



WELCOME TO VEHI PATH!

PATH – Planned Action Toward Health: Building a Healthy Workforce

VEHI (Vermont Education Health Initiative) is a nonprofit member-owned trust providing member school districts and their employees access to high quality and affordable health and dental plans.

As a value-added benefit, VEHI provides access to PATH (Planned Action Toward Health), an employee wellness program.

PATH works hand-in-hand with VEHI member districts to create and sustain healthy work environments. We do this by offering employees a suite of cost-effective, research-driven services to help them live their best lives at home, at work and in their communities.

Employees in a VEHI member worksite can participate in this FREE program, even if they are not on the health insurance plan!

To jump on board right away and enjoy these free benefits, all you will need is a PATH web account.

Through your account, PATH provides many different ways to participate including our Annual Adventure (a fun wellness challenge), a Health Risk Assessment, telephonic Health Coaching, Exercise/Activity Tracking, an Employee Assistance Program (short term and crisis counseling) and a Peer Coaching Course, just to name a few.

As a PATH participant, you'll earn points for actively engaging in these program services. If at the end of the school year (June 30th), as an eligible PATH participant, you've earned 200 points, you'll be rewarded with a \$100 L.L.Bean gift card.

Create your PATH web account and get started today!

www.tomypath.com





HOW TO CREATE A PATH WEB ACCOUNT

Get Online & Logged In: Go to www.tomypath.com

Don't have a VEHI PATH account?

Select your SU/SD from the "Select your organization" drop down menu. On the next screen click "Sign up Now". Complete the Program Sign-up form and click "save". Be sure to write down your Username and the Password you chose.

Participant Login
Log In to access your To My Path account.

Username

Password
 Show Pass

Login

- New to the ToMyPATH website? Select your organization from the list below.
- Previously created an account? Use the same username and password to log onto the site this year. If you cannot remember your username and password, please DO NOT create a new account. Try using the "Forgot My Password" option below.
- Forgot your password?
- Need additional help?
- Contact Support

New to the Program?
To join your supervisory union's Wellness program, select your SU from the list below:

Select organization
Select your organization:

Sign Up

Already have a VEHI PATH account?

Enter your Username and Password in the Participant Log In box.

Participant Login
Log In to access your To My Path account.

Username

Password
 Show Pass

Login

- New to the ToMyPATH website? Select your organization from the list below.
- Previously created an account? Use the same username and password to log onto the site this year. If you cannot remember your username and password, please DO NOT create a new account. Try using the "Forgot My Password" option below.
- Forgot your password?
- Need additional help?
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New to the Program?
To join your supervisory union's Wellness program, select your SU from the list below:

Select organization
Select your organization:

Sign Up

Not sure if you have a VEHI PATH account?

If you participated in a PATH Adventure during the past twelve years, you likely have an account. Use the "Forgot My Password" link or contact PATH for help. **(802) 223-5040 - ext. 214 or 229**





HOW TO EARN PATHPOINTS

Points Year: June 1 – July 30



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, eight-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 three-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 five-week course, with one to two weeks of prep, and then a three-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

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**

VEHI CHAMPIONS & BUILDING LEADERS:



Every VEHI member SU/SD has a designated wellness Champion and each member school has a designated wellness Building Leader. It is the responsibility of the Champion and Building Leaders to serve as the go-to resource and wellness spokespersons, promote a culture of health and safety, sponsor employee wellness oriented events, and share information about our PATH programs with employees.

To find out who your Champion and Building Leaders are, contact PATH at the number below or check with your building's Administrator.

PATH PROGRAM CONTACTS:

PATH – Planned Action Toward Health
52 Pike Drive
Berlin, VT 05602

Customer Service:

Monday thru Friday ~ 8 am to 4 pm
(802) 223-5040 - extension 214 or 229

VEHI PATH Wellness Program Coordinators:

Ashley Johnson – ext. 229
ashley@vsbit.org

Amy Gilbert – ext. 214
amy@vsbit.org

VEHI PATH Health Promotion Specialists:

Gillian Pieper – ext. 213
gillian@vsbit.org

Shevonne Travers – ext. 212
shevonne@vsbit.org



