



District School Board of Pasco County 2016 Health and Wellness Incentive Program

Number of steps and **minimum time of completion** for your assigned CareHere Connect Wellness Track.

Programs below count toward the District School Board of Pasco County's 2016 Incentive Program, if enrollment and completion dates are between **November 1st, 2015 – October 31st, 2016.*

<u>Program</u>	<u>Number of Steps</u>	<u>Minimum Time to Complete</u>
Cholesterol Management	4 Steps	4 weeks
Weight Management	6 Steps	6 weeks
Diabetes Management*	5 Steps	5 weeks
Beginners Exercise*	5 Steps	5 weeks
Healthy Eating/Pre-Diabetes	6 Steps	6 weeks
Tobacco Cessation*	8 Steps	8 weeks
Hypertension Management	3 Steps	3 weeks
Stress Management	4 Steps	4 weeks
Healthy Body/Healthy Mind	4 Steps	4 weeks
Snail to Trail	3 Steps	12 weeks
Medication Therapy	6 Steps	7 weeks
Asthma Management	3 Steps	8 weeks
Depression Management	4 Steps	12 weeks

These plans require at least one health coach contact in order to be completed. You will need to contact your health coach when the assigned program prompts you to do so. After you speak with the health coach, he or she will promote you to the next step in order to continue with the program.

Please note: You must log into CareHere Connect on a regular basis to read the recommendations and complete the tasks in order to be promoted to the next step.

QUESTIONS?

Please contact your CareHere Health Coach at wellness@carehere.com or through the **Coaches tab** on CareHere Connect.

