

# 2019 Health Management Program At-A-Glance

## 1 Take Action Activity

Complete activities, such as the new Real Appeal and Aware challenges and coaching programs, to earn up to \$200 (\$100 per activity) off your 2020 medical premiums. Review this brochure for your choices and then visit your home page on [ra.staywell.com](http://ra.staywell.com).

**Timing:** You can sign up and get started today.

## 2 Health Screening

The health screening measures five healthy targets—blood pressure, cholesterol, blood glucose, body mass index (BMI) and cardiorespiratory fitness—that can help identify health risks early and track improvement year over year. Complete the screening to earn up to \$250 (\$50 for every healthy target you meet) off your 2020 medical premiums.

**Timing:** You can submit the Health Care Provider forms beginning March 1, 2019. Onsite screenings will be held at certain locations this fall. Watch for more information about health screenings.

## 3 The Health Risk Questionnaire

The online Health Risk Questionnaire (HRQ) gives you an overall picture of your health and how your decisions now may affect your future health. The HRQ is required to avoid paying an additional \$100 in medical premiums and to earn any incentives.

**Timing:** You can complete the HRQ in the fall through [ra.staywell.com](http://ra.staywell.com).

### Questions?

Call StayWell at **1.800.721.2696**, Monday through Thursday, 8 a.m. to 8 p.m.; Friday, 8 a.m. to 6 p.m.; Saturday, 8 a.m. to 1 p.m. (Central Time).

## Committed to Your Good Health

Rockwell Automation's Health Management Program continues to demonstrate health risk improvements.

We offer best-in-class programs and support to help you make your health a priority. This year, we're introducing new Take Action activities to help you lose weight and increase mindfulness.

We want to reward you on your path to better health. Participation in the Health Management program (administered by StayWell) can earn you up to \$450 in credits toward your 2020 medical premiums.

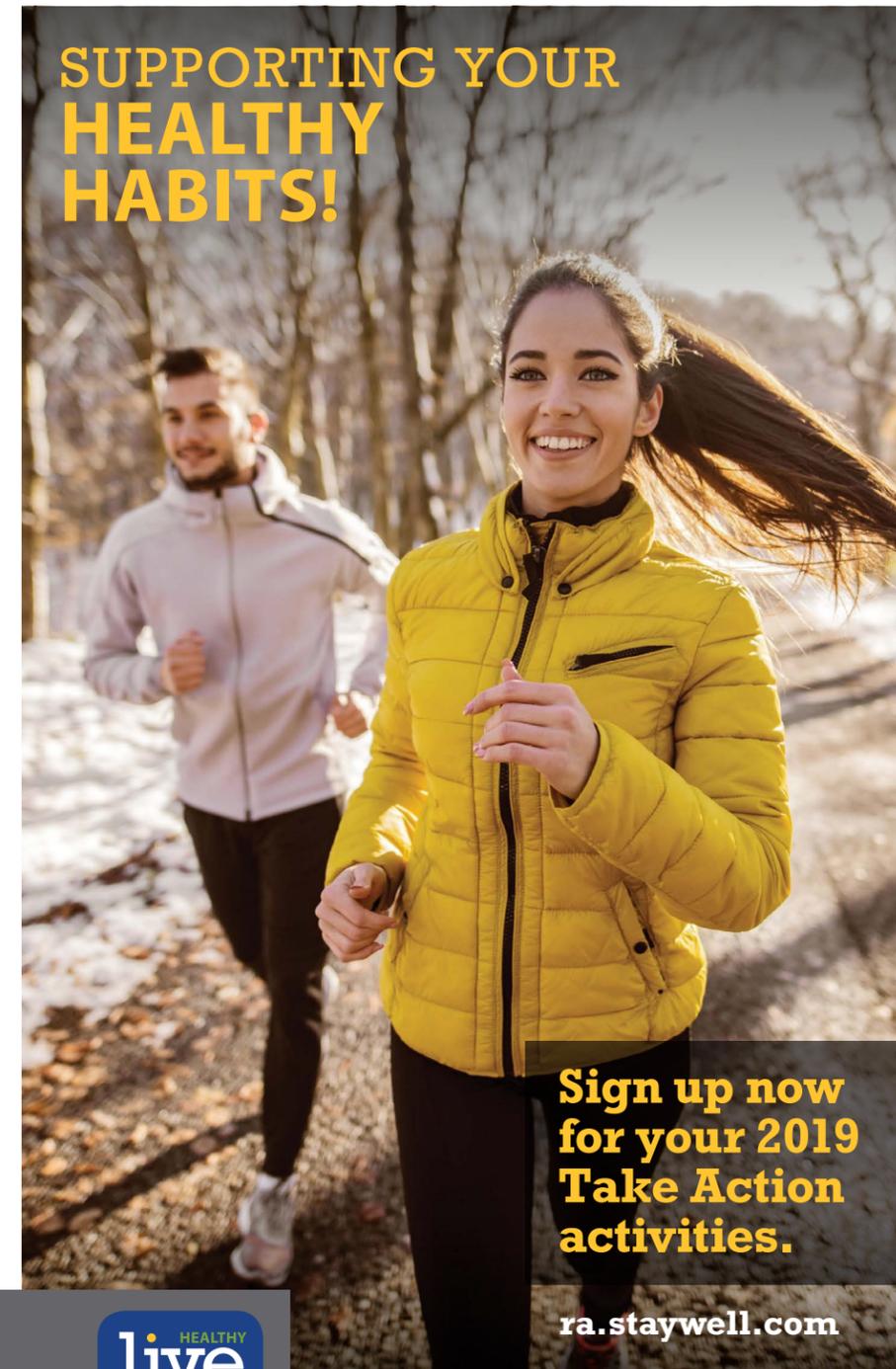
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## SUPPORTING YOUR HEALTHY HABITS!

