



# Get Healthy Now Program 2024 Incentive Guide

The Get Healthy Now Wellness Program can help you take charge of your health and it's a fun way to connect with others, create a culture of well-being and stay motivated.

There are several wellness 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 2024 \$40/monthly incentive.



Register and  
log in beginning  
**February 15, 2023**



Decide your path,  
**complete activities**



Focus on your health,  
**feel awesome**



Deadline to  
earn 480 points:  
**November 30, 2023**  
by 11:59 ET



You are all set for  
2023 and will receive  
your **\$40/monthly**  
incentive beginning  
January 2024.

## Wellness 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 wellness 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 get a wellness assessment and 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](https://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](https://Louisville.edu/gethealthynow)  
or call Health Advocate at  
**866.799.2731.**



**866.799.2731**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/UofL](https://HealthAdvocate.com/UofL)



**HealthAdvocate<sup>SM</sup>**

## Wellness Opportunities

Earning 480 points will secure your \$40/monthly incentive for 2024, but that's just the beginning of a healthier you.

**Challenge yourself, your coworkers, and/or your team to set higher point goals!**

Activities	Points
<b>Health Education Session:</b> Complete one coaching session to discuss your Personal Health Profile and/or wellness goals.	<b>100</b>
<b>Preventive Care:</b> Stay on top of your health and complete applicable preventive care exams and vaccinations (December 1, 2022–November 30, 2023) <b>worth 100 points each.</b> Self-report completion by visiting <b>HealthAdvocate.com/UofL</b> <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</i>	<b>100</b>
<b>Chronic Care Coaching Enrollment:</b> Chronic medical conditions such as diabetes, hypertension, heart disease and depression are included in our Chronic Condition Support program. One-on-one support is available with a certified Nurse Coach or Diabetes Educator. Contact Health Advocate at 866.799.2731 to schedule.	<b>200</b>
<b>Wellness Coaching:</b> A Wellness Coach can help you meet your health goals and thrive. <b>Earn 300 points</b> by completing 3 sessions within 45 days. Each session is about 15–20 minutes. Coaching is unlimited.	<b>300</b>
<b>UofL Well-Being Virtual Workshops:</b> Throughout the year, UofL will provide several opportunities, including but not limited to, group fitness classes and virtual sessions employees can attend and earn points. Check <b>UofL Today</b> and visit <b>Louisville.edu/gethealthynow</b> for point opportunities. <b>Each workshop is worth 100 points.</b>	<b>100</b>
<b>Well-Being Workshops:</b> Complete self-paced workshops on nutrition, fitness, stress, and more! You may have one workshop in progress at a time.	<b>200</b>
<b>Online Programs: Each completed online program is worth 300 points each.</b> • <b>Don't Weight! Make a Change Weight Loss Program</b> – During this 12-week online program, learn tips, tricks and long-term strategies to help you lose weight and keep it off! Each week 1 new lesson will be available to complete. A lesson takes about 15 minutes to complete. (3 hours of time in total). • <b>Tobacco Cessation Program</b> – Complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions. Visit <b>HealthAdvocate.com/UofL</b> and choose <b>Wellness Programs</b> or <b>Wellness Workshops</b> from the <b>Well-Being drop-down.</b>	<b>300</b>
<b>Track Daily Activities:</b> Track one or more of the following activities using the Health Advocate tracker or sync your tracker to the Health Advocate app. <b>Each completed activity is worth 10 points each.</b> • <i>Whole Grains (3 servings daily) • Fruits &amp; Veggies (5 servings or more daily) • Sleep (7 hrs or more daily) • Water (64oz or more daily) • Stretching (10 minutes or more daily) • Steps (7500 steps or more daily) • Sodium (2500mg or less daily)</i>	<b>10 each</b>
<b>Track Weekly/Monthly Activities:</b> Track one or more of the following activities using the Health Advocate tracker or sync your tracker to the Health Advocate app. <b>Each completed activity is worth 20 points each.</b> • <i>Distance/Time Exercise (150 min weekly) • Resistance Training (2 or more days weekly) • Charity Work (2 hours per month)</i>	<b>20 each</b>

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](https://Louisville.edu/gethealthynow)