Activate the Action Plan

COLORADO
STATE OF HEALTH
State Wellness Program

Complete the Action Plan and earn the Wellness Credit Incentive

The Action Plan program can be accessed on the portal through the Programs feature listed on the left blue menu. The cornerstone of the program is providing the Actions in a sequence designed to support your wellbeing while helping build and achieve healthy habits and skills that can last you a lifetime.

All eligible employees can participate in the program on an annual basis.

There are five required program Actions to complete the program. Each Action module becomes accessible upon completing the previous Action. You will be able to view helpful information throughout to guide you through the program.

Employees who activate and complete the Action Plan program will earn the $20 monthly wellness credit incentive each year. Employees can choose to enroll in the program during one of three program Cycles (January, May, and September) each year.

You can choose to complete the program on the schedule that best suits your needs though it is recommended and designed to be achieved in a couple of months.

Activate the Action Plan Now
- Navigate to the left blue menu and select "Earn My Incentive"
- Find "Action Plan" and click "View" to get started

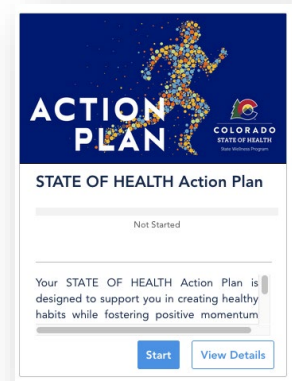**The Action Plan guides you to do these healthy practices:**

Action 1 - Complete the Health Engagement Questionnaire(HEQ) *

Action 2 - Set Your Goals

Action 3 - Complete Your Blueprint for a Healthy Lifestyle

Action 4 - Schedule and Attend a Skill Group

Action 5 - Visit your primary care provider

ACTION PLAN

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STATE OF HEALTH Action Plan

Not Started

Your STATE OF HEALTH Action Plan is designed to support you in creating healthy habits while fostering positive momentum

Start   View Details

Once you have completed all the requirements of the Action plan, you will earn your incentive in your paystub following the end of the Cycle you complete the program.

*Please note: there is not a separate line item on your paystub indicating the incentive. Your paycheck will simply be $20 higher than previous months.

*Kaiser Permanente Plan Members in the Intensive and Supportive Pathways are required to complete additional HEQs on the KP.org portal during the program.

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Need help? Contact us at statewellness@healthbreakinc.com