

WV PEIA  
IMPROVE

OUR

CORE




## Sign Up

Sign up for the PEIA Improve Your Score Program and you might be eligible to receive a cash reward!

All you have to do is:

- Participate in a Pathways health screening
- Score within the green (\$50) or yellow (\$25) range



## How does it work?

The scores are determined by achieving ideally healthy ranges (green) for four measures as follows:

- Your total cholesterol (200mg/dl or less)
- Your Body Mass Index (25 or less)
- Your blood pressure (120/80)
- Your glucose or blood sugar (100mg/dl or less)

Every year that you participate, you will be provided a report card which will show your trends over time. And, each year that you score in a healthy range you will be entitled to the reward.

If your combined score is within the green or yellow range, you will receive a cash rebate. If you score a red or yellow then let us help you achieve a better health rating! If you are already in the green then we will try to keep you there. We now have a variety of programs designed to meet your needs in the areas of tobacco cessation, weight management, diabetes management, fitness and nutrition.



## Interested?

Contact your Pathways to Wellness Worksite Coordinator or read about it on our website: [www.peiathways.com](http://www.peiathways.com)