Healthy Journey 2019

The AMITA Health Wellness Team invites you to join Healthy Journey 2019

Our goal at AMITA Health is to improve the quality of life of the patients and communities we serve, but too often we are so focused on taking care of others that we forget about our own health and wellness. That’s why the Wellness department is dedicated to inspiring healthy behaviors in you! Healthy Journey offers a variety of programs with the chance to earn prizes!

Who can participate? You are eligible to participate in Healthy Journey if you are:
- Eighteen (18) years of age and,
- An AMITA Health associate or,
- Independent Contractor, Student, Intern, Volunteer or otherwise employed at an AMITA Health facility

The Wellness team encourages all associates to participate. You do not need to be benefit eligible to take advantage of this program.

Incentives:
- Wellness-related prizes (see portal for details)
- AMITA Health medical insurance premium discounted bi-weekly rate (up to $600 annually)

How to qualify: Complete the following within 60 days of your official start date:
1. The on-site biometric screening (including blood pressure, body composition and a fasting blood draw)
   - Available at day one of orientation between 7:30 and 8:30 am
   - 8–12 hours of fasting is required for the blood draw (you may have water and regular medications only while fasting)
   - If you have had a lipid panel (Cholesterol, HDL, LDL, and Triglycerides) and fasting glucose test completed since October 1, 2018, you may bring a copy of your results to the screening as completion of that station
2. The online Health Risk Assessment (HRA)
   - After completing the screening, you will receive instructions on how to access the online portion of the program

Please send all questions to the Wellness department
AMITAHealthWellness@AMITAhealth.org

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