

Individual Action Plan Help Guide



Stress Management

Wellness Assessment + 10 phases over 10 weeks + 50 planner entries = **Gold**

Flexible to meet you where you are

Since the Healthy IncentivesSM Program began, employees have improved their health in 12 out of 14 areas and the county has spent \$18 million less than expected on health care costs. Clearly, a lot of us are working hard to improve our health and maintain healthy habits. The WebMD planners are designed to meet you where you are. The most advanced exerciser can build a challenging program or the daily walker can keep you on track.



Evidence based approach

The format of the WebMD Individual Action Plans is based on the best scientific research about how healthy behaviors are created and maintained. Following this format of learning about fitness, nutrition and stress management and then tracking your activity in each of these areas will put you on the road to good health.

Format



10 Phases:

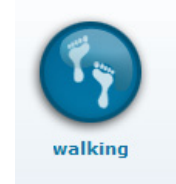
Phases are educational readings in the area you have chosen to focus (exercise, nutrition, stress management or weight management). The program paces you by allowing you to complete only one phase per week. To finish by the June 30, 2010 deadline you need to start by April 20, 2010.

7 Steps per phase: To make the educational readings easily digestible, each phase is broken down into 7 **steps**, which are like pages. The final step is a quick knowledge retention quiz. Depending on how fast you read, it takes 5 to 10 minutes to complete all 7 steps in a phase.

50 Planner entries: In addition to the reading, you will also track your activity in a planner. You get credit for each entry you make and 50 entries fulfill the requirements of the program. After you have set up the planner, it takes only seconds to make an entry.

Optional journaling: If you choose, you can use the optional journaling feature to keep track of your successes and challenges along the road to gold. But, journaling is not a requirement for earning gold.

Planners



You can use any one planner or combination of planners to complete your individual action plan, but each WebMD Lifestyle Improvement Program is automatically associated with a specific planner as shown below:

- Exercise Lifestyle Improvement Program – Walking OR Exercise
- Weight Management Lifestyle Improvement Program – Nutrition AND Exercise
- Stress Management Lifestyle Improvement Program – Stress Management
- Nutrition Lifestyle Improvement Program - Nutrition

You can enter several days of activity at a time. You can enter activity you have done in the past, but not activity you are planning to do in the future. You get credit for each entry you make. For example, if you enroll in the Weight Management Program, you get one credit for an entry in the exercise planner and one credit for an entry in the nutrition planner for a total of two



Your personal home page

1. To confirm your Individual Action Plan selection use the link at the top of the page or in the left navigation bar.

2. To go to your Individual Action Plan select it from the left hand navigation bar.

My Message Center

You have 1 new message!

Step 1 - Take the WAQ

Wellness Assessment Questionnaire

Step 2 - After you Complete your WAQ then Complete an Action Plan

My Individual Action Plan Confirmation

Jump To:

Exercise Program

Nutrition Program

Stress Mgmt Program

Weight Mgmt Program

Step 3 - Healthy Incentive Rewards

What is my Benefit Status?

My Records and Information

Health Topics

WebMD Symptom Checker

Health Management Centers

Health Record

Health Trackers

Calendar

WebMD Newsletters

Receive a Free WebMD Email Newsletter

You're almost there.
Get rewarded for better health.

Now that you've completed the Wellness Assessment, just finish your Individual Action Plan by June 30, 2010, and you'll earn the gold out-of-pocket expense level for 2011. Check the Rewards Page to view your status.

[Go to my Individual Action Plan from WebMD now.](#)

Welcome, stageuattestfns

My Health Guide

Recommendations based on your health profile:

- Getting Started
 - Swine Flu (CDC)
 - Go To Health Record
 - Take or Update the Women's Health Assessment
 - Message Center
 - Swine Flu FAQ
- News For You
 - Food Recall Hits Big Chain Stores

Listeria contamination has led Parkers Farm Inc. to recall peanut butter, cheese, salsa, and other foods from a long list of major food retailers.

Recently Visited Pages

- WebMD Lifestyle Improvement Program: Nutrition
- Lifestyle Improvement Programs
- Wellness Assessment Questionnaire

Topics of Interest

- Add Interests

Coaching

A WebMD Health Coach health goals or offer su action plans. If you wo expertise of a health c 1-866-584-6813.

