



# Enjoy the rewards of being healthy



PAVING THE WAY TO A HEALTHIER YOU

## Lakeside Industries 2020-2021 Wellness Program Guide

The Lakeside Industries Wellness Program, brought to you by Health Advocate, can help you improve your health and well-being—plus, you can earn rewards by participating in healthy activities! The wellness program is available to employees and spouses enrolled in the Lakeside medical plan. This guide explains what you need to do to earn your incentive.

Deadline to earn points and complete required activities:

**August 31, 2021**

Complete well-being activities to earn points.



# How Your Wellness Program Can Help

The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.



**Wellness Coaching** Unlimited access to a Wellness Coach by telephone or secure web messaging to help you lose weight, get fit, quit tobacco, reduce stress and more.



**Personal Health Profile (PHP)** Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.



**Nutrition Support** Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.



**Wellness Resources** Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.



**Interactive Challenges** Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.



**Health Trackers** Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.



**Wellness Workshops** Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.



**Gym Discounts** Access discounted memberships to thousands of fitness centers nationwide.

**It's easy to get started!** Follow these simple steps to register:

1. Visit [HealthAdvocate.com/lakesideindustries](https://HealthAdvocate.com/lakesideindustries)
2. Register for the website and enter the required information, then log in
3. Browse the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.



# All About Your Incentive

The Lakeside Wellness Program is designed to support, educate, motivate and reward employees and eligible spouses on the journey of living a healthy lifestyle. As part of the program, you and your eligible spouse can complete activities to earn an HSA contribution from Lakeside in 2022 as well as the chance to win gift cards.

## How to earn points

Complete the required items and choose from the additional activities listed in this guide. Log on to your wellness website at any time to track your activity and see how many points you have earned so far.

## Who is eligible?

All employees and spouses enrolled in the Lakeside health plan are eligible to participate in the wellness program. You must be an active employee and enrolled in the health plan to receive the incentive.

## What is the incentive being offered?

You / your spouse must be enrolled in the Lakeside medical plan in 2022 to receive the HSA contribution incentive.

### Current Employees and Spouses:

Employees and their spouses must complete all 3 required items to earn the 2022 HSA contribution. Completion of the online Personal Health Profile (PHP), biometric screening and online tobacco affidavit/tobacco cessation program will earn the employee a \$1,000 HSA contribution. Spouse completion will earn a \$500 contribution.

- Lakeside will have a raffle for two \$100 Amazon gift cards for reaching 250 points. Those who reach 300 or more points will earn \$75 to spend on merchandise at the Lakeside company store.

### New Employees and Spouses:

- Employees hired by 2/28/2021 and their spouses must complete a biometric screening, PHP, and the tobacco free attestation/tobacco cessation program by 8/31/2021 to qualify for the 2022 HSA contribution from Lakeside.
- Employees hired between 3/1/2021 and 6/30/2021, and their spouses, must complete the PHP and the tobacco free attestation/tobacco cessation program by 8/31/2021 to qualify for the 2022 HSA contribution.
- Employees hired between 7/1/2021 and 11/30/2022 will automatically qualify for the 2022 HSA contribution. The contribution will be pro-rated on a quarterly basis for employees hired after 1/1/2022.

## Contact a Wellness Coach for help getting healthier

Get personal support to earn incentives and reach your health goals.

- Determine your health risks; stay motivated to reach your health goals
- Arrange unlimited, one-on-one Wellness Coaching sessions
- Make a wellness plan; set clear, attainable goals and get support along the way

A Wellness Coach can work with you via telephone, email or secure web messaging to help you eat right, get fit, lose weight, stop smoking or meet other health goals!

Just call 866.799.2691, email

MyWellness@HealthAdvocate.com or request a Wellness Coach through the member website [HealthAdvocate.com/lakesideindustries](https://HealthAdvocate.com/lakesideindustries).

## Get started today!

The quicker you get on the path to better health, the sooner you'll start to enjoy the rewards of being healthy. Remember, we're here to support you in your journey toward better health and well-being. **Just call or log on today for personalized help!**



**866.799.2691**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [HealthAdvocate.com/lakesideindustries](https://HealthAdvocate.com/lakesideindustries)

Download the app today!



# How to Earn Your Incentive



Complete the required activities and a selection of the additional activities below by **August 31, 2021** to receive the 2022 HSA contribution from Lakeside and the chance to win gift cards.

Required Activities		Points
Activity Name	Activity Details	
<b>Health Screening (Required)</b>	<p>Take charge of your health by knowing your numbers! Complete your health screening:</p> <ul style="list-style-type: none"> <li>▪ Onsite at your workplace</li> <li>▪ At a lab using a LabCorp voucher</li> <li>▪ With your doctor using a physician form</li> <li>▪ Using a home test kit</li> </ul> <p><i>(Must request at least two weeks prior to incentive deadline)</i></p>	50
<b>Personal Health Profile (Required)</b>	Complete your online Personal Health Profile to learn more about your current health status and how you can improve your overall health.	50
<b>Tobacco Status (Required)</b>	Attest to being tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation Program online or with a wellness coach. During the program you will create your own Quit Plan for personalized support and learn new tips and strategies to become – and stay – tobacco-free!	50
Additional Activities		Points
Activity Name	Activity Details	
<b>Don't Weight, Make a Change Program</b>	Complete the Health Advocate online weight loss program. During this 12-week program, you will learn tips, tricks and long-term strategies to help you not only lose the weight, but also keep it off!	20
<b>Personalized Wellness Coaching Program</b>	Work with a Wellness Coach to motivate and support you as you strive to reach your health goals. Coaching is unlimited, but earning points entails 6 engagements with a coach over 3 or more months. The gap between engagements cannot be longer than 45 days.	40
<b>Self-Guided Workshops</b>	Complete a self-guided online wellness workshops. <b><i>You may have one workshop in progress at a time.</i></b>	10 each, <b>30 max</b>

# How to Earn Your Incentive



Complete the required activities and a selection of the additional activities below by **August 31, 2021** to receive the 2022 HSA contribution from Lakeside and the chance to win gift cards.

