2017 My Wellness Path Program Summary

My Wellness Path is a new support option for EPO participants that gives you the opportunity to follow a care plan prescribed by your primary physician to earn your Health Rewards Credit. If you enroll, you will need to schedule an appointment with your physician to create your personal program and complete the physician form that is downloaded from the Health Rewards Page. Once the completed form is uploaded to your Health Rewards page, you will set up touch base calls with a Care Coach so they can support you through your journey!

EPO participants must complete the following to earn their $400 Health Rewards Credit:

- Health Risk Questionnaire (HRQ)
- An Initial Health Measures Screening
- Visit with your primary physician
- Complete physician prescribed care plan with a minimum of 2 tracking goals and 2 online courses to be completed on your Health Rewards page by 12/8/17
- Complete 3 sessions with Care Coach
- ‘My Diet and Good Health’ and ‘Achieving a Healthier Weight’ online courses and score an 80% or higher on the course quiz by 12/8/17

Please note: If you select this support program an email will be sent to you with more information on program steps. You will not be able to switch programs once you enroll.