



WELCOME TO THE 2021 UNITED STEELWORKERS MAP YOUR HEALTH PROGRAM BY GO ONLINE WELLNESS!

KNOW YOUR POSITION. Every good journey needs a compass. Your Health Risk Assessment (HRA) and Health Screening tell you your current position. Complete your personal and private Health Risk Assessment (HRA) and Health Screening to learn about your current health risks. Health and wellness start at home, therefore, **both employee and spouse/domestic partner must complete the health assessment and health screening to earn the \$500 HRA contribution.** Deadline is September 30, 2021 to qualify!

ASK FOR DIRECTIONS. Get great health information tools and resources in your Map Your Health wellness program to guide you to your healthiest life. Keep track of your daily physical activity. Use Wellness Challenges to learn and practice healthy habits.

EARN INCENTIVES. Living healthy is the destination, and the United Steelworkers Map Your Health program rewards you along your journey. All rewards earned in 2021 become available for reimbursement of eligible expenses on January 1, 2022. After you complete your 2021 HRA and Health Screening, you will be eligible for the incentives below:

Qualification Deadline: September 30, 2021

Rewards for Participating

Know Your Position Incentives
Health Risk Assessment &
Health Screening \$250 for
Individual | \$500 for Family*
(Online & Paper Options
Available)

Stay on a Healthy Path Incentives
Maximum of \$125 per Wellness Cycle
Wellness Cycle: 1/1/2021-6/30/2021
Wellness Cycle: 7/1/2021-12/31/2021
(Online Only)

In the Map Your Health challenge,
you must complete the Health
Risk Assessment (HRA) and
Health Screening to access the
Stay on a Healthy Path activities
and incentives.

New Paths to Your Healthy Rewards:
\$20 Create Your Online Account
\$20 Create & Track Wellness Goal
\$60 Complete any 6-Week Challenge
\$10 Achieve Challenge Milestone
\$20 Complete Targeted Health Plan (\$5
per Plan- up to 4)
\$10 listen to wellness podcast (up to 3)
\$2 per 30-minutes of daily
activity tracked

HOW TO SIGN-UP:

Visit www.uswellness.us
to login or create your account.

Complete your HRA & Health Screening

**Onsite Clinics in Pittsburgh
coming 6/18 & 6/19**

**Home Health Kits also available
Onsite Health Diagnostics in 2021**

Remember: Both employee &
domestic partner/spouse must
complete the HRA & Health
Screening in order to qualify

**Need help?
Call Go Online at
844-608-8694, ext. 101**

We wish you the best of health in 2021!