



2024

PROGRAM GUIDE
State Industrial Products



Presented by



Welcome to State Industrial Products 2024 Wellness 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.

Program Dates: January 1, 2024 to November 30, 2024

Complete the 4 steps of your wellness program in 2024
and you will not be subject to the non-wellness surcharge of \$100 per month in 2025!



Step 1: Complete the 2024 Health Questionnaire
(100 tokens)



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



Step 3: Schedule the **two (2)** required coaching
sessions
(50 tokens/ session = 100 tokens)



Step 4: Earn the remaining tokens by completing
five (5) activities off of the “Your Choice” menu
options
(10 tokens/ activity = 50 tokens)



Total Tokens: 350



In addition, if you enroll in the HSA medical plan for 2024 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.

New to PeopleOne Health's Wellness Platform?

Follow these easy steps to create your login:

1. Go to portal.peopleonehealth.com
2. Create an account with your State Industrial Products email address
3. Follow the on-screen prompts
4. Sign in and use your portal to access your program components, monitor your participation in different activities and access health and wellness resources

Questions? Contact the PeopleOne Health support team

Help

You've got questions? We've got answers!

We hope PeopleOne Health is helping you achieve your goals and improve your health, but if you have any questions use the contact information below. We'll help get you back on the right track!

FREQUENTLY ASKED QUESTIONS



EMAIL

support@peopleonehealth.com



PHONE

+1 (888) 330-6891



HOURS

Mon-Fri 9AM to 5PM EST (excluding holidays)



Scan this code with your smart phone to download the app from the Apple or Google Play store

Additional Program Details

Already registered? Great! You're ready to begin your program!



2024 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.



Annual Primary Care Physician (PCP)/ or attend the wellness bus:

You will need to upload the Annual Provider Form in order to receive your tokens for this step.



Wellness Coaching: By completing **two coaching sessions**, the sessions put you well on your way to completing the steps needed to earn your 2024 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.

- **NEW for 2024! PeopleOne Personal Pharmacist:** will be available starting February 2024! Why February?
 - The pharmacist is available by **REFERRAL** from your health coach only. Learn more on the next page!



Your Choice Menu Options: Choose between additional coaching sessions and wellness activities to earn your additional tokens. **Five (5)** options from the Your Choice Menu (10 tokens each) earn the 50 tokens required for this step.

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

Reminder: sessions must be scheduled 30 days apart

Why Meet With a Health Coach?

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, quitting tobacco, become more physically active, lower your stress, better manage your health conditions or simply work to enhance an already healthy lifestyle.

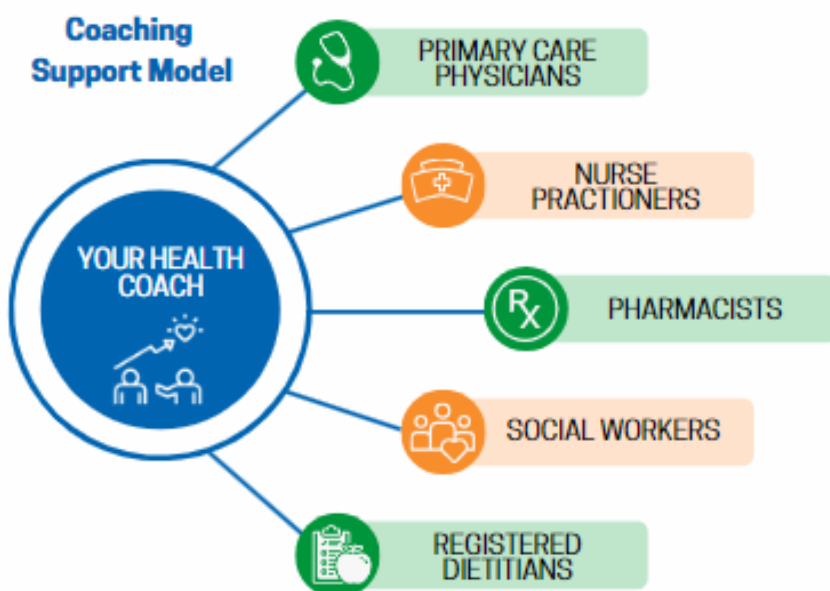
Whatever your health-related goals may be, your health coach will work with you to develop a specific plan to stay on track, while providing you with ongoing support and accountability to work past barriers and obstacles that may be standing in your way from achieving your best health.

2024 Program:

- Meet with a health coach twice
- Sessions can be scheduled: telephonically, virtual via video, or quarterly in-person

How to schedule your session?

Log into your PeopleOne Health portal, under the main screen you will select care team, or on the left side of the webpage click "My Coach"



Our Health Coaches are supported not only by their own knowledge but by an entire team of healthcare professionals!

Your health coach can 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.

Background on PeopleOne Personal Pharmacist

Reminder: sessions must be scheduled 30 days apart

NEW

PeopleOne Health Personal Pharmacist!

*Must be in Ohio- Contact your Health Coach for confirmation

Your **second** coaching session can be scheduled with the pharmacist **based off the referral from your health coach.**

Why schedule a session with a pharmacist? They can help answer questions like:

- Can my four-year old take Tylenol?
- My tablet looks a little different, is it the same thing?
- I got this new inhaler, how does it work?
- Is there something I can take over-the-counter for this?
- Does this interact with my current medicine?
- I've been feeling funny ever since starting this medication, is this normal?

Starting February 2024, PeopleOne Personal Pharmacist will be available to all Ohio State Industrial Product employees who are on the medical plan.

Frequently Asked Questions:

Q: Why only Ohio members?

A: The pharmacist has their license in the state of Ohio, however, you may ask your health coach these questions and they will be able to advocate on your behalf.

Q: Can the pharmacist still help if not referred?

A: Of course! Your health coach will be able to advocate on your behalf, as well as there will be a Newsletter released called "The Script" which will contain information that will be helpful to all members!

Q: Why does this have to be my second session? Does the 30 days still apply if I am referred?

A: You must meet with your health coach prior to meeting with a pharmacist to review your health questionnaire and goals for 2024! During that session, your health coach will make a referral if deemed necessary to meet with the pharmacist. The 30 days will apply from your first session because the pharmacist is an extension to our coaching team and it is a requirement to schedule the coaching session at least 30 days apart.

Questions?

Questions about the 2024 Wellness Program?

Contact Tiffany Moffat: tmoffat@stateindustrial.com or your Human Resources team

Portal Questions?

Contact the PeopleOne Health Support Team under: HELP on the left scroll bar

Overall Wellbeing Questions?

Message or schedule a coaching session!

IMPORTANT NOTICE

The NEW Program dates of **January 1, 2024 to November 30, 2024** will allow ample time for completing the program. Do not wait until the last minute!

Get ahead!

- Complete the Health Questionnaire
- Schedule your first coaching session → complete your first session
- Have your coach schedule your next one 30 days in advance → complete the second session
- Complete the **five (5)** My Choice Menu options