

# It pays to **be well**

February 2024



## Learn more about your health in less than 10 minutes

The Health Risk Assessment is an interactive questionnaire that allows you to use your health information to better understand your health and set custom goals. In as little as 10 minutes, you can also find which areas of your health are putting you at greatest risk.

Plus, completing your Health Risk Assessment unlocks your 2024 It Pays to Be Well rewards. You can earn rewards all year and redeem them for gift cards to places such as Amazon.

You can take the Health Risk Assessment anytime, from anywhere, using the **Sydney<sup>SM</sup> Health** app. All you need to do is:

- Log in to the **Sydney Health app**.
- Select **Menu**, then go to **My Health Dashboard**.
- Choose **Programs**, and then select **My Health**

## Check-in.

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### Are you due for a tune-up?

Just like oil changes and routine maintenance with our vehicles, our bodies need regular system checks. These annual physicals usually include measuring blood pressure, running lab work, and talking about your overall health. The visits can also help identify a health issue sooner, when it's easier to treat.

Your Anthem health plan pays 100% of the cost of these visits. Plus, MoDOT/MSHP offers Smart Rewards points for completing them.

In 2023, 53% of MoDOT/MSHP's female employees and 31% of male employees completed their yearly checkups. We're hoping even more of our employees will take advantage of this health benefit in 2024.

Start by contacting your primary care physician. If you need a doctor, log in to the **Sydney Health app** and select **Care**, then choose **Find Care**.

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### How to stay motivated during a weight loss plateau

Whether you're accomplishing your New Year's resolutions or you've been living a new health-focused lifestyle for a while, almost everyone will reach a plateau in their weight loss progress.

During a plateau, it's important to stay consistent. If you need a little extra motivation and encouragement, listen to the [Fit Life Podcast](#) to learn more about the myths of metabolism and how to cut calories to help push through plateaus.

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## Important reminders

- The first [Walker Tracker Challenge](#) of the year is underway. [Join today](#) and start tracking your steps.
- If you need to cash in your rewards from 2023, now is the time. Rewards expire on March 31, so log in to the **Sydney Health app** under *My Rewards* to redeem your rewards today.