Rewards

What is your Healthy I

Check the Healthy Ince next steps and verify t towards your out-of-p

In Focus - WebMD®

New Mammogram S

The U.S. Preventive S that women who aren' getting mammograms ; previously recommend the new mammogram ;

- See Full Article

1.

2.



Lifestyle Improvement Programs: Home

Learn more about making better choices for a healthier future. The readings and planners provide practical information.

[Secure Messages](#) ([1 new](#)) [Rewards](#) [check status](#)

- Lifestyle Programs Home
- Exercise Overview
- Nutrition Overview
- Stress Management Overview
- Weight Management Overview

Your Planners



stress

Next Steps

stageuatstf30, find links below to the next readings for your selected Lifestyle Improvement Program.

1.

[Stress Management: Phase 1, Step 1](#)

More Lifestyle Improvement Programs

The programs below offer practical information and tools for improved health and a healthier lifestyle. Consider if any might be right for you.

- [Nutrition](#)
- [Weight Management](#)
- [Exercise](#)

2.

Commit to Health

Increased public awareness and positive individual actions with regards to tobacco use, lack of exercise, poor nutrition, stress, weight problems, and mood have resulted in a significant reduction in heart disease and cancer rates over the last 10 years. You can be a part of this trend, too. Make the commitment to lifestyle improvements today. All of the Lifestyle Improvement Programs contain valuable information in a simple step-wise format to help you achieve the results you desire!

Lifestyle Improvement Program home page

1. Get to your Stress Management Phase by clicking on the "Next Steps" link from the Lifestyle Improvement Program home page.

2. Change your Individual Action Plan selection or set up another Planner by selecting from the "More Lifestyle Improvement Programs" links.

Act Now to Reduce Your Risks

The Centers for Disease Control and Prevention include smoking, lack of exercise, poor nutrition, stress, overweight, and depression at the top of the list for risk factors that cause major chronic diseases, such as heart disease, diabetes, and cancer. Act now to stay healthy. Reduce these risks with the Lifestyle Improvement Programs.



Lifestyle Improvement Program **Stress Management**

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

[Secure Messages \(1 new\)](#) [Rewards check status](#)

Lifestyle Programs Home

Stress Management Readings

- Phase 1: Stress Basics
- Phase 2: Mental Solutions
- Phase 3: Physical Solutions
- Phase 4: Lifestyle Solutions
- Phase 5: Workplace Stress
- Phase 6: Household Stress
- Phase 7: Family Stress
- Phase 8: Stress-free Personality
- Phase 9: Stress-free Environment
- Phase 10: Less Stressed for Life
- Program Evaluation
- Program Resources

Stress Planner

Journal Archive

4.

Phase 1: Stress Basics

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 Review 1.

Step 1: What is stress?

We know what situations cause us to feel stressed, such as deadlines, overdue bills, and noisy neighbors. We know how stress makes us feel. We may become anxious, break out in a sweat, or develop a headache or upset stomach.

However, even though we often talk about "being stressed," we rarely think about what stress really is. Stress occurs when a situation or event in our environment challenges our ability to respond to it.

Stress doesn't always result from unpleasant events, nor is it always bad for you. Many situations, such as getting married or being in a beautiful vacation setting, can be stressful. A little bit of stress can keep you motivated and active. But stress that happens too often or lasts too long can be harmful.

2.

Stress: Responses vary

Stress is like pain in that there is tremendous variation in individual responses. For some people, buying milk is incredibly stressful, while others seem to thrive on large amounts of daily stress. Where you fit on that scale can change.

And you can adjust your life to produce less stress and find new ways to cope and better manage stress. This program will help you learn how to do just that.

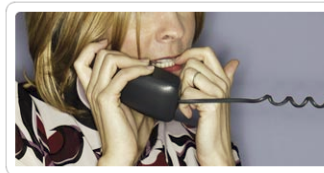
Stress: Sometimes quick, sometimes long-lasting

Stress can also affect you differently depending on the situation.

- Acute stress comes from a short-term event like trying to meet a deadline you'd forgotten about.
- Episodic acute stress results when people's lives are hectic or disorganized, and they frequently have to cope with stressful demands.
- Chronic stress is the result of having to deal with a long, difficult situation that you can't seem to escape. Examples might be large debts, unhappy marriages, or painful memories from childhood.
- Post-traumatic stress disorder is a condition that can develop after you experience profound emotional trauma.

