



IT PAYS TO BE WELL

MONTHLY WELLNESS NEWSLETTER



Thank you to all who participated in the 2020 It Pays to Be Well incentive program

It was a record-breaking year for our annual wellness program. More than 600 employees, non-Medicare retirees, and spouses earned \$100 through the wellness program.

Central Office/MPERS and Troop D had the highest overall engagement!



New year, two new opportunities to earn rewards

The 2021 It Pays to Be Well incentive program started January 1.

CHALLENGE 1 READY, SET, GO

Complete three simple steps before November 30 and you will receive \$100.

1. Receive an annual exam.
2. Complete the online health assessment.
3. Complete a Walker Tracker challenge.

CHALLENGE 2 ABOVE AND BEYOND IN 2021

Complete additional health & wellness activities before November 30 to earn entries into a general raffle. Complete 10 or more activities and be entered into a grand prize raffle.

For more details on the 2021 incentive program, including eligibility, requirements, and prizes please see the Wellness Program flyer or Wellness Program Guide. For questions please contact your Wellness Champion.



New benefits for 2021

As a valued MoDOT & MSHP employee, you and your well-being is important to us. That's why we continue to invest in your health through programs, services and our annual wellness program. We've added some new benefits to your medical coverage for 2021:

Bariatric Surgery Coverage. Procedure must meet medical policy criteria and be received from a Blue Distinction Center.

\$0 Copay for LiveHealth Online. Visit a doctor, psychologist, therapist, or take advantage of the new Healthy Sleep program with no out-of-pocket cost.

Healthy Bytes. Free nutritional counseling with a Registered Dietitian who will meet with you virtually.

Lark. Free digital health coaching to help you prevent diabetes through education, weight coaching, nutritional therapy, behavioral health screening, and personalized guidance.

We want 2021 to be the year that health and wellness becomes a part of your everyday life – we're proud to offer you opportunities to start that journey at work.

For more details or questions about these programs please reach out to your MoDOT/MSHP benefits team or your Wellness Champion.

Hindsight is 2020

Face forward into the New Year by focusing on your health and weight loss goals with Naturally Slim® (NS).

Space is limited.
Apply between January 4, 2021 - January 15, 2021.
www.naturallyslim.com/modot-mshp



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Face forward into the New Year by focusing on your health and weight loss goals with Naturally Slim (NS)

Give yourself some grace and start the New Year off strong with NS. We're settling clinically-proven resolutions – based on skill, not willpower – every day to lose either, sleep better, and reduce stress.

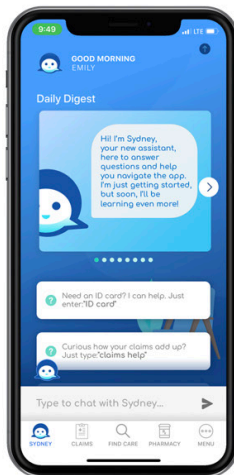
This opportunity is available to you at no cost, but space is limited. Apply between January 4 and January 15 at www.naturallyslim.com/modot-mshp.



3 easy tips to start the year off right

- 1 Select a primary care physician (PCP)**
If you don't already have a PCP, it's easy to find one on [anthem.com](https://www.anthem.com) or **Sydney**.
- 2 Receive annual screenings and vaccines**
After you select a PCP, schedule an appointment to discuss your current health and any screenings and vaccines you may need. You can use this information to set all of your preventive care appointments for the year.
- 3 Complete your online health assessment**
You can use the **My Health Dashboard** on [anthem.com](https://www.anthem.com) or **Sydney** to complete the health assessment.

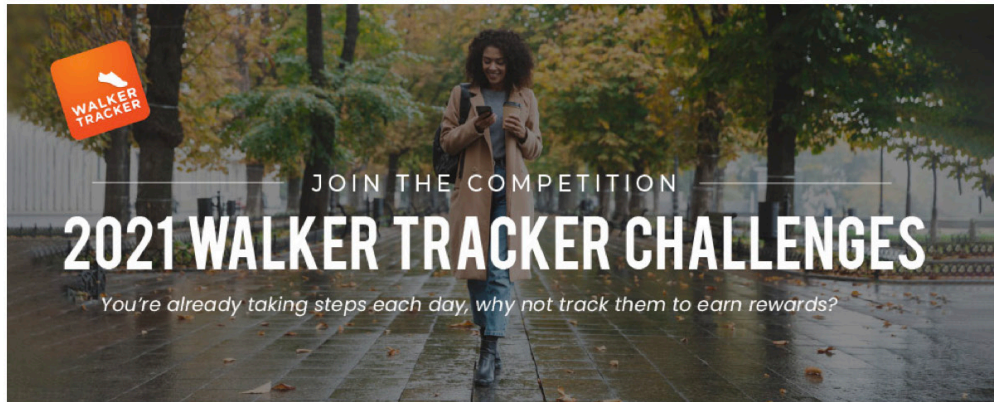
And if you haven't already, download the Sydney app to your personal mobile device. The app can help you find care, compare costs, access plan information, and unlock valuable tools and resources. It's everything you need to take charge of your health – right in your pocket.



Download Sydney on your personal mobile device today:

1. On your Apple device, open **App Store**. On your Android device, open **Play Store**.
2. Enter **Sydney Health** into the search bar and select **Download**.


Once downloaded, the Sydney logo will appear on your device.



Join the first 2021 Walker Tracker challenge

There will be five Walker Tracker challenges this year. The first one starts January 4.

New Year's Celebrations

 January 4 – February 14

Goal: Track a minimum of 6,000 steps a day for 42 days

If you haven't joined Walker Tracker yet, visit modotmshp.walkertracker.com and select **Register** to get started.

