Soon it will be easier than ever to take strides toward a HEALTHIER TOMORROW
Inside: **NEW** Healthy Steps Tools and Options
IT’S ALMOST TIME to Complete your **OC Healthy Steps** and Receive Beneficial Health Information!

The *OC Healthy Steps* Wellness Program is designed to help you become aware of your risk factors and key numbers that impact your health (such as your cholesterol, blood sugar, and blood pressure), as well as to identify what you can do to maintain or improve your health. Committing to a healthier lifestyle means you increase your chances of staying active and healthy throughout your life. A healthier you means you feel your best and spend time doing the things you enjoy by avoiding chronic medical conditions.

**IMPROVED Processes and NEW Healthy Steps Tools and Options!**

We’re pleased to announce that *OC Healthy Steps* has partnered with StayWell® Health Management to offer new options that will make learning about and keeping track of wellness activities easier than ever before.

Beginning July 6, a new web address, [ochealthysteps.staywell.com](http://ochealthysteps.staywell.com), will connect you to a personalized website where you can track and complete all your steps in one place. You’ll find online resources for wellness activities, enhanced support for healthy actions such as managing your weight, blood pressure, cholesterol, stress, nutrition, physical activity and more. You’ll also have access to a Toll-Free Help Line, 1-800-492-9812 with representatives available to assist you in making appointments online and to answer your questions.

In addition, you’ll have a more streamlined process for completing your three *OC Healthy Steps* for 2016, and a way to track your progress as you complete the steps.

WE RESPECT YOUR PRIVACY

StayWell is an independent health management company that administers the *OC Healthy Steps* Wellness Program for the County of Orange. StayWell protects the confidentiality of your personal health information in accordance with applicable federal laws. StayWell is not affiliated with County of Orange, and your personal health information, medical conditions and health results are not shared with County of Orange. StayWell provides the County of Orange with aggregate data on program participation, impact and success of each program component, but this information cannot be tracked back to any individual. For more information on how your personal data is protected and used by StayWell visit ochealthysteps.staywell.com.
BIOMETRIC SCREENING—Automatic Connection to your HRA and More Screening Options

A biometric screening is a short health examination that determines your risk level for certain diseases and medical conditions. It includes a check of your blood pressure, height, weight, body mass index, and fasting or non-fasting blood sugar and cholesterol.

Your Biometric Screening Results Can Now Be Connected to Your HRA: if you choose to complete your biometric screening as the first of the three steps, your HRA will be faster and provide HRA results that are even more accurate and helpful. That’s because StayWell will upload your results to the OC Healthy Steps website and they will be pre-populated into your HRA. Note: it takes 14 business days to process the results and pre-populate your HRA. Complete this step first by attending an onsite screening, having your health care provider complete a form, or our newest option, making a lab appointment.

• NEW LAB OPTION: if you desire, you can now choose to make an appointment for a participating lab near your home or office to complete your screening there. Visit ochealthysteps.staywell.com to find a participating lab, and make an appointment. The lab option offers early morning and same Saturday appointments, too. Please note: a physician’s order is not required but you must bring your online appointment confirmation with you and you must FAST prior to a lab appointment.

• ONLINE: Choose an onsite biometric screening scheduled at various County locations most convenient for you. You can set up your appointment online in advance at ochealthysteps.staywell.com.

• WITH YOUR HEALTH CARE PROVIDER: if you prefer, you may choose to visit your own health care provider for a biometric screening and have your health care provider complete the screening form from prior screenings you had between: January 1, 2015 and August 21, 2015. Download a Biometric Health Screening Confirmation Form from ochealthysteps.staywell.com and take it to your appointment. Once your health care provider has completed it, you can email it to or mail it back to StayWell. All forms must be received by August 21, 2015.

Online Early Bird Appointment Scheduling: Today through - July 5
You will now be able to make advance appointments online for your onsite biometric screening at ochealthysteps.staywell.com.

Maintain or Achieve a Healthier Lifestyle
Get help from our new online resources:

SELF-PACED CLASSES: build a more powerful you by taking an online class to learn about important health-related topics such as nutrition, stress, management, weight, management or how to improve your physical, mental, and financial health at various County locations.

COACHING PROGRAM: try quitting smoking or lose weight? Making dramatic lifestyle changes like these can be challenging. Early next year, OC Healthy Steps will offer you the support you need to achieve your healthier lifestyle goals through an online coaching program. Get extra encouragement through motivational emails for weight management, tobacco cessation, nutrition, physical activity, stress management and more.

What’s NEXT?
If you choose to participate and receive your OC Healthy Steps Wellness Credit for 2016, simply follow the steps below and get started taking strides toward a healthier tomorrow.

Remember all three OC Healthy Steps must be completed by August 21, 2015 in order to receive the OC Healthy Steps Wellness Credit for 2016 (if eligible). You can confirm the completion of all your steps by visiting your personalized OC Healthy Steps website at ochealthysteps.staywell.com.

1) Employees enrolled in a County health plan may access the OC Healthy Steps Wellness Program activities and tools, however only certain employees are eligible for an OC Healthy Steps Wellness Credit.
2) New employees hired after May 1, 2015 will receive the Wellness Credit automatically until the next Three Step Wellness Period.
3) If you are enrolled in The Employee Married to Employee (EME) program only the subscriber receives the Wellness Credit if they choose to participate.

Some changes we’ve made to make completing your Healthy Steps more convenient:

1. EASIER Ways to Complete Your Three OC Healthy Steps. NEW Ways to Improve Your Health.

- Through the StayWell partnership, OC Healthy Steps will have a more streamlined process for completing your three steps, allowing you to complete each step using one website, ochealthysteps.staywell.com, and easily track your progress and completion. The new website will also offer you personalized recommendations, a suite of free online classes and early next year will offer an online coaching program to make it easy to learn about and act upon healthy choices.

- The website will have a new tracking feature to let you see what steps you have completed and those that still need to be done on or before August 21. Once you create your account, you will be able to complete your three steps and access all the new features of OC Healthy Steps. With approval of your supervisor, you are permitted to use up to 30 minutes of County time to attend a biometric screening or lab appointment, and a reasonable amount of time (the average is 20 minutes) to complete the Health Risk Assessment (HRA) and Non-Smoking Attestation.

2. HEALTH RISK ASSESSMENT (HRA)—Faster Process

A HRA is a confidential online health questionnaire that, once completed, calculates your results, provides you with a high level profile of your health status, and provides recommendations for health improvement and change where possible.

- You can choose to complete your biometric screening first and 14 days later it will take you less time to complete your HRA. You’ll find the HRA when you log in to ochealthysteps.staywell.com beginning July 6. If you don’t want to wait 14 days you can enter your biometric screening information yourself when you complete your HRA.

3. NON-SMOKING ATTESTATION—More Convenient

- You can now complete your Non-Smoking Attestation at the same time as your other steps instead of during Open Enrollment.

- All you need to do is log in to ochealthysteps.staywell.com and attest to one of the non-smoking or stop smoking statements provided. That’s it. You can also find resources to help you stop smoking.

OC HEALTHY STEPS/STAYWELL
HELPLINE
1-800-492-9812
HOURS—Pacific Time
Monday – Thursday 6 a.m. to 6 p.m.
Friday 6 a.m. to 4 p.m.
Saturday 6 a.m. to 11 a.m.

ochealthysteps.staywell.com

Please Note: All employees in a County health plan may access the OC Healthy Steps Wellness Program activities and tools, however only certain employees are eligible for an OC Healthy Steps Wellness Credit.

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