Journaling — a powerful tool

During this program, you'll be asked to keep an online journal. A journal is a powerful tool for change. You can use it to keep track of the problems that are causing you stress and explore some methods of stress management. You'll learn more about journaling in Phase 2, Step 1.



3. Journaling Activity

Launch your journal by clicking the "Launch Journal" button. Then, in the journal window, answer the questions.

- What are you feeling about my life right now?
- What are you thinking more about how to manage my life and physical health be improved?

LAUNCH JOURNAL

Optional

Thought

The goal of stress management is not to get rid of all stress. The goal is to find just the right amount of stress that keeps you moving and motivated, but doesn't overwhelm you.

For today...

- Click the 'Stress Planner' navigation button and update your Stress Planner. You can use the planner to track your daily stress levels, as well as record the stress management techniques you use each day.

GO TO NEXT STEP

5.

Completing Phases and Steps

To complete your individual action plan, you need to do 10 Phases over 10 weeks.

1. Each Phase includes 7 readings and a review. You can only advance 1 Phase per week.

2. Each Step is a brief, informative reading with a review at the end.

3. Journaling is optional if you want to keep track of your successes and challenges along the way.

4. The links on the left give you quick access to your Planner at anytime.

5. Advance to the next step by clicking the "Go to the next Step" button.



Lifestyle Improvement Program Stress Management

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health.

Secure Messages (1 new) Rewards [check status](#)

- Lifestyle Programs Home
- Stress Management Readings
 - Phase 1: Stress Basics
 - Phase 2: Mental Solutions
 - Phase 3: Physical Solutions
 - Phase 4: Lifestyle Solutions
 - Phase 5: Work-related Stress
 - Phase 6: Household Stress
 - Phase 7: Family Stress
 - Phase 8: Stressful Personality
 - Phase 9: Stressful Environment
 - Phase 10: Less Stressed for Life
 - Program Evaluation
 - Program Resources
- Stress Planner
- Journal Archive

Phase 1: Stress Basics

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 **Review**

1.

1. What are 4 main types of stress?

- Acute stress
- Episodic acute stress
- Chronic stress
- Post-traumatic stress
- Work stress

2. What are 4 common sources of stress?

- Worrying about doing your job well
- Problems with family members
- Going out to dinner
- Money worries
- Health problems

3. Select 2 body functions that increase when an individual becomes stressed.

- Heart rate
- Blood pressure
- Cholesterol levels

4. Select 3 physical and emotional symptoms that people often notice when they're overloaded with stress.

- Headaches
- Back, shoulder, or neck pain
- Relaxed muscles
- Irritability

5. Select 3 personality characteristics that tend to make a person be more affected by stress.

- Type A personality
- Low self-esteem
- Perfectionism
- Enjoying challenges

6. During Phase 1, how many days were you able to try the stress management techniques listed in your Stress Planner?

- 0-1 days
- 2-3 days
- 4-5 days
- 6-7 days

7. During Phase 1, for how many steps were you able to follow the "For today..." suggestions in the readings?

- 0-1 steps
- 2-3 steps
- 4-5 steps
- 6-7 steps

8. During Phase 1, for how many steps were you able to complete the Journaling Activity?

- 0-1 steps
- 2-3 steps
- 4-5 steps
- 6-7 steps

9. In Phase 1 of the Stress Management program, you were asked to set a long-term goal for stress reduction. How much progress do you feel you've made toward achieving that long-term goal so far?

- I have made little to no progress toward achieving my long-term goal.
- I have made some progress toward achieving my long-term goal.
- I am about halfway toward achieving my long-term goal.
- I have made significant progress and am close to achieving my long-term goal.
- I have achieved my long-term goal.

2.

The Review

1. After reading the 7 Steps, you can quiz yourself on what you've learned.

2. The Review is a multiple-choice quiz based on the information you've read in the 7 Steps.

3. After answering all of the questions, click the "submit" button to see how you did and complete the Phase.

You don't have to get the answers correct in order to move forward, and it does not impact your gold status in any way.

Click 'submit' to continue.

Submit

3.

