



My Care Checklist Helps Keep You Well — and Earn Points

Most of us take preventive care seriously when it comes to our homes and cars, but sometimes we aren't as diligent about personal preventive care as we could be. But **PATH** encourages you to follow preventive care recommendations by offering you incentive points when you do!

You'll find your **My Care Checklist** (MCC) on **PATH** under **Health**. Based on your age and gender, MCC recommends preventive care exams. And PDRMA Health's PPO and HMO medical plans cover those exams at 100 percent. In addition, you'll receive 250 **PATH** points for each preventive exam you complete!

As of July 1, 2021, if you are in the PPO medical plan, your preventive exams will upload to MCC each month...





What Are PATH's Healthy Habits for August and September?

When you focus on one thing at a time, it's often easier to get it done and be more successful. That's why **PATH** has monthly Healthy Habit Challenges to encourage you to focus on developing a habit that's good for you. And if you meet the one-week challenge each month, you can earn incentive points as well!

During August, **PATH** will focus on an oldie-but-goodie health challenge — letting go of stress. This time, the challenge is to learn how to **Stress Less in 10 Minutes**. And who couldn't use a tool to help us let go of stress quickly?



Challenge Yourself in the Mediterranean

Add some virtual travel to your end-of-summer calendar by competing in **PATH's Explore the Mediterranean Challenge** in August. The Mediterranean Sea has one of the most beautiful coastlines in the world — and you can visit it virtually, as you and your agency team compete against other PDRMA Health agencies in a race through southern Europe!

Registration opens Aug. 16 for this four-week challenge that runs from Monday, Aug. 23, through Sunday, Sept. 19. You have three opportunities to win **PATH** points as an agency team, three chances to win extra points as an individual participant...



Preventive Care Helps You Stay Well — and Earns You PATH Points

If our page 1 article about **PATH's** My Care Checklist has you thinking about personal preventive exams and activities, you should download the **United States Preventive Services Taskforce's app**. This app allows you to see — and use — the tool many primary care physicians (PCP) rely on to recommend screenings, counseling and/or preventive services for patients....



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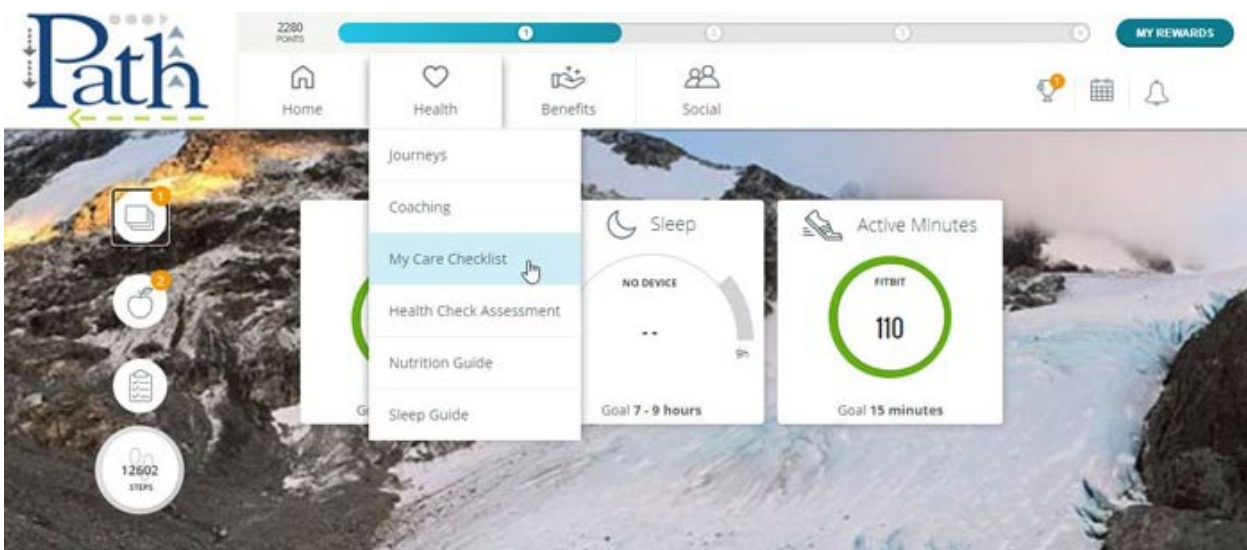


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you complete!



As of July 1, 2021, if you are in the PPO medical plan, your preventive exams will upload to MCC each month. If you're in the HMO — or not participating in our medical plan — you can manually log your exams to receive **PATH** points. Please note that everyone must manually log their dental exams. MCC also reminds you about staying up to date with your preventive exams.

