

# 2018 Wellness Activities at Piedmont

## Building the Value of Your HIA

**MyHealth 360** medical plan members can earn up to **\$750** in Healthy Incentive Account (HIA) credits for Employee Only coverage, and up to **\$1,500** for all other coverage levels by completing specific wellness activities. Every 10 points = \$1 in your HIA. Funds are automatically deposited into your HIA until the annual maximum HIA threshold is met. After that, you can continue to earn points and use them to enter Jiff Sweepstakes for great prizes.

### LEARN

Points	Activity	Details
<b>4,000</b>	<b>Biometric Screening</b>	<ul style="list-style-type: none"> <li>When making your appointment for your annual checkup with your primary care physician, schedule to complete a biometric screening to learn your critical health numbers like body mass index, blood sugar, cholesterols and blood pressure.</li> <li>Report your results by using the Physicians Results Form available through the BioIQ program in the Jiff application. Print the form and take it to your appointment for completion.</li> </ul>
<b>2,000</b>	<b>Wellness Assessment</b>	<ul style="list-style-type: none"> <li>Answer 40 questions about your personal wellbeing, to better inform your wellness journey.</li> </ul>
<b>1,000</b>	<b>Wellness Quiz</b>	<ul style="list-style-type: none"> <li>Review wellness highlights and answer questions.</li> </ul>

### ACT

Points	Activity	Details
<b>2,000</b>	<b>Jiff Onboarding</b>	<ul style="list-style-type: none"> <li>First-time users must register in the Jiff application and activate your account.</li> <li>Watch a short video, read several Living Better articles on the importance of movement, sleep and nutrition, and answer a few questions.</li> </ul>
<b>6 points every day</b>	<b>7-Minute Workout</b>	<ul style="list-style-type: none"> <li>Work out anywhere, anytime and earn 6 points for each daily workout you complete.</li> </ul>
<b>Up to 8 points every day</b>	<b>Steps Tracking</b>	<ul style="list-style-type: none"> <li>Track your daily steps and earn. You must regularly sync a tracking device to capture your steps, whether that is a wearable device or a smart phone application.                             <ul style="list-style-type: none"> <li><b>3,000 steps = 4 points</b></li> <li><b>6,000 steps = 6 points</b></li> <li><b>9,000 steps = 8 points</b></li> </ul> </li> </ul>

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<b>4 points every day</b>	<b>Sleep Tracking</b>	<ul style="list-style-type: none"> <li>• Use a tracking device to automatically capture your time asleep, or you log your sleep into the Jiff compatible application of your choice.</li> <li>• You must track at least two continuous hours of sleep to earn 4 points.</li> <li>• Remember to sync regularly.</li> </ul>
<b>8 points every day</b>	<b>Nutrition Tracking</b>	<ul style="list-style-type: none"> <li>• Log your food intake in the Jiff compatible application of your choice.</li> <li>• You must log at least 800 calories to earn 8 points.</li> <li>• Remember to sync regularly.</li> </ul>
<b>500</b>	<b>Challenges</b>	<ul style="list-style-type: none"> <li>• Piedmont hosts activity challenges to motivate you through movement.</li> <li>• You can earn 500 points for registering and completing each of two annual challenges.</li> </ul>

## MANAGE

Points	Activity	Details
<b>Up to 4,000 points</b>	<b>Health Care Management Programs</b>	<ul style="list-style-type: none"> <li>• A team of clinicians provides advice to help you manage your medical condition through a personalized plan.</li> <li>• Speak to your primary care provider to find out if you meet the criteria to qualify for these free programs. You can earn HIA credits when you enroll and actively participate.</li> </ul> <p><b>Important Note:</b> After your acceptance into a program, you <b>MUST</b> add the Care Management program to your list of programs to receive HIA credits.</p>



## Support

- **HIA Balance:** Login to [www.myhealth360piedmont.com](http://www.myhealth360piedmont.com) and click the HIA Balance link to view the status of your HIA account. Here you can view dollars earned and manage your claims and activity. If you have any questions about your HIA balance, call OCA at **844-OCA-PDMT**.
- **Online:** Use Piedmont's online Knowledge Center to search by keyword for answers to all of your related questions.
- **Call:** HR Service Center, **678-503-1900** (Monday - Friday, 8:30 a.m. - 5 p.m.)