

# Save up to \$1,200 on annual health insurance premiums!

## Health Screening

Complete the Health Assessment and Health Screening to save up to \$600 on the annual health fee and be eligible for additional levels of savings.

## Health Assessment

Be Nicotine-Free or complete the 8-week Commit to Quit Cessation Program to save up to an additional \$600 on the annual health fee.

## Wellness Activities

Meet or improve by 5% at least four health targets to earn additional rewards and recognition.

**Questions? We're here to help!**

800.838.0337 | [Support@Sterling-Wellness.com](mailto:Support@Sterling-Wellness.com)



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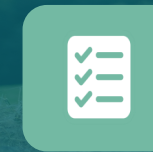
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**214 East Fifth Street | Crowley, LA 70526**



Complete the wellness steps by November 30, 2021 to save up to \$600 on annual health insurance premiums!

Learn more at [MyHealthPark.com](http://MyHealthPark.com).





# Say hello to Health Park



**Get Started at**  
**MyHealthPark.com/ABC**

Click **New User** to register and create a password.

Your username is ABC followed by your 5-digit employee ID number.

## Easy Tracking

Easily track your incentive status and wellness activities so you know exactly how to earn your rewards. Click the progress bar for full details.

## Interactive Learning

Access a variety of interactive eCourses, webinars, and Health Library resources for self-paced health education.

## Healthy Activities

Start a challenge to build healthy habits, use trackers to stay accountable or sync a fitness device to track daily activity.

## Social Motivation

Connect with buddies to share your success and support one another using the health feed and challenge leaderboards.



## Get the New App!

Download the MyWellApp on your mobile device. Log on to Health Park from your desktop, then click your avatar in the top right corner to generate an access code. Wait at least five minutes, then enter the code into your MyWellApp to access your portal on the go.



## Complete the Health Screening

**Annual health screenings are an important step toward managing your health and can often identify conditions that may otherwise go undetected.**

### Convenient Onsite Health Screenings

Through the ABC Wellness Program, you have the opportunity to participate in a convenient onsite health screening. Screenings will include lipid panel, glucose, blood pressure, and body measurements.

For the best results, remember, no food or drink for 8-10 hours prior to your appointment with the exception of water. Also, please take all prescribed medications.

To schedule a screening appointment, simply visit the **Assessment** page in your Health Park wellness portal to select a date and time that is convenient for you.



## Complete the Online Health Assessment

Complete the online Health Assessment to learn more about your health habits and how to make small changes that will improve your well-being. After completing your Assessment, remember to review your personal Assessment report for valuable tips and personalized health education.

Log on to **MyHealthpark.com** and click the **Assessment** tab to get started. All responses are confidential and will not be shared with your employer.



## Earn 100 Points from Wellness Activities

Participate in wellness activities throughout the program to help manage your health. Earn 100 points from any combination of activities below to be eligible to save \$600 on your annual health insurance premiums.

Submit your activities in your Higher Health portal.

### Physical Health

Immunizations **25 points each**

Health Challenges in your Higher Health portal **25 points each (max 50)**

Health Webinars **25 points (max 50)**

Health Zone Check-ins **10 points per visit (max 50)**

Physical Activity, 30 minutes per day **1 point (max 50)**

Preventive Exam **50 points**

### Spiritual Health

Active in Faith **25 points (max 50)**

Pray a Novena **25 points (max 50)**

### Emotional Health

Complete a CommunityCare EAP activity **25 points (max 50)**

Complete a Health eCourse in your Higher Health portal **25 points (max 50)**

### Financial Health

Meet with a financial advisor **25 points**

Watch a financial webinar **25 points**



**The deadline to complete your wellness steps is November 30, 2021.**

## Take Good Care

**Taking care of yourself** is an essential step to feeling healthy, balanced, and more able to give to those you love. In addition to eating well, exercising, and getting enough sleep, having a primary care physician is an important part of managing your health.

Routine visits to your PCP can ensure you get the preventive care and tests you need based on your history and risk factors. Talk with your doctor about age appropriate screenings that are right for you to aid in early detection and treatment.

### SHINE LIGHT ON YOUR EMOTIONAL HEALTH



Sterling offers a variety of resources to help you brighten your emotional health. From Resilience eCourses, to stress management challenges and webinars, you are sure to find what you need to revive and thrive in your Health Park portal.

## Onsite Health Screenings Coming Soon!

Mark your calendars! Onsite health screenings will be coming to a location near you throughout the months of October – November.

Visit the **Assessment** page in your Health Park portal to schedule an appointment today!

**MyHealthPark.com/ABC**