Lifestyle Improvement Program
Stress Management
Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Secure Messages (1 new) Rewards check_status

- Lifestyle Programs Home
- Stress Management Readings
 - Phase 1: Stress Basics
 - Phase 2: Mental Solutions
 - Phase 3: Physical Solutions
 - Phase 4: Lifestyle Solutions
 - Phase 5: Workplace Stress
 - Phase 6: Household Stress
 - Phase 7: Family Stress
 - Phase 8: Stress-Free Personality
 - Phase 9: Stress-free Environment
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- Program Evaluation
- Program Resources
- Stress Planner
- Journal Archive

Phase 1: Stress Basics

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 Review

you answered 5 out of 5 questions correctly. Review your answers below to reinforce what you've learned.

- ✓ **What are 4 main types of stress?**
Your answers: Acute stress, Episodic acute stress, Chronic stress, Post-traumatic stress
Correct answers: Acute stress, Episodic acute stress, Chronic stress, Post-traumatic stress
Acute, episodic, chronic, and post-traumatic stress are the main types of stress that affect people. Depending on the circumstances, work stress would most likely fit into the acute, episodic, or chronic stress categories.
- ✓ **What are 4 common sources of stress?**
Your answers: Worrying about doing your job well, Problems with family members, Money worries, Health problems
Correct answers: Worrying about doing your job well, Problems with family members, Money worries, Health problems
Other common sources of stress are having too much work responsibility, not having enough time, legal problems, death of loved ones, health problems, and problems with relationships.
- ✓ **Select 2 body functions that increase when an individual becomes stressed.**
Your answers: Heart rate, Blood pressure
Correct answers: Heart rate, Blood pressure
Other body functions that change due to stress include breathing more rapidly or holding your breath.
- ✓ **Select 3 physical and emotional symptoms that people often notice when they're overloaded with stress.**
Your answers: Headaches, Back, shoulder, or neck pain, Irritability
Correct answers: Headaches, Back, shoulder, or neck pain, Irritability
People experience a wide range of physical and emotional symptoms of stress. Other symptoms include rapid breathing or holding the breath, flushed face, digestive problems, anxiety or cold hands, clenched jaw, fatigue and trouble sleeping, weight gain or loss, skin break-outs, catching colds or flu, anxiety, depression, anger, difficulty concentrating, decreased interest in one's surroundings, and mood swings.
- ✓ **Select 3 personality characteristics that tend to make a person be more affected by stress.**
Your answers: Type A personality, Low self-esteem, Perfectionism
Correct answers: Type A personality, Low self-esteem, Perfectionism
Additionally, feeling that their lives are controlled by outside forces can also make people more easily affected by stress. Those who enjoy challenges and look for adventure seem to be better able to cope with stress.
- ➔ **During Phase 1, how many days were you able to try the stress management techniques listed in your Stress Planner?**
Your answer: 6-7 days
- ➔ **During Phase 1, for how many steps were you able to follow the "For today..." suggestions in the readings?**
Your answer: 4-5 steps
- ➔ **During Phase 1, for how many steps were you able to complete the Journaling Activity?**
Your answer: 2-3 steps
- ➔ **In Phase 1 of the Stress Management program, you were asked to set a long-term goal for stress reduction. How much progress do you feel you've made toward achieving that long-term goal so far?**
Your answer: I have made some progress toward achieving my long-term goal.

GO TO NEXT PHASE

Congratulations!

You have completed Phase 1 of 10.

1. The correct answers are here to reinforce what you read in the Steps.

2. Click this button to continue on to the next Phase.

Remember:

- 1 Phase = 7 Steps and 1 Review.
- Only 1 Phase per week.
- You must complete all 10 Phases by June 30, 2010.
- You must complete 50 Planner entries by June 30, 2010.

2.



exercise



meals



walking



stress

Accessing your Planner



Accessing your Planner

1. Get to the stress management individual action plan by selecting it from the left navigation bar.

Home Health Topics Living Healthy King County Links

My Message Center
You have 1 new message!

Step 1 - Take the WAQ
Wellness Assessment Questionnaire

Step 2 - After you Complete your WAQ then Complete an Action Plan
My Individual Action Plan Confirmation

Jump To:
Exercise Program
Nutrition Program
Stress Mgmt Program
Weight Mgmt Program

Step 3 - Healthy Incentive Rewards
What is my Benefit Status?