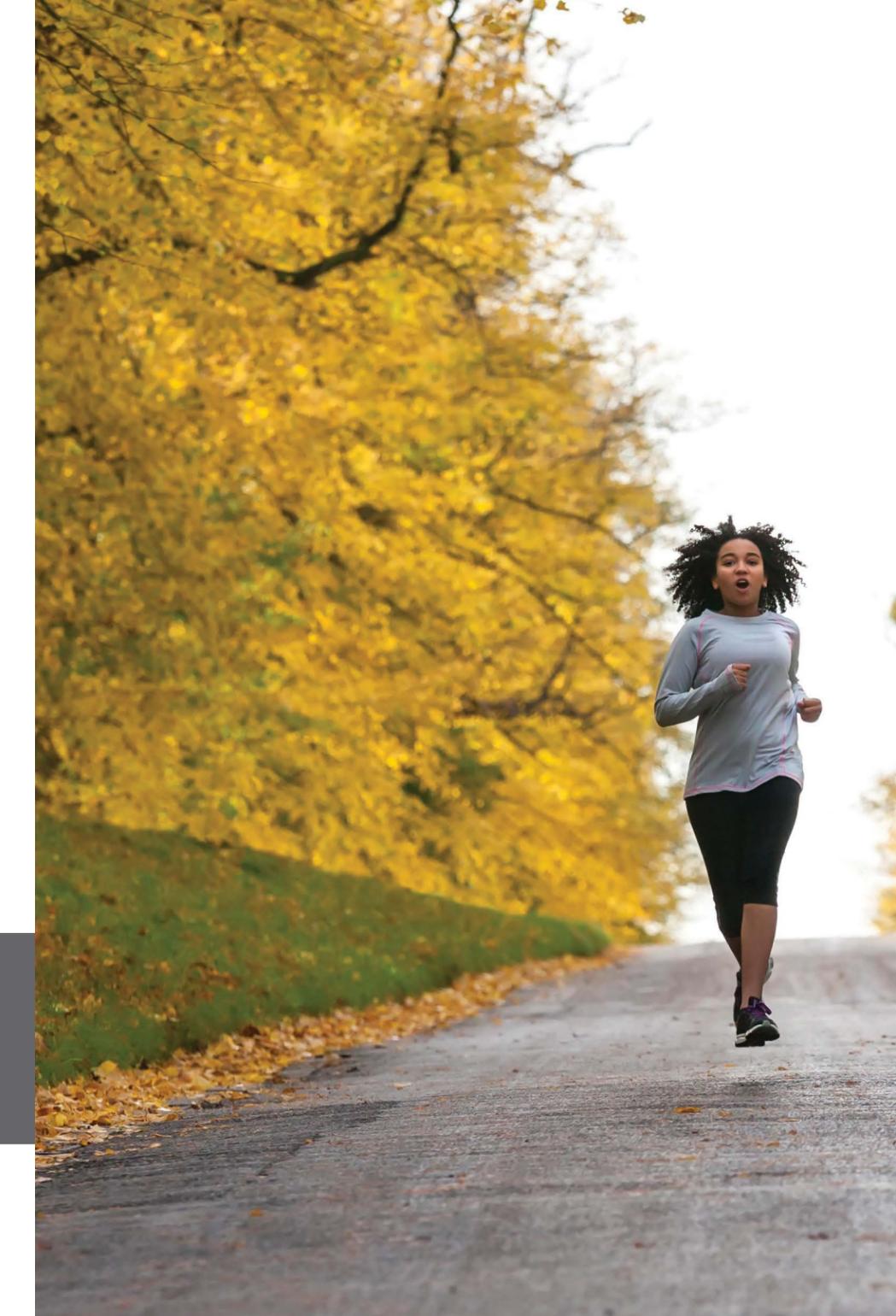


**Sign up now for your 2019 Take Action activities.**

[ra.staywell.com](http://ra.staywell.com)



**Rockwell Automation**



# Your 2019 Choices

## 1 10K-A-Day



Aim for 10,000 steps a day and use your favorite step tracker to record your activity. The more steps you take, the faster you move along one of the program's fun virtual routes.

**Goal:** Stay active enough to complete 700,000 steps throughout the year. Or keep going to complete 1,400,000 steps and earn a second incentive.

**Timing:** You can go at your own pace. For every 2,000 steps you record, you'll move a mile on the *10K-A-Day* route.

**How to Track:** To get started, each year you must first register for the *10K-A-Day* challenge and select a virtual route (even if you completed a 10K event in the past). Once you're registered, there are two ways you can enter your steps: by syncing a tracking device or by entering them manually on the web or the *10K-A-Day* smartphone app.

### If you own a tracker:

- You can set up your device to automatically sync with the challenge. For instructions on syncing your Fitbit, Garmin, YOO, Movable or Apple Health tracking device, log on to [ra.staywell.com](http://ra.staywell.com). (We'll let you know if other devices become available.)
- After you register and sync your device, your steps may be counted beginning Jan. 1, 2019, depending on the type of tracker you use (see the box below).
- Use the *10K-A-Day* smartphone app to track activity (which simultaneously syncs with your online account), view recipes and health tips, "visit" locations and follow your progress.

### If you don't own a tracker, or you complete activities while not wearing your tracker:

- After you register, you can convert any activity into steps using the online tool and record the activity as steps.
- Or you can enter the step count from another type of step counter, pedometer or smartphone step tracker.

### Using a Tracking Device for *10K-A-Day*

If you're using a different brand of tracker this year, be sure to update your challenge enrollment to make sure your device syncs.

