

MyHealth 2023

GET STARTED



Register for the website

1. Access **Kloud** or **KloudLite.org** and click on **MyHealth**
2. Complete registration page and create a **password**
3. After registration, website access will use **single-sign-on**



Download the app

1. Access your app store on your cell phone and search **Virgin Pulse**
2. Download the **free app**
3. **Login** using your **email address** and **password** created during registration



EARN POINTS QUARTERLY

It's easy to earn points by making healthy choices. Watch your points and wellness incentive grow as you track healthy habits through your app or the website.

Here are just a few of the ways

- Headspace/Unmind Mental Health Apps (20 points per day)
- Logging steps (10 points per 1,000 steps)
- Fitness, nutritional, or health coaching (250 points per session)
- Wellness education classes (250 points per class)
- Sleep tracking (20 points per day)
- Nutrition tracking (20 points per day)
- Completing the health assessment (online questionnaire - 500 points per quarter)
- Validated weight and/or blood pressure (500 points + 250 bonus for ideal or improved values)
- Setting personal goals (200 points)

Visit the website or app to see all the ways to track your healthy habits for points!



GIVEAWAY!

Earn at least 16,000 points in any quarter to be automatically entered for a chance to win an exciting local adventure!

Winners will select between three amazing prizes, each valued at approximately \$150!

QUARTERLY WELLNESS INCENTIVE

Employees can earn wellness incentives each quarter that will be contributed to their HRA/VEBA or HSA account. Employees in Medical Plans 1 or 3 earn up to \$720 per year and employees in Medical Plan 2 earn up to \$1,000 per year! This money can be saved for large health care expenses or can be used to pay for everyday health care related expenses such as deductibles, co-pays or health care equipment.

Wellness Incentive								
Points	QTR 1 Jan-Mar	POINTS RESET TO ZERO	QTR 2 Apr-June	POINTS RESET TO ZERO	QTR 3 July-Sept	POINTS RESET TO ZERO	QTR 4 Oct-Dec	TOTAL ↓
2,000 points	\$45		\$45		\$45		\$45	
4,000 points	\$90		\$90		\$90		\$90	
6,000 points	\$135		\$135		\$135		\$135	
8,000 points	\$180		\$180		\$180		\$180	
Total Contribution	\$180	\$180	\$180	\$180	\$180	= \$720		

Example shown is for Medical option 1

EARN A BONUS contribution in 2023

Earn 20,000 points in any quarter and earn a \$20 bonus contribution at the end of the quarter.



KootenaiHealth

MyHealth 208.625.6464 tel myhealth@kh.org Email MyHealth KloudLite Virgin Pulse App

11.8.2022

Need more reasons to get started with the MyHealth wellness program?

Check out our amazing services:

GET FIT



- **Fitness Coaching (FREE):** Work one-on-one with a fitness expert to build a personalized fitness plan tailored to your needs
- **Fitness Testing (FREE):** Complete four simple exercises to gauge your current fitness level
- **Gym Subsidy:** MyHealth pays up to \$21/month toward your PEAK or Kroc Center membership
- **Group Fitness Classes:** Enjoy up to four group fitness classes/week including Sally's Bootcamp, Zumba & STRONG Nation. 10-class, 20-class, 50-class or unlimited punch cards available
- **Device Subsidy:** Receive a \$19 subsidy toward any fitness tracking device purchased through the MyHealth site

EAT WELL / MANAGE YOUR WEIGHT



- **Nutrition Coaching (FREE):** Work one-on-one with a registered dietitian to learn how to fuel your body, and meet your personal nutrition goals
- **Beyond Weight Loss (FREE):** Learn how to lose weight without losing your love for food
- **WW (Weight Watchers):** MyHealth will pay half of your costs up front and you can earn a reimbursement of the other 50%
- **VP Transform:** 12-month weight and/or diabetes management program. MyHealth will pay up to 51% of the costs

LEARN



- **Journeys (FREE):** Online courses covering many wellness topics
- **Financial Guidance (FREE):** Work with a Fidelity or local financial advisor to reach your financial goals
- **MyHealth Seminars (FREE):** Join us the second Tuesday of each month for a wide variety of wellness topics
- **Headspace/Unmind (FREE):** Hundreds of guided exercises for meditation, sleep, focus, engagement, mindfulness and more
- **Health Coaching (FREE):** Work one-on-one with a Health Coach to develop personalized health and wellness goals and be held accountable

FEEL BETTER AND HAVE FUN



- **Massage:** MyHealth has three amazing therapists and offers an employee discount
- **Kootenai Health Corporate Team:** Receive a FREE tek-tee for taking part in a community event sponsored by Kootenai Health
- **Challenges (FREE):** Enjoy a wide range of fun wellness challenges

To learn more about your amazing wellness benefits visit the MyHealth website or reach out to MyHealth by calling 208.625.6464, or emailing us at myhealth@kh.org.