



Getting Started with PATH 2019-2020



Step 1 Get Online & Logged In: Go to www.tomypath.com

Don't have a VEHI PATH account?

Select your SU/SD from the "Select your organization" drop down menu. On the next screen click "Sign up Now". Complete the Program Sign-up form and click "save". Write down your Username and the Password you chose.

New to the Program?

To join your supervisory union's Wellness program, select your SU from the list below:

Select organization

Select your organization:

New to the Program?

Sign-up for Franklin West SU Wellness Program.

- View frequently asked questions

Already have a VEHI PATH account?

Enter your Username and Password in the Participant Log In box.

Participant Login

Log in to access your To My Path account.

Username

Password

- New to the ToMyPATH website? Sign-up here.
- Previously created an account? Use the same username and password to log onto the site this year. If you cannot remember your username and password, please DO NOT create a new account. Try using the "Forgot My Password" option below.
- Forgot your password?
- Need additional help?
- Contact Support

Not sure if you have a VEHI PATH account?

If you participated in a PATH Adventure during the past seven years, you have an account. Use the "Forgot My Password" link or contact PATH for help.

(802) 223-5040 - ext. 214 or 229

Step 2 Get Points: Start earning PATHpoints today! Here are just a few of the ways*:

Healthy Life Survey	-----	50 pts
Annual Adventure (10 pts for registering, 3 pts/wk, 10 pts for finishing ending survey)	-----	50 pts max
Safety Puzzlers (5 points/month)	-----	60 pts max
Peer Coaching Course	-----	50 pts
Progress Health Coaching (10 pts/call – max. 50 pts)	-----	50 pts max
Invest EAP	-----	50 pts
Keeping Fit (60 points per complete cycle)	-----	120 pts max

* To view the complete list see "How Do I Earn PATHpoints" in your PATH account.

Step 3 Get Healthier & Earn Prizes: Reach 200 points by 6/30/20 and you'll be rewarded with a \$100 LL Bean gift card! (sent in the fall of 2020)

2019-2020 VEHI PATHpoint Schedule	
July	New points year begins and the Summer Challenge kicks off
September	LL Bean gift cards sent and Summer Challenge ends
October 1st	Healthy Life Survey opens
November 1st	Adventure registration opens
December 6th	Adventure registration <u>closes</u> (10:59 pm EST)
January	Adventure materials distributed prior to Adventure start date on 1/27/20
March 31st	Healthy Life Survey <u>closes</u> (10:59 pm EST)
April 5th	Adventure ends (record progress through June 30, 2020 to earn points)
May 1st	Deadline to begin Peer Coaching course
June 30th	PATHpoints year closes (10:59 pm EST)
Every Month!	Safety Puzzlers ■ Keeping Fit ■ Progress Coaching ■ Invest EAP ■ and more!