



## Wellness PATH

Promoting Action Towards Health Program

### What is a Wellness PATH?

It's an employer's strategic approach to promoting wellness and encouraging workers to take proactive steps toward their health and well-being. Facilitated through Vitality, the program is available to ministries with workers enrolled in the Concordia Health Plan.

Establishing foundational wellness initiatives and increasing engagement with Vitality have been shown to reduce health risks and improve overall well-being.

Things to consider:

- What health risks are your workers most concerned about?
- How are your workers currently engaging with Vitality?
- Will you require eligible spouse participation?
  - If so, will spouses also be eligible for rewards?

### What are my options?

1. Choose from four available pathways:

- **Foundation:** Completion of Vitality Health Assessment AND Biometric Screening
- **Foundation + Add-on Strategy A:** Tiered reward for achieving Vitality statuses Silver, Gold and Platinum
- **Foundation + Add-on Strategy B:** Reward for achieving Vitality status of Gold
- **Foundation + Add-on Strategy C:** Reward for achieving Vitality status of Platinum

2. Choose your reward:

- **Ministry-administered rewards:** Gift cards, health plan premium discounts, payroll credits, health savings account or health reimbursement arrangement contributions
- **Vitality rewards:** Instant Rewards or exclusive offers within Vitality, including gift card vouchers or Vitality Mall coupons

### How will I be supported?

Concordia Plan Services is committed to helping you implement a successful wellness strategy. We will support you every step of the way, from selecting your Wellness PATH to promoting activities that engage your workers.

### Interested in learning more or ready to get started?

Contact your Account Manager or Kelly Menke, Health and Wellness Educator, at [Kelly.Menke@ConcordiaPlans.org](mailto:Kelly.Menke@ConcordiaPlans.org)