



# COLORADO

## STATE OF HEALTH

State Wellness Program

### THREE PATHWAYS: INTENSIVE, SUPPORTIVE & SELF-DIRECTED

With STATE OF HEALTH, you can choose one of three pathways to pursue based on your health needs and goals.

**Eligibility:** You must be enrolled in a State medical plan through Cigna or Kaiser Permanente to participate in the program.

#### INTENSIVE PATHWAY

- For those with one or more chronic conditions
- Physician/health coach integration and collaboration
- Ten 45-minute health coaching sessions
- Health skill groups and other resources for developing a healthy lifestyle
- Portal access to risk-specific health improvement resources
- Online fitness resources
- Cigna members work with Everside Health coaches and physicians
- KP members will work with the KP health coaching team and physicians

#### SUPPORTIVE PATHWAY

- For those with one or more chronic conditions
- Ten 45-minute health coaching sessions
- Health skill groups and other resources for developing a healthy lifestyle
- Portal access to risk-specific health improvement resources
- Online fitness resources
- Cigna members work with Cigna health coaches and their preferred physician
- KP members will work with the KP health coaching team and physicians

#### SELF-DIRECTED PATHWAY

- For those who are not at risk for chronic conditions should join the self-directed pathway
- Works with skill groups, which are 45-minute virtual discussions facilitated by a health coach
- Portal access to risk-specific health improvement resources

All participants, regardless of pathway, receive: gym discounts, coach-led skill groups, free live and recorded virtual fitness classes, wellness tracking tools, and health resources through the portal. Complete steps throughout the year and you can earn a \$20 monthly premium discount, in addition to reaching your optimal state of health.



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## STEPS TO COMPLETE FOR EACH PATHWAY

### Intensive and Supportive Pathways

#### Step 1: Orientation/Intake

- Meet with your health coach, complete the Health Engagement Questionnaire (HEQ) and then receive workbook materials and information on how to complete a required biometric screening.

#### Step 2: Baseline Assessment

- Complete your baseline assessment by reviewing your biometric screening results with your health coach and set initial goals. Your health coach helps you schedule time with the skill groups. (*Biometric screening optional for Supportive*).

#### Step 3-5: Action Planning Sessions

- Create your action plan with a health coach and follow it. In a later session, you, your health coach, and primary care physician meet virtually to review and discuss. (*No physician involvement in Supportive*).

#### Step 6-9: Supportive Check-In Sessions

- Every 90 days you meet with your health coach to review your progress and receive guidance. Once the program is completed in the first year, you will meet with your health coach annually.

### Self-Directed Pathway

#### Step 1: Visit the Portal

- Receive a link to the STATE OF HEALTH portal where you will create your account and explore the portal's wellness resources.

#### Step 2: Baseline Assessment

- Complete the Health Engagement Questionnaire (HEQ) in order to track your progress.

#### Step 3: Action Planning

- Complete your action plan steps (initial goals, lifestyle activities, and blueprint for a healthy lifestyle).

#### Step 4: Earn the Incentive

- Complete steps 1-3 in addition to seeing your PCP within the last 12 months, as well as attend at least one skill group.