Lasell College is pleased to offer a new wellness initiative called Healthy You for all benefit eligible employees. This new initiative is a priority for the College and is reflected in the fact that you will receive up to $100 in incentive money by participating. The program is being offered through June 30, 2018. Start today by completing the following actions:

**EARN YOUR $100**

**Faculty & Staff enrolled in Lasell College Health Plan AND enrolled spouses**

Take the Personal Health Assessment (PHA) and complete 2 of the activities below to earn $100

**Faculty & Staff NOT enrolled in Health Plan**

Take the Personal Health Assessment (PHA) and complete 2 of the activities below to earn $50

1. **COMPLETE YOUR ONLINE PERSONAL HEALTH ASSESSMENT**

The PHA helps you understand how your lifestyle choices are affecting your well-being, and what you can do to feel even better.

**Tufts Health Plan Members ($100)**

1. Go to mytuftshealthplan.com
2. Use your Tufts Health Plan member ID number to create your account, or if you already have one, log in
3. On your home page, click “Take Your PHA”
4. Click the “Personal Health Assessment” link to begin
5. The confidential online questionnaire will take about 15-20 minutes to complete. When asked, enter your biometric numbers. **Note:** Once you hit “SUBMIT”, you cannot re-open the PHA and go back, so make sure you enter your biometric numbers before you submit your completed PHA.

- You’ll instantly receive a comprehensive wellness report with recommendations for reducing your health risks
- Fifty credits will be added to your online account. You’ll see them on your home page

**Non-Members ($50)**

You can take your PHA and participate in Momentum+ and earn credit if you are not a Tufts Health Plan Member. Get started:

1. Go to tuftshealthplanwellness.com
2. If you have previously registered, enter your username and password.
3. If you are a first-time user:
   - Under the registration drop-down box, select “with a Keycode” and click register
   - Enter your keycode: THPLC17
   - Click validate

**MORE ACTIVITIES TO EARN YOUR $**

tuftshealthplan.com | 800.462.0224
Questions? Call 866.201.7919, Option 7.
2. Complete more activities to earn your additional 50 credits.

3. Complete the credit form on the Tufts Health Plan Healthy You portal after you finish an activity.

**ACTIVITIES**

<table>
<thead>
<tr>
<th>ACTIVITY (COMPLETE 2)</th>
<th>CREDITS</th>
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<tbody>
<tr>
<td>Sign up for FREE Lifestyle Coaching (Tufts Health Plan members only), mytuftshealthplan.com</td>
<td>25 credits</td>
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<tr>
<td>Attend the benefits fair on Nov. 9th, 12-3:00 in de Witt Hall, and have your biometrics done</td>
<td>25 credits</td>
</tr>
<tr>
<td>Sign up for meQuilibrium on mymeQ.com/lasell and complete 2 skills</td>
<td>25 credits</td>
</tr>
<tr>
<td><strong>Attend an on-campus Healthy You program:</strong></td>
<td>25 credits</td>
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<tr>
<td>A. October: Resiliency</td>
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<tr>
<td>B. December: Power of Positive Thinking</td>
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<tr>
<td>C. January: Power of Positive Thinking</td>
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<tr>
<td>D. February: Mindful Eating</td>
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<tr>
<td>E. March: Making Shopping Easy and Budget Friendly</td>
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<tr>
<td>F. April: ABC’s of Healthy Eating and a Healthy You</td>
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<tr>
<td>G. May: Nutrition for a Busy You</td>
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</table>

**JUST FOR FUN**

Download the Mindful You - Life's Solutions Program app at liveandworkwell.com using the access code Lasell (phone 866.248.4096)

**TUFTS HEALTH PLAN MEMBERS:**
100 credits = $100

**NON-MEMBERS:**
100 credits = $50

*Incentive dollars are taxable as required by the IRS

The PHA is administered by Tufts Health Plan, and your personal health information will be kept confidential in accordance with the Health Insurance Portability and Accountability Act (HIPAA). All employees age 18 and over are eligible to participate.