



2023

PROGRAM GUIDE  
State Industrial Products



Presented by



# WELCOME TO YOUR 2023 WELLBEING PROGRAM!

Access the PeopleOne Health wellness platform for resources and a place to track your preventive wellness, including a health questionnaire, coaching and a menu of choices to complete your program.

As part of your wellbeing program, State Industrial Products continues to partner with PeopleOne Health to offer a robust portal with a messaging function to help with navigating health concerns including weight management, healthier choices, finding a physician and more.

**Complete the 5 steps of your wellness program in 2023 and you will not be subject to the non-wellness surcharge of \$100 per month in 2024!** In addition, if you enroll in the HSA medical plan for 2023 and you complete the wellness program, you will earn \$500 with employee only coverage or or \$1000 with employee + dependent coverage to be deposited into your HSA account.

How to Earn? Steps 1-5 **MUST** be completed (400 tokens):

**Step 1:** Register for the portal at [portal.peopleonehealth.com](https://portal.peopleonehealth.com), then confirm your registration. If you are already registered, please go into the portal and click confirm. (100 tokens)

**Step 2:** Attend an annual Primary Care Physician (PCP) or wellness mobile bus visit. (100 tokens)

**Step 3:** Complete the health questionnaire. (100 tokens)

**Step 4:** Attend at least 2 coaching sessions. (25 tokens each 50 tokens)

**Step 5:** Earn the remaining tokens by completing additional coaching (25 tokens each) or choosing 2 activities from the "Your Choice" menu of options (25 tokens each).

**Deadline: October 31, 2023 in order to receive your incentive.**

## ADDITIONAL PROGRAM DETAILS

*Download our app! PeopleOne Health app is available in Android and Apple App Stores. Take your wellness plan on the go!*

**Already registered?** Great! You've already completed Step 1 toward your program completion. If you are new to the portal, ensure you check the completion box to earn your credit for registration.

**New for 2023! Health Questionnaire:** Before you connect with your health coach, take the brief health questionnaire so that the coach can identify how to best support you with setting and achieving your wellness goals. The quick health questionnaire will take a short time to complete in order to get credit for this step.

**Wellness Coaching:** By completing two coaching sessions, the sessions put you well on your way completing the steps needed to earn your 2023 incentive! Though additional sessions aren't required past the two sessions, you may continue to seek coaching support as your schedule permits to support your ongoing health management. *Please note: sessions must be scheduled a minimum of one week apart.*

**Your Choice Menu Options:** Choose between additional coaching sessions and wellness activities to earn your additional tokens. Two options from the Your Choice Menu (25 tokens each) earn the 50 tokens required for this step.

**Message your Coach with Questions:** Connect through messaging, telephonically or virtually at a convenient time for you. Whether you're exploring health care options, or needing advice in your journey toward wellbeing, you have a resource at your fingertips!

*Reasonable Alternative Disclosure: SIP is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program because of your health status, you might qualify for an opportunity to earn the same reward by different means. Talk to Human Resources or your Health Coach.*

# BACKGROUND ON HEALTH COACHING:

Meeting with a wellness health coach is a great way to continue the path towards a healthier lifestyle! This involves a client-centered approach to behavior change that's driven by an individual's strengths, abilities and desires to reach their personal well-being goals. This might include wanting to lose weight, develop healthier eating habits, quit tobacco, become more physically active, lower your stress, better manage your health conditions or simply work to enhance an already healthy lifestyle.

Whatever your health-related goals may be, your health coach will work with you to develop a specific plan to stay on track, while providing you with ongoing support and accountability to work past barriers and obstacles that may be standing in your way from achieving your best health. Your health coach can also help you understand health-related risks and the relation to lifestyle habits, and connect you with the necessary tools and resources to help you better understand your health and reach your desired goals.

## Meeting with your Coach

As part of your 2023 program, you will meet with your health coach, twice throughout the year to complete this step towards your program incentive. However, there is no limit to the number of times you can meet with your Health Coach throughout the year.

Coaching sessions can be setup in a number of formats to accommodate your schedule and availability, including in-person, telephonically, or by video conference. To schedule a session, please register on the portal. For questions, contact your health coach.

Your Health Coach can be found on the PeopleOne Health website. You can find your coach in two easy spots, under care team on your main page or by clicking My Coach on the left hand side of the webpage. On there you will find up to date information about the coaches available for your support as well as a biography on their credentials.



# PeopleOne Health MEMBER PORTAL

All employees enrolled in State Industrials' population health management program will have access to their own PeopleOne Health member portal. The member portal will allow you to easily navigate the program steps and incentive structure, track tokens earned towards program completion, access timely health-related content, and message with your health coach. The site also securely stores health information that, with permission, can be shared with your health coach for the purpose of helping you with your health-related goals.

In order to login to the portal for the first time, please follow the directions below:

- Go to [portal.peopleonehealth.com](https://portal.peopleonehealth.com)

## THE APP

Download the PeopleOne Health app on your device for your convenience. Check the App Store or Google Play to find your version.