Activity Name	Activity Details	Points
<b>Company Wellness Challenge</b>	Stay on track by participating in an Lakeside-sponsored challenge selected by your employer. Stay tuned for challenge dates! <b>Points for completion will be awarded if you track your activity each week of the challenge.</b>	15 each, <b>45 max</b>
<b>Health Education Session</b>	Complete one coaching session with a Wellness Coach via telephone or secure web messaging to discuss your wellness goals. When you've completed a biometric screening or your PHP, you can use this as an opportunity to discuss your results.	10
<b>Preventive Care (Self Report)</b>	Commit on the Health Advocate site that you've seen your doctor for one of the preventive screenings below. Visits occurring between 9/1/2020 and 8/31/2021 will qualify for points. <b>Points can be earned for up to 3 preventive exam:</b> <ul style="list-style-type: none"> <li>▪ Annual Physical Exam</li> <li>▪ Breast Cancer Screening</li> <li>▪ Cervical Cancer Screening</li> <li>▪ Cholesterol Screening</li> <li>▪ Colon Cancer Screening</li> <li>▪ Diabetes Screening</li> <li>▪ Osteoporosis Screening</li> <li>▪ Preventive Dental Visit</li> <li>▪ Prostate Cancer Screening</li> <li>▪ Skin Cancer Screening</li> <li>▪ Vision Exam</li> </ul>	20 each, <b>60 max</b>
<b>Flu Shot (Self Report)</b>	Commit on the Health Advocate site that you've received your annual flu shot between 9/1/2020 and 8/31/2021.	10
<b>Member Site Access</b>	Log in to the Health Advocate member site and browse the various resources available to you.	1 each, <b>10 max</b>
<b>Workplace Events</b>	Keep an eye out during the year for opportunities to earn points for participating in wellness events at work or outside of work.	1-15 each, <b>15 max</b>

# How to Earn Your Incentive



Complete the required activities and a selection of the additional activities below by **August 31, 2021** to receive the 2022 HSA contribution from Lakeside and the chance to win gift cards.

Activity Name	Activity Details		Points
<b>Health Trackers</b>	Earn points for tracking healthy behaviors. Compatible with nearly 100 fitness devices and apps! <b>See the chart below for a list of points eligible trackers. There are many other trackers available on the wellness site for your use that are not eligible for points.</b>		1-10 each, <b>100 max</b>
Measurement	Amount	Daily/Weekly/Monthly	Points
<b>Sleep</b>	7-9 hours	daily	1
<b>Steps</b>	10,000 or more steps	daily	1
<b>Time Exercised</b>	150 or more minutes	weekly	5
<b>Resistance Training</b>	150 or more minutes	weekly	5
<b>Resilience Tracker</b>	Performed at least one activity on 5 separate days	weekly	5
<b>Charity Work</b>	2 or more hours	monthly	10
<b>Ounces of Water</b>	Drink 64 ounces	daily	1
<b>Fruits and Vegetables</b>	5 or more servings	daily	1
<b>Grams of Fiber</b>	25 grams or more	daily	1
<b>Milligrams of Sodium</b>	1,500 or less	daily	1
<b>Distance Exercised</b>	Log participation	daily	1
<b>Weight</b>	Log participation	weekly	1

# How to Earn Your Incentive



Complete the required activities and a selection of the additional activities below by **August 31, 2021** to receive the 2022 HSA contribution from Lakeside and the chance to win gift cards.

Activity Name	Activity Details	Points
<b>Healthy Outcomes</b>	Receive points for achieving the certain health ranges. <b>Refer to outcomes chart below</b>	<b>30 each, 120 max</b>

Measurement	Incentive Criteria		12 Month Improvement Standard	Points
	Men	Women		
<b>Blood Pressure</b>	< 130/80 mm HG		N/A	<b>30</b>
<b>Waist Circumference* (WC)</b>	< 41 in	< 36 in	Decrease BMI by 5 pt	<b>30</b>
<b>BMI</b>	<30			
<b>HbA1c</b>	<5.7%		Decrease HbA1c by 1.45%	<b>30</b>
<b>Glucose Fasting</b>	< 100 mg/dl			
<b>Glucose Non-Fasting</b>	< 141 mg/dl			
<b>Cholesterol Ratio</b>	<5.0		N/A	<b>30</b>
<b>HDL Cholesterol</b>	≥ 40 mg/dl	≥ 50 mg/dl	Increase by 10%	<b>30</b>

Get started today!



**866.799.2691**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/lakesideindustries](http://HealthAdvocate.com/lakesideindustries)

Download the app today!



We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

©2020 Health Advocate HA-M-1807011-3BRO

**HealthAdvocate<sup>SM</sup>**