My Records and Information
Health Topics
WebMD Symptom Checker
Health Management Centers
Health Record
Health Trackers
Calendar

WebMD Newsletters
Receive a Free WebMD Email Newsletter

News

You're almost there.
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[Go to my Individual Action Plan from WebMD now.](#)

Welcome, stageuattestf06!

My Health Guide

Recommendations based on your health profile:

- Getting Started
 - Swine Flu (CDC)
 - Go To Health Record
 - Take or Update the Women's Health Assessment
 - Message Center
 - Swine Flu FAQ
- News For You
 - Food Recall Hits Big Chain Stores

Listeria contamination has led Parkers Farm Inc. to recall peanut butter, cheese, salsa, and other foods from a long list of major food retailers.

Recently Visited Pages

- WebMD Lifestyle Improvement Program: Nutrition
- Lifestyle Improvement Programs
- Wellness Assessment Questionnaire

Topics of Interest

- Add Interests

Coaching

A WebMD Health Coach health goals or offer su action plans. If you wo expertise of a health c 1-866-584-6813.

Rewards

What is your Healthy I

Check the Healthy Ince next steps and verify t towards your out-of-p

In Focus - WebMD®

New Mammogram S

The U.S. Preventive S that women who aren' getting mammograms ; previously recommend the new mammogram ;

- See Full Article



1. Access your Planner by selecting it from the icons in the box labeled "Your Planners".



Lifestyle Improvement Programs: Home

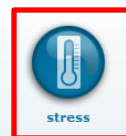
Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

[Secure Messages \(1 new\)](#) [Rewards check status](#)

- Lifestyle Programs Home
- Exercise Overview
- Nutrition Overview
- Stress Management Overview
- Weight Management Overview

Your Planners

1.



Next Steps

stageuattestf30, find links below to the next readings for your selected Lifestyle Improvement Program.

◆ [Stress Management: Phase 1, Step 1](#)

More Lifestyle Improvement Programs

The programs below offer practical information and tools for improved health and a healthier lifestyle. Consider if any might be right for you.

- ◆ [Nutrition](#)
- ◆ [Weight Management](#)
- ◆ [Exercise](#)

Commit to Health

Increased public awareness and positive individual actions with regards to tobacco use, lack of exercise, poor nutrition, stress, weight problems, and mood have resulted in a significant reduction in heart disease and cancer rates over the last 10 years. You can be a part of this trend, too. Make the commitment to lifestyle improvements today. All of the Lifestyle Improvement Programs contain valuable information in a simple step-wise format to help you achieve the results you desire!

Act Now to Reduce Your Risks

The Centers for Disease Control and Prevention include smoking, lack of exercise, poor nutrition, stress, overweight, and depression at the top of the list for risk factors that cause major chronic diseases, such as heart disease, diabetes, and cancer. Act now to stay healthy. Reduce these risks with the Lifestyle Improvement Programs.



Setting up a Stress Management Planner



Lifestyle Improvement Program **Stress Planner**

Learn more about making better choices for a healthier future. The readings and planners provide pra
[Secure Messages \(1 new\)](#) [Rewards check status](#)

- Lifestyle Programs Home
- Stress Management Readings
- Stress Planner
- Journal Archive

Stress Planner

Your Stress Planner is the place to rate your daily stress level and record the stress management techniques you use each day.

Daily Stress Planner Weekly Stress Levels

January 16, 2010

Your Stress Level
Click the icon that best describes your stress level today

low medium high

Stress Management Techniques
Select the stress management techniques you used today

- Journaling
- Meditation
- Mental imagery
- Autogenic training
- Interrupting negative thoughts
- Positive self-talk
- Progressive muscle relaxation

1.

2.

3.

Your Stress Planner entry screen

The Stress Planner entry screen will help you to keep track of your daily stress level, and the types of stress management techniques you used on that day.


