



# Welcome to VEHI PATHpoints 2024-25



*Make yourself a personal promise to be healthy!*

VEHI PATH offers you a comprehensive, annual, web-based wellness program with amazing tools, invigorating reinforcements, and a chance to win great prizes! It's up to you to launch your Planned Action Toward Health (PATH), so start with a commitment and let us help you stay motivated.



## Annual Adventure

*(Register Nov. 1 – Dec. 1; Participate Jan. 27 – April 6)*

Improve your general wellbeing, fitness, and knowledge during our annual 10-week winter wellness challenge. Track your progress, move along interactive maps, use our exercise videos, read weekly newsletters, and enjoy the journey with thousands of others statewide!

**Earn up to 50 PATHpoints**

## Self-Paced Adventures

*(July – Dec.)*

Choose your favorite Adventure from our library and go at your own pace!

**Earn up to 30 PATHpoints**



## Community Keeping Fit

*(Year Round)*

Record your exercise online using this year-round tracking tool. Gain support from other Community members, join a team, track progress among teams or track other goals such as eating well, flexibility and character strengths.

**Earn 60 PATHpoints per completed cycle**



## Healthy Life Survey

*(October 1 through March 31)*

Assess your health using our personalized survey. Upon completion celebrate your successes and note areas you may want to improve.

**Earn 50 PATHpoints upon completion**



## Quizzify

*(Year Round)*

Take these monthly trivia-style health quizzes that simplify complex topics. The Harvard approved content offers a fun-filled way to brush up on skills for navigating your safety and health care.

**Earn up to 60 PATHpoints (5 per quiz)**



## Summer Challenge

*(July – Sept.)*

Demonstrate how you remain engaged in a variety of wellness activities with your family and friends throughout the summer months. Post weekly challenge photos online and check out what others are doing! Complete the challenge by the deadline to be eligible for the grand prize package.

**Earn 25 PATHpoints upon completion**



## Progress Coaching

*(Year Round)*

Work with a professional coach over the phone to find your best thinking around your health and lifestyle goals. Learn more about increasing your intrinsic motivation and finding meaningful results.

**Earn 10 PATHpoints per call (max. 50)**



## Know Your Numbers & Show Your Smile

*(Year Round)*

Visit your health care provider and/or Dentist for a routine checkup or cleaning and learn what your current health status means. Complete the forms, get them signed by your provider and turn into your VEHI Building Leader by June 1<sup>st</sup>. See your Building Leader for details.

**Earn 25 PATHpoints per form / per year**



## Invest EAP

*(Year Round)*

Get in-person, confidential, short-term counseling, legal and financial advice, assessments, and resource and referral information about a broad range of life and workplace related issues. Invest EAP is available to all employees and their household members.

**Earn 50 PATHpoints per year**

## Online Courses:



### Emotional Wellbeing

(Year Round)

How Ya Doin'? Seriously. How ARE you? This course is short and to the point about mental health and emotional wellbeing in extraordinarily hard times.

*Earn 5 PATHpoints upon completion*



### Intuitive Eating

(July-May)

Break the diet culture mentality and make peace with food once and for all. These are just two of the principals you'll work through in this 10-week course.

*Earn 50 PATHpoints upon completion*



### Sugar

(July-May)

#### Rethinking Sugar

In this 3-week course you'll learn the HOW-WHY-WHAT of sugar dependency, including what sugar does in the body, and why we have so much trouble quitting.

*Earn 20 PATHpoints upon completion*

#### Breaking Free from Sugar

This is a 4-week course with one week of prep and then a 3-week No-Added-Sugar Challenge.

*Earn 30 PATHpoints upon completion*



### Mindful Nonviolent Communication

(July-May)

There are three, 8-week courses where you can work through a progression of short, simple teachings and doable practices. It is an invitation to begin embodying peace, compassion, and wisdom in your daily life.

*Earn 50 PATHpoints per completed course*



### Wise Choices: Food for Mental Health

(July-May)

In this 4-8 week course, you'll see how the growing field of nutritional psychiatry is focusing on brain health to promote better mental health. Learn about the human microbiome, fermentation, 12 essential nutrients for better brain health, and more!

*Earn 20 PATHpoints upon completion*



### Wellness Leader Activities

(Sept. – May)

Participate in a wellness-oriented event organized by your VEHI Building Leader. It's a great way to build morale among your colleagues and try something new.

*See your building leader for details*



### Blue Health Solutions\*

(Year Round)

#### Better Beginnings Pregnancy and Postpartum Program:

Give yourself and your baby the best start possible. Take advantage of classes, home visits, homemaking services and informational materials. Contact BCBSVT to see if you are eligible.

*Earn 50 PATHpoints per year*

#### Condition Management Programs:

If you're managing a chronic or rare condition, you may qualify to work with a BCBSVT case manager. Call 1-866-622-0285 for more information.

*Earn 50 PATHpoints per program/per year*

\*VEHI BCBSVT Subscribers Only

## LET YOUR POINTS REWARD YOU!

*Make it your goal to earn 200 or more PATHpoints by June 30, 2025 and be rewarded with a \$100 gift card from L.L. Bean!!*

Log in or create your PATH account at:

[WWW.TOMYPATH.COM](http://WWW.TOMYPATH.COM)