



Welcome to VEHI PATHpoints 2020-21



Make yourself a personal promise to be healthy!

VEHI PATH offers you a comprehensive, annual, web-based wellness program with amazing tools, invigorating reinforcements and a chance to win great prizes! It's up to you to launch your Planned Action Toward Health (PATH), so start with a commitment and let us help you stay motivated.



Annual Adventure

(Register Nov. 1 – Dec. 4; Participate Jan. 25 – April 4)

Improve your general wellbeing, fitness and knowledge during our annual 10-week winter wellness challenge. Track your progress, move along interactive maps, use our exercise videos, read weekly newsletters and enjoy the journey with thousands of others statewide!

Earn up to 50 PATHpoints.

Self-Paced Adventures

(July – Dec.)

Choose your favorite Adventure from our library and go at your own pace!

Earn up to 30 PATHpoints.



Community Keeping Fit

(Year Round)

Record your exercise online using this year-round tracking tool. Gain support from other Community members, join a team, track progress among teams or track other goals such as eating well, flexibility and character strengths.

Earn 60 PATHpoints per completed cycle.



Healthy Life Survey

(October through March)

Assess your health using our personalized survey. Upon completion celebrate your successes and note areas you may want to improve.

Earn 50 PATHpoints upon completion.



Invest EAP

(Year Round)

Get in-person, confidential, short-term counseling, legal and financial advice, assessments, and resource and referral information about a broad range of life and workplace related issues. Invest EAP is available to all employees and their household members.

Earn 50 PATHpoints.



ONLINE COURSES

Mindfulness Techniques

(July-May)

There are three, 8-week courses where you can work through a progression of short, simple teachings and doable practices. It is an invitation to begin embodying peace, compassion and wisdom in your daily life.

Earn 50 PATHpoints per completed course.



Sugar 101

(July-May)

Rethinking Sugar-

In this 3-week course you'll learn the HOW-WHY-WHAT of sugar dependency, including what sugar does in the body that makes it so bad for us, and why we have so much trouble quitting.

Earn 20 PATHpoints upon completion.



Breaking Free From Sugar-

This is a 4-week course with one week of prep and then a 3-week No-Added-Sugar Challenge.

Earn 30 PATHpoints upon completion.



Peer Coaching

(July – May)

Find a peer, set individual lifestyle goals and embark on this ten-week online course of mutual support.

Earn 50 PATHpoints upon completion.

Wait, there's more...



Summer Challenge

(July – Sept.)

Demonstrate how you remain engaged in a variety of wellness activities with your family and friends throughout the summer months. Post your weekly challenge photos to PATH's Facebook page and complete and return the game card by the due date.

Earn 25 PATHpoints upon completion.



Safety Puzzlers

(Year Round)

Read the monthly injury prevention information and have fun testing your knowledge with our puzzlers. It's a great way to brush up on safety tips and skills for staying healthy and injury free.

Earn up to 60 PATHpoints (5 per puzzle).



Progress Coaching

(Year Round)

Work with a professional coach over the phone to find your best thinking around your health and lifestyle goals. Learn more about increasing your intrinsic motivation and finding meaningful results.

Earn 10 PATHpoints per call (max. 50).



Know Your Numbers

(Year Round)

Visit your health care provider to have a routine checkup and learn what your current health status means. Complete the Know Your Numbers form, have it signed by your provider and give it to your VEHI building leader by June 1st. See your building leader for the Know Your Numbers form.

Earn 25 PATHpoints.



Show Your Smile

(Year Round)

Visit your dental provider to have a routine checkup. Complete the Show Your Smile form, have it signed by your dental provider and give it to your VEHI building leader by June 1st. See your building leader for the Show Your Smile form.

Earn 25 PATHpoints.



Wellness Leader Activities

(Sept. – May)

Participate in a wellness-oriented event organized by your VEHI building leader or champion. It's a great way to build morale among your colleagues and try something new.

See your building leader for details.



Blue Health Solutions:*

(Year Round)

Better Beginnings Pregnancy and Postpartum Program:

Give yourself and your baby the best start possible with this award-winning program. Take advantage of classes, home visits, homemaking services and informational materials. Contact BCBSVT to see if you are eligible.

Earn 50 PATHpoints per year.

Condition Management Programs:

If you're managing a chronic or rare condition, you may qualify to work with a BCBSVT case manager. Call 1-866-622-0285 if you have questions.

Earn 50 PATHpoints per program, per year.

*VEHI BCBSVT Subscribers Only

LET YOUR POINTS REWARD YOU!

Make it your goal to earn 200 or more PATHpoints by June 30, 2021 and be rewarded with a \$100 gift card from L.L. Bean!!

Log in or create your PATH account at:

WWW.TOMYPATH.COM