1. Click the icon that best describes your stress level today.

2. Click the box next to the different stress management techniques you used today.

3. Navigating between days is easy using the arrows or calendar in the upper right hand corner.

Next Steps

- don't forget to...
- Read the next step in Stress Management: Phase 1, Review Answers
 - View your past journal entries






Lifestyle Improvement Program
Stress Planner
Learn more about making better choices for a healthier future. The readings and planners provide pra

Secure Messages (1 new) Rewards check status

- Lifestyle Programs Home
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Stress Planner
Your Stress Planner is the place to rate your daily stress level and record the stress management techniques yo

Daily Stress Planner Weekly Stress Levels

Your Stress Level	Stress Management Techniques
<p>Click the icon that best describes your stress level today</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>low</p> </div> <div style="text-align: center;">  <p>medium</p> </div> <div style="text-align: center;">  <p>high</p> </div> </div>	<p>Select the stress management techniques you used today</p> <ul style="list-style-type: none"> <input type="checkbox"/> Journaling <input checked="" type="checkbox"/> Meditation <input type="checkbox"/> Mental imagery <input type="checkbox"/> Autogenic training <input checked="" type="checkbox"/> Interrupting negative thoughts <input checked="" type="checkbox"/> Positive self-talk <input checked="" type="checkbox"/> Progressive muscle relaxation

1.

2.

Entering activity in your Stress Planner

1. This entry indicates a medium level of stress.


2. Remember you must click the box next to the different stress management techniques used. This entry indicates the Meditation, Interrupting negative thoughts, Positive self-talk, and Progressive muscle relaxation techniques were used on this day.

It is recommended that each day that you record your stress level and stress management techniques used you read one Step in a Stress Management Phase.

Next Steps

stageuattestf30, don't forget to...

- ♦ [Read the next step in Stress Management: Phase 1, Review Answers](#)
- ♦ [View your past journal entries](#)



Lifestyle Improvement Program
Stress Planner
Learn more about making better choices for a healthier future. The readings and planners provide practical info

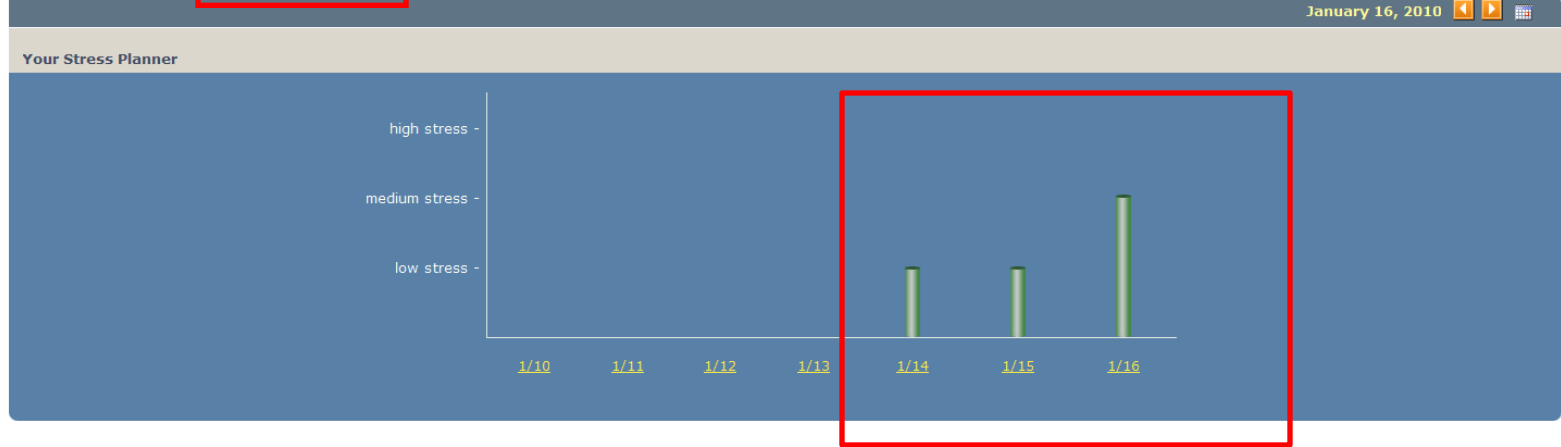
Secure Messages (1 new) Rewards check status

- Lifestyle Programs Home
- Stress Management Readings
- Stress Planner
- Journal Archive

Stress Planner

Your Stress Planner is the place to rate your daily stress level and record the stress management techniques you use each day.

Daily Stress Planner Weekly Stress Levels **1.**



Next Steps

don't forget to...

- Read the next step in Stress Management: Phase 1, Review Answers
- View your past journal entries

Tracking your activity in your Planner

1. Track your progress by selecting the "Weekly Stress Levels" tab at the top of the Stress Planner.

This is a good way to confirm that your activity has been recorded.

