



Devereux Advanced Behavioral Health

2022 Wellness Program Guide



Devereux Advanced Behavioral Health is committed to helping you achieve your best health and best self. This year, we challenge you to make self-care and your well-being a priority. As a reward for completing healthy activities, you have an opportunity to save 10% on your medical premiums or receive contributions to your health savings account.



Start date:
October 1, 2021



Complete activities
that will help you thrive



Deadline to earn points:
August 31, 2022



Feel good knowing you've earned a reward

Wellness Incentive Details

Save 10% on your 2023 medical premiums or receive contributions to your health savings account if you:

Complete the two required activities below:

1. Personal Health Profile
2. Tobacco Status

- AND -

Earn at least 85 points by August 31, 2022





Be the healthiest you

Save 10% on your 2023 medical premiums or receive contributions to your health savings account if you:

Complete the **two required activities** AND -
Earn at least 85 points by August 31, 2022.

Activities	Action(s) to Earn Points	Points/Max. ✓
Healthy Actions		
Personal Health Profile (PHP)	Go to HealthAdvocate.com/Devereux to complete your PHP.	Required
Tobacco Status	Certify that you're tobacco-free using the online Tobacco Affidavit or complete the Health Advocate Tobacco Cessation Program – online or with a Wellness Coach.	Required
Healthy Behavior Tracking	<ul style="list-style-type: none"> • Log 150 minutes of time exercised (5 points/week) • Weight (1 point/week) • Distance exercised (1 point/week) • 7-9 hours of sleep (1 point/day) • 64 ounces of water (1 point/day) • 5 or more servings of fruits and vegetables (1 point/day) 	25 max per tracker
Devereux Challenges	Participate in a well-being challenge and track your activity each week to earn points.	10/20
Wellness Events	To earn points, report your participation in a Center Wellness Event.	10/20
Wellness Workshops	Participate in online, self-paced workshops on a variety of wellness topics. You must complete all chapters to earn points.	25/75
Wellness Coaching	Get personal support from Wellness Coach! Complete six sessions over three or more months to earn your points.	35/35
Don't Weight, Make a Change Program	In this 12-week online program, learn tips, tricks and long-term strategies to help you not only lose weight, but also keep it off!	35/35
Tobacco Cessation Program	Earn points by completing at least 8 weekly sessions.	35/35
Preventive Care Exams*	Complete up to two of the following preventive exams between 10/1/2021 and 8/31/2022 to earn your points: <ul style="list-style-type: none"> • Annual Physical Exam/Well-Woman Visit • Diabetes or osteoporosis screening • Breast, cervical, colon or prostate screening 	5/10
Flu Shot*	Protect yourself and others by getting a flu shot.	10/10

If you think you could be unable to meet a standard for reward under the Wellness Program, you may qualify for an opportunity to earn the same reward by different means.



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 ADVANCED BEHAVIORAL HEALTH

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