentive is available to all current employees and pre-65 retirees enrolled in a UofL medical plan. Medically enrolled spouses/qualified adults and dependent children age 18+ can utilize the well-being program features, but are not eligible for the incentive.

Take the Personal Health Profile to jump start your journey!

Complete the **Personal Health Profile (PHP)** to check your health status and receive personalized tips to help you improve and maintain your health and well-being. On average, the PHP takes 8-10 minutes to complete. You must complete the PHP to earn 200/480 points required to qualify for the \$40/monthly incentive.

Visit HealthAdvocate.com/UofL to enroll and sign into your account so you can begin earning points. **Need help registering? Call 866.799.2731.**

Additional ways to earn the rest of your incentive points are on page 2.

Register Now!

Learn how to register at
Louisville.edu/gethealthynow
or call Health Advocate at
866.799.2731.



866.799.2731

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/UofL



Well-Being Opportunities

Earning 480 points will secure your \$40/monthly incentive for 2025, but that's just the beginning of a healthier you.

Well-Being is a journey that starts with you!

Activities	Points
<p>Online Pathways: Each completed online program is worth 300 points each. <i>You may have one pathway in progress at a time.</i></p> <ul style="list-style-type: none"> *NEW* Pathways – Explore online personal pathways to take action for improved well-being. There are a variety of pathways to choose from to help you build skills and learn new healthy habits. Quit Tobacco Pathway – Complete the 12-week Health Advocate Quit Tobacco Pathway – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions. 	300
<p>Nurse Coaching Enrollment: Learn how to better manage chronic conditions, stick to your treatment plan and prevent complications. One-on-one support is available with a certified Nurse Coach or Diabetes Educator. Contact Health Advocate at 866.799.2731 to schedule.</p>	200
<p>Well-Being Coaching: A Coach can help you meet your health goals and thrive. Earn 200 points by completing 3 sessions within 45 days. Each session is about 15-20 minutes. Coaching is unlimited.</p>	200
<p>Well-Being Activities:</p> <ul style="list-style-type: none"> *NEW* Personal Pathfinder - Take this assessment to help guide your well-being priorities. *NEW* Learning Center - View articles, videos and more about health and well-being topics. *NEW* Online Workshop - Complete self-paced workshops on nutrition, fitness, stress, and more! 	50 100 200
<p>Health Education Session: Complete one coaching session to discuss your Personal Health Profile and/or well-being goals.</p>	100
<p>Preventive Care: Stay on top of your health and complete applicable preventive care exams and vaccinations (December 1, 2023–November 30, 2024) worth 100 points each. Self-report completion by visiting HealthAdvocate.com/UofL</p> <p><i>Annual Physical • Annual Well Woman Exam • Cervical Cancer Screening • Colon Cancer Screening • COVID-19 Vaccination Flu Shot Vaccination • Mammogram • Prostate Cancer Screening • Skin Cancer Screening • New for 2024! Preventive Dental Exam</i></p>	100
<p>UofL Wellness Talks: Throughout the year, UofL will provide several opportunities employees can attend and earn points. Check UofL Today and visit Louisville.edu/gethealthynow for point opportunities.</p>	Varies
<p>Track Weekly/Monthly Activities: Track one or more of the following activities using the Health Advocate website tracker or sync your tracker to the Health Advocate app. Each completed activity is worth 20 points each.</p> <ul style="list-style-type: none"> <i>Distance/Time Exercise (150 min weekly) • Strength Training (2 or more days weekly) • Charity Work (2 hours per month)</i> 	20
<p>Track Daily Activities: Track one or more of the following activities using the Health Advocate website tracker or sync your tracker to the Health Advocate app. Each completed activity is worth 10 points each.</p> <ul style="list-style-type: none"> <i>Whole Grains (3 servings daily) • Fruits & Veggies (5 servings or more daily) • Sleep (7 hrs or more daily) • Mood (Track daily)</i> <i>Stretching (10 minutes or more daily) • Steps (7500 steps or more daily) • Sodium (2500mg or less daily)</i> <i>Water (64oz or more daily) • Stress Management (Perform 1 relaxing activity daily) • Limiting Social Media (Track daily)</i> 	10 each

If you're interested in speaking with a Wellness Coach and/or a Nurse Coach, contact Health Advocate at 866.799.2731 to schedule.

For additional wellness opportunity details and program FAQs, visit the GHN website: Louisville.edu/gethealthynow