



2025

PROGRAM GUIDE
State Industrial Products



Presented by



Welcome to State Industrial Products 2025 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, 2025 to November 30, 2025

Complete the 4 steps of your wellness program in 2025
and you will not be subject to the non-wellness surcharge of \$100 per month in 2026!



Step 1: Complete the 2025 Cigna Health Questionnaire
(100 tokens)



Step 2:

- Attend an annual Primary Care Physician (PCP)
- Attend your Age Gender Appropriate screening
(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)

**Scan here for more
information**



In addition, if you enroll in the HSA medical plan for 2025 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!



2025 Cigna Health Assessment (HA): Before you connect with your health coach, [CLICK HERE](#) to access your MyCigna.com portal to take your HA. Don't have a Cigna account? [CLICK HERE](#) for the steps on how to create your MyCigna. Once you are in the MyCigna portal, the Health Assessment will be accessible through the MyCigna.com portal/App Wellness Tab, under the Wellness Home option. Follow the Sign Up and Get Started Instructions, once you complete the HA you will upload your completion to the portal for your **100 tokens**.

Attend your annual Primary Care Physician (PCP) and attend your Age Gender Specific Screening:



As a Cigna member you can receive your physical/ biometric screening at no cost. You can receive your physical/biometrics screening once per plan year. You will need to upload the Annual Provider Form and the Age Gender Specific Form in order to receive your tokens for this step. Examples of Age Gender Screenings will be listed in your PeopleOne Health portal. You must upload **both** forms in order to receive your **100 tokens**.

Wellness Coaching: By completing **two coaching sessions**, the sessions put you well on your way to completing the steps needed to earn your 2025 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. Your health coach will award your **100 tokens** (50 tokens per session) once you complete your sessions.



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.

CIGNA RESOURCES



Login to your PeopleOne Portal for more information on these topics that are available to you

Login to mycigna.com for more information

Health Visits

- ▶ [Know Before You Go](#)
- ▶ [MDLIVE Virtual Health](#)
- ▶ [Behavioral Health Providers](#)
- ▶ [Hearing Aids](#)
60 day risk free trial
- ▶ [Lasik Eye Surgery](#)
Free exam; \$1000 off Lasik

Behavioral Health

- ▶ [Behavioral Health Program](#)
 - ▶ [Guide to Schedule with Behavioral Health Providers](#)
 - ▶ [Ginger](#)
 - ▶ [Sign-up Guide for Ginger](#)
- [National Resource Guide](#)**

Exercise Memberships

- ▶ [Daily Burn On-Demand](#)
\$14.95/month; first month free
- ▶ [Active & Fit](#)
\$28/month; enrollment fee waived; 2 month commitment
- ▶ [Lifestyle Management](#)
Weight, tobacco, stress

Nutrition

- ▶ [Omada/ Whole New Way to Get Healthy](#)
Lose weight and reduce the risk of type 2 diabetes
- ▶ [Food Smart](#)
3 free consultations with a Nutritionist or Registered Dietitian
- ▶ [Mom's Meals](#)
\$7.99/meal

Health Awareness

Free Seminars

- ▶ [Autism Awareness](#)
 - ▶ [Children & Family Awareness](#)
 - ▶ [Eating Disorder Awareness](#)
 - ▶ [Substance Use Awareness](#)
- [National Resource Guide](#)**

Pharmacy Management

- ▶ [Express Scripts](#)

Financial

- ▶ [My Secure Advantage \(MSA\) Engage](#)
\$19.95/month

Inclusive Support

Available to everyone

- ▶ [Veteran](#)
Call 1-855-244-6211
- ▶ [Cancer](#)
Call 1-800-615-2909
- ▶ [Cigna EAP](#)
3 face to face visits per year
- ▶ [Maternity](#)
Free breast pump at 28 weeks

Healthy Rewards

Discounts

- ▶ [ChooseHealthy](#)
Up to 25% off of medical services
- ▶ [Fitbit Devices](#)
- ▶ [Vision Network Savings](#)
- ▶ [Gaiam Yoga](#)
Beginners Kit \$19.98
25% off online purchase

HSA Questions

- ▶ [HSA FAQ](#)

Medicare

- ▶ [Medicare Concierge](#)
Call 1-866-317-4116 or visit CignaMedicare.com

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.

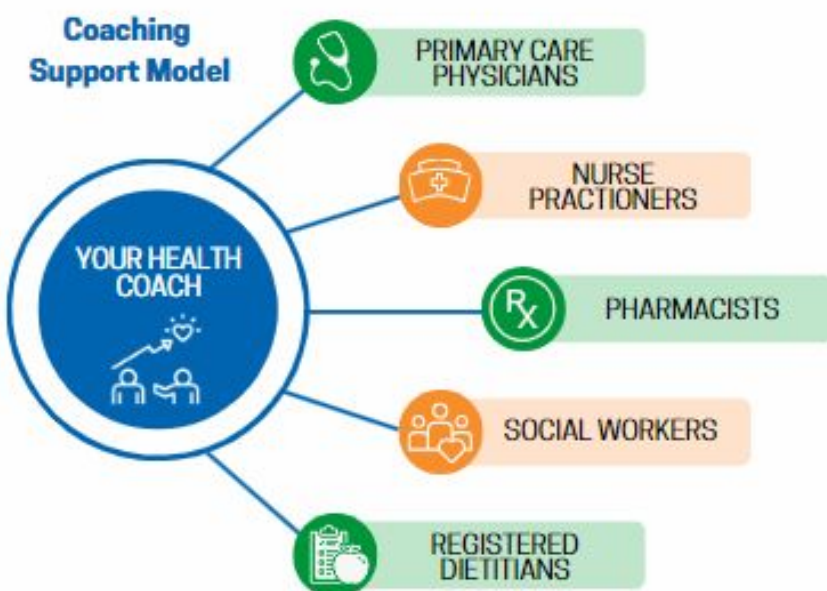
Whatever your health-related goals may be, your health coach will work with you to develop a specific plan to stay on track, while providing you with ongoing support and accountability to work past barriers and obstacles that may be standing in your way from achieving your best health.

2025 Program:

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

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.

Questions?

Questions about the 2025 Wellness Program?

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

Portal/ Upload 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 Program dates of **January 1, 2025 to November 30, 2025** will allow ample time for completing the program. Do not wait until the last minute!

Get Ahead! Start the new year off on the right steps for wellness by:

- Complete the Cigna Health Assessment
- Schedule your first coaching session → complete your first session
- Have your coach schedule your next one 30 days in advance → complete the second session
- Schedule your Age Gender Appropriate Screening
- Schedule your Physical/Biometrics
- Complete the **five (5)** My Choice Menu options