



VEHI (Vermont Education Health Initiative) is a nonprofit, member-owned trust providing member school districts and their employees access to high quality and affordable health and dental plans.

What is PATH?

PATH (Planned Action Toward Health) is VEHI's award-winning employee Wellness Program that works hand-in-hand with VEHI member districts to create and sustain healthy work environments. We do this by offering member employees amazing tools, inspiring support systems, and research-driven services to help them live their best lives at home, at work, and in their communities.

Who can participate?

Employees in a VEHI member worksite can participate in this **FREE** program, even if they are not on the health insurance plan!



Make yourself a personal promise to be well!

Launch your Planned Action Toward Health (PATH) and let us help you stay motivated.



VEHI PATH • 52 Pike Drive, Berlin, VT 05602 • (802) 223-5040

Log in or create your PATH account at:
www.tomypath.com



Annual and Self-Paced Adventures



Invest EAP
1.800.287.2173



Community Keeping Fit



Progress Coaching



Healthy Life Survey



Know Your Numbers



Sizzlin' Summer Challenge



Show Your Smile



Quizzify



Wellness Leader Activities

Online Courses in Nutrition, Emotional Well-Being, Mindfulness and Peer Support



Blue Health Solutions*

*VEHI BCBSVT Subscribers Only

- Better Beginnings
- Rare Condition Management
- Chronic Condition and Case Management

Earn PATHpoints for participating in our program.
Reach 200 points by June 30th, and earn a \$100 L.L.Bean Gift Card!

JULY 1
PATHPOINTS YEAR OPENS

SEPTEMBER
L.L.BEAN CARDS EMAILED AND SUMMER CHALLENGE WINNERS ANNOUNCED

OCTOBER 1
HEALTHY LIFE SURVEY OPENS

NOVEMBER 1
ADVENTURE REGISTRATION OPENS

DECEMBER
ADVENTURE REGISTRATION CLOSSES

JANUARY
ADVENTURE BEGINS

MARCH 30
HEALTHY LIFE SURVEY CLOSSES

APRIL
ADVENTURE ENDS AND WINNERS ANNOUNCED

JUNE 30
PATHPOINTS YEAR ENDS

path
PATHPOINTS YEAR CALENDAR