As with all your other information, **PATH** keeps your preventive information private and secure.

To learn more about MCC and/or to opt out of the automatic upload to **PATH** of your preventive information, click [here](#) to watch our how-to video.

Let **PATH** help you be diligent about your preventive care! ♦



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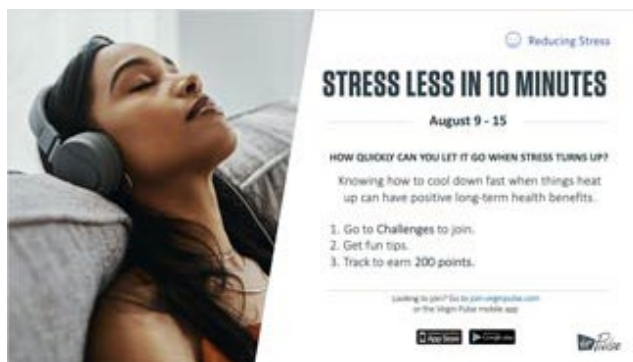
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During August, **PATH** will focus on an oldie-but-goodie health challenge — letting go of stress. This time, the challenge is to learn how to **Stress Less in 10 Minutes**. And who couldn't use a tool to help us let go of stress quickly? Knowing how to cool down fast when things heat up can have positive, long-term health benefits, too. Look for an email invitation from PDRMA Health on Sunday, Aug. 8, to join the

challenge that runs Aug. 9 through Aug. 15. Each day you'll receive tips and then have the chance to earn 200 points when you track your activity five days of the week.

When you accept the September **Device-Free Zone Challenge**, you'll be getting a better night's rest by removing electronics from your bedroom. You'll receive an email from PDRMA Health on Sunday, Sept. 12, with your invitation to join this Healthy Habit challenge. For one week, you'll remove your cell phone from your bedroom and turn off your bedroom television from Sept. 13 through Sept. 19. And you can again earn 200 points when you track your activity five days of the week.

Not only do monthly Healthy Habits focus your attention on specific topics and challenge you to improve your well-being, but each one comes with the opportunity to track your progress to earn 200 **PATH** incentive points! Be sure to register when you receive your challenge emails from PDRMA Health in August and September! ♦





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Registration opens Aug. 16 for this four-week challenge that runs from Monday, Aug. 23, through Sunday, Sept. 19. You have three opportunities to win **PATH** points as an agency team, three chances to win extra points as an individual participant, and all participants can earn 1,000 points for maintaining an average number of daily steps:

- The top three agencies (based on the highest average number of all participants' steps) earn 1,000 **PATH**



points per team participant for first place, 750 points per team participant for second place and 500 points per team participant for third place. Plus, the first-place agency wins custody of our infamous clown statue for the next year!

- If your average number of steps throughout the challenge earns you first, second or third place among all participants, you'll earn 1,000, 750 or 500 **PATH** points, respectively.
- Everyone who averages at least 7,000 steps per day throughout the challenge earns 1,000 **PATH** points!

Watch for more challenge information and a video available in your inbox and on **PATH** Aug. 2!

Step It Up to a Better You Challenge Results

You were part of some friendly — and motivating — competition if you were one of the 483 people who participated in **PATH's Step it Up to a Better You Challenge** in June. But if you missed it, you might still be impressed by everyone's accomplishments and end-of-challenge standings!



- Together, participants traveled a total of 49,803 miles.
- All those miles equal more than 99 million steps, averaging out to 206,222 per person — or 9,820 steps per day.
- 123 teams competed, and 55 percent of them achieved all five challenge stages.

The top three teams were:



BPD
Burbank/Bloomington/Woodridge
Park District



Car Ramrod
Tinley/Waukegan Park Districts and
Northwest Special Recreation
Association



**Round Lake Area
Park District**
Round Lake Area Park
District

We'd love to hear your thoughts on the Step It Up Challenge, even if you didn't participate. Please click [here](#) to complete the survey and share your opinions. ♦





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Once you download the app, enter your age, height, weight, gender and answer some personal lifestyle questions. Based on your information, the tool provides a list of

recommended exams. PDRMA Health plans — both PPO and HMO — will cover all A&B exams listed at 100 percent, so be sure to click the A&B exams tab.

Remember that this app does not replace your PCP's recommendations for preventive exams and actions you should take; your PCP knows your personal and family medical history and will consider both when making recommendations.

To learn more about preventive health services available to adults, women and children, you might want to visit the [federal government's website](#). The services mentioned there are available at no cost to you, if you receive them from PDRMA Health's PPO and HMO in-network professionals.

Take a few minutes to explore your preventive health options and learn the different ways you can maintain your well-being at no cost — and earn **PATH** incentive points! ♦