If you sync a Garmin for the first time, it'll sync your steps back three months. A YOO, Movable or Apple Health device will sync your steps back six months. And a Fitbit will sync back 365 days. So, for example, if you register an Apple Health device on Sept. 1, 2019, the system will automatically backlog your steps from the previous six months. None of the devices will sync prior to Jan. 1, 2019.

## 2 Get Fit on Route 66

Track your physical activity—any activity you choose—to take a virtual road trip along the legendary Route 66. Every minute of activity moves you farther along the route.

**Goal:** Stay active enough to complete the 2,448-mile road trip. Or keep going to complete the trip twice and earn a second incentive. You must register again before you can take a second trip.

**Timing:** For every minute of activity you log, your virtual car will move two miles along the route. If you record 30 minutes of activity a day, five days a week, you'll complete the program in approximately eight weeks.

**How to Track:** Go online to log your physical activity minutes—whether it's walking, running, golfing, gardening, swimming or cycling—each day. Log in from StayWell or use the *Get Fit on Route 66* smartphone app to log activity, view recipes and health tips, "visit" attractions and track your progress.

## 3 Enroll in a Weight Loss Program

Make the decision to join a weight loss program and feel fitter as you get lighter. If you participate in a qualifying program for 12 weeks, it'll count as one of your Take Action activities. To qualify, a weight loss program must include all of the following features:

- Promotes healthy weight loss (1 – 2 pounds per week)
- Includes nutrition and physical activity guidelines
- Provides in-person weight tracking and coaching or group support

You can participate in Weight Watchers, Jenny Craig® and Choose to Lose (offered in Mequon/Milwaukee), as well as programs offered through fitness centers or health clubs, or guided by a registered dietitian or certified weight loss specialist. You can also enroll in the new Real Appeal program if you participate in a UnitedHealthcare medical plan.