It's also a great way to watch your progress throughout the 10 week period that you are reading and making entries.



Congratulations!

After you've completed all 10 Phases and 50 Planner entries, you will have completed your Individual Action Plan and earned gold.

1. You may now click this button to print a certificate of completion.



Lifestyle Improvement Program | **Stress Planner**

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Secure Messages ([1 new](#)) **Rewards** [check status](#)

- Lifestyle Programs Home
- Stress Management Readings
- Weight Management Readings
 - Phase 1: The Beginning
 - Phase 2: Nutrition Basics
 - Phase 3: Exercise Basics
 - Phase 4: Healthy Strategies
 - Phase 5: Workout Knowledge
 - Phase 6: Planning for Success
 - Phase 7: Mind and Spirit
 - Phase 8: Fresh Ideas
 - Phase 9: Recruiting Help
 - Phase 10: Staying On Track
 - Program Evaluation
 - Program Resources

Congratulations! You've completed the program.

Even though you have finished this Lifestyle Improvement Program, you can continue to use its features to support your efforts. The readings, journal, and related planner will be available to you at any time. To access them, click '**Lifestyle Programs Home**'.

You have made great strides in improving your health and well-being. In recognition of your achievement, you can print out a Certificate of Completion by clicking '**Print Certificate**'.





Healthy Incentives Rewards Dashboard

Welcome to the King County Healthy IncentivesSM Rewards Dashboard! This dashboard works through the Healthy IncentivesSM program requirements. In your current snapshot status, your selected Individual Action Plan, a history of program requirements that have color status and a series of Frequently Asked Questions to help you better understand the program.

Your individual color status reflects your progress to date. In July your "family" color status for the following year, will be mailed to your home. As in years past, your family color status includes you, your spouse or domestic partner if covered by King County benefits.

Secure Messages ([0 new](#))

Your Rewards Dashboard

Be sure to check your Rewards Dashboard which records your progress along with the date of completion of the Wellness Assessment and your individual action plan.

Benefit Status **Lifestyle Improvement Program Tracker**

The King County Healthy IncentivesSM Program rewards you for taking active steps to learn about and improve your health. Healthy IncentivesSM has three out-of-pocket expense levels that are determined by participation: gold(you pay the least), silver(middle level) and bronze(you pay the most). Your out-of-pocket level is determined by taking the Wellness Assessment and completing an Individual Action Plan. **Taking the Wellness Assessment by Jan. 31, 2010 earns you the silver out of pockets expense level and is the first step toward earning gold.** Following up by **completing an Individual Action plan by June 30th earns you gold status!**

Please note: If you have enrolled in the Free and Clear Smoking Cessation program, King County Live Well Challenge or Weight Watchers at Work programs, the Activity History related to those programs is updated incrementally during the program period, with the final program completion results loaded by July 1. If you don't see the individual color status you expected in the Benefit Status program tab, please check back after July 1 for possible updates. If you have any questions about your individual color status or the Healthy IncentivesSM Rewards Program, please click on the FAQ link below or contact a WebMD Customer Service Representative at **866-584-6813**.



[My Action Plans](#)

Actions

- Free and Clear Program Completion
- King County Live Well Program Completion
- Weight Watchers at Work Program Completion
- WAQ Completed
- WebMD Lifestyle Improvement Program Completion

Frequently Asked Questions

- [What is the Healthy IncentivesSM Program?](#)
- [What is the Healthy IncentivesSM Dashboard?](#)
- [What is the Free and Clear Smoking Cessation Program?](#)
- [What are the WebMD Lifestyle Improvement Programs?](#)
- [What is the King County Live Well Challenge?](#)
- [What is the Weight Watchers at Work® Program?](#)

History

The following list is a record of the activities you have completed, and the Individual Benefit status achieved.

Actions completed

11/30/2009	WebMD Lifestyle Improvement Program Completion
11/13/2009	WAQ Completed
11/13/2009	Healthy Incentives Web site Registration

Individual Benefit Status

11/13/2009	Bronze . Conf#: 86868633-190000110
11/13/2009	Silver. Conf#: 7542196-190000112
11/30/2009	Gold. Conf#: 84708250-190000090