**Goal:** Complete at least one 12-week weight loss program during 2019. You can then use a further 12-week program or any other Take Action activity as your second qualifying activity.

**Timing:** Attend 12 of the program's weekly meetings within a consecutive four-month period. Your program must be completed—or both programs if you go for the second—by Dec. 31, 2019.

**How to Track:** For all programs except Real Appeal, once you complete 12 weeks, go to [ra.staywell.com](http://ra.staywell.com), click Weight Loss Program #1 (or Weight Loss Program #2 if you're completing a second program) and then click Self Report Now. That's it! If you choose Real Appeal, they'll report your participation directly to StayWell, so no action is needed from you.

## 4 Rockwell Automation Walking Challenge

The Rockwell Automation Walking Challenge is all about working more cardio into your life and staying active. To get started, you can choose one of the two walking challenges listed below. Then print your tracking map from [ra.staywell.com](http://ra.staywell.com). Any physical activity counts. You can use the conversion chart found on the back of your tracking map to convert your activities into steps.

- 100 Miles in 100 Days
- ROK Around the World

**Goal:** Make it to the last stop of your walking challenge. Complete the same challenge a second time or choose a different route to earn a second incentive.

**Timing:** Experts recommend that you walk or exercise the equivalent of 8,500 steps a day to reach 700,000 steps in about 12 weeks.

**How to Track:** Track your steps on your tracking map. Once you complete your challenge, log in to the StayWell website one time to report your completion.

## 5 Aware

Receive one-on-one support from mindfulness-based stress reduction trained health and wellness professionals for self-guided individual practice. Call Workplace Options at **1.855.897.4044** to get started.

**Goal:** Manage stress by participating in telephonic mindfulness sessions.

**Timing:** Complete six weekly telephonic sessions.

**How to Track:** Once you complete six weekly telephonic sessions, go to [ra.staywell.com](http://ra.staywell.com), click Aware Program and then click Self Report Now. That's it!

### NEED HELP CHOOSING?

Look for these icons to find the right Take Action activities for you.

-  For those of you who want to track your steps
-  Includes a focus on healthy eating
-  Lets you work with a personal health coach
-  Good choice if you already exercise regularly

## 6 Community Athletic Events

If you participate in athletic events such as 5K or 10K walks/runs, half-marathons, marathons, triathlons, team sports, tournaments or similar athletic activities, you can receive your Take Action incentive credit. We know most athletes invest at least 12 weeks of training time, and we want to acknowledge your hard work!

**Goal:** Run, walk, ski, swim, bike, etc. in events such as 5K or 10K walks/runs, half-marathons, marathons, triathlons or similar athletic activities.

**Timing:** Complete up to two events between Jan. 1 and Dec. 31, 2019.

**How to Track:** Log in to the StayWell website after your event to record your participation.

## 7 Phone Coaching

Personalized phone coaching gives you the opportunity to work one-on-one with a trained health coach to create a game plan that's right for you in areas ranging from weight management, exercise, nutrition, stress and back care to managing your cholesterol and blood pressure. You can get started by calling StayWell at **1.800.721.2696** or going online at [ra.staywell.com](http://ra.staywell.com).

**Goal:** Complete the phone coaching program. You will receive credit for the program after your third coaching call. Talk to your coach about other coaching opportunities and earn a second incentive when you complete a second program.

**Timing:** Work with your health coach to determine a timeline that works best for your goals.

**How to Track:** Your health coach will keep track of your phone calls.

## 8 "EASY START" Calls & Mailings

Not sure what healthy habit to target? Let a health coach guide you. The "Easy Start" Calls & Mailings program combines phone calls with a health coach and home mailings to help you kick-start healthy changes to achieve your 2019 goals. You can get started by calling StayWell at **1.800.721.2696** or going online at [ra.staywell.com](http://ra.staywell.com).

**Goal:** Complete three phone calls and receive three mailings. Get help with a second habit and earn another incentive when you complete the second program.

**Timing:** This program will include a monthly phone call followed by an educational mailing. The program takes about three months to complete.

**How to Track:** Your StayWell professional health coach will track your progress for you.

**Log on to [ra.staywell.com](http://ra.staywell.com) or use the single sign-on link through Your Benefits Resources to sign up today.**