

INSTRUCTIONS FOR ENROLLING IN THE STATE HEALTH PLAN HEALTH ENGAGEMENT PROGRAM

1. Navigate to the State Health Plan's web site at www.shpnc.org
2. In the green section, mid-page, click on the My Personal Health Portal link.



Like Us on Facebook | Stay Con

About the
State Health Plan

Plans for
Active Employees

Plans for
Retirees



Questions about planning or
saving for retirement?

Attend an NC Total Retirement
Readiness Fair starting in June!

Prepare for your future!



Enroll Now



Find a Doctor



My Personal Health Portal



Health Benefits Estimator



Rate Calculator



Member Login

3. Sign in with your User name and Password specific to this portal. Your UNC onyen and password will not work! If you are new to the Personal Health Portal, click on Create an Account and proceed through the registration steps. **Click on the "I forgot my..." links to reset your user name and/or password.**



Discover a Healthier You!

Inside you'll find all the resources, guidance and support you need to reach you start down the path to a healthier lifestyle today.

! Please note that this website will be unavailable on Saturday, 06/18/201 scheduled maintenance. We apologize for any inconvenience.

Members Sign In Here

*Required Field

User name*

Password*

I forgot my [username](#) | [password](#)

Submit

New here? [Create an Account](#)

4. Click on the Healthy Lifestyles Enrollment link.

NCHEALTHSmart
An initiative of the State Health Plan

Welcome, | [Sign Out](#)

| [Español](#)

- Home
- > Dashboard
- > Health Library
- > My Records
- > My Resources
- Healthy Lifestyles Enrollment**

New improvements to your Personal Health Portal!

Your Personal Health Portal has a colorful new look and is easier to use than ever before! Now you can access it from any mobile device –including smartphone, tablet, or laptop. Explore your new portal today!

[FAQs](#) | [Program Info](#)

5. The enrollment radio button will already be selected. Click on Save.

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Welcome, [Shauna](#) | [Sign Out](#)

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[Home](#) > HEALTHY LIFESTYLES ENROLLMENT

- Home
- > Dashboard
- > Health Library
- > My Records
- > My Resources
- Healthy Lifestyles Enrollment**

Healthy Lifestyles Enrollment

Want to get a little healthier in 2016 -- and be rewarded for it too? Enroll today!

As a Consumer-Directed Health Plan (CDHP) member, when you enroll in the Healthy Lifestyles Program and complete activities to improve your health, you have the opportunity to earn up to \$100 in your 2016 Health Reimbursement Account (HRA)!

Yes, Enroll me in the Healthy Lifestyles Program today!
Sí, quiero inscribirme en el programa Healthy Lifestyles hoy mismo.

*Click Save to complete your enrollment.
Haga clic en Guardar para completar la inscripción.

Save

6. Follow the instructions to participate in the Healthy Lifestyles Program. Begin by contacting a LifeStyle coach at 1-800-817-7044.



Healthy Lifestyles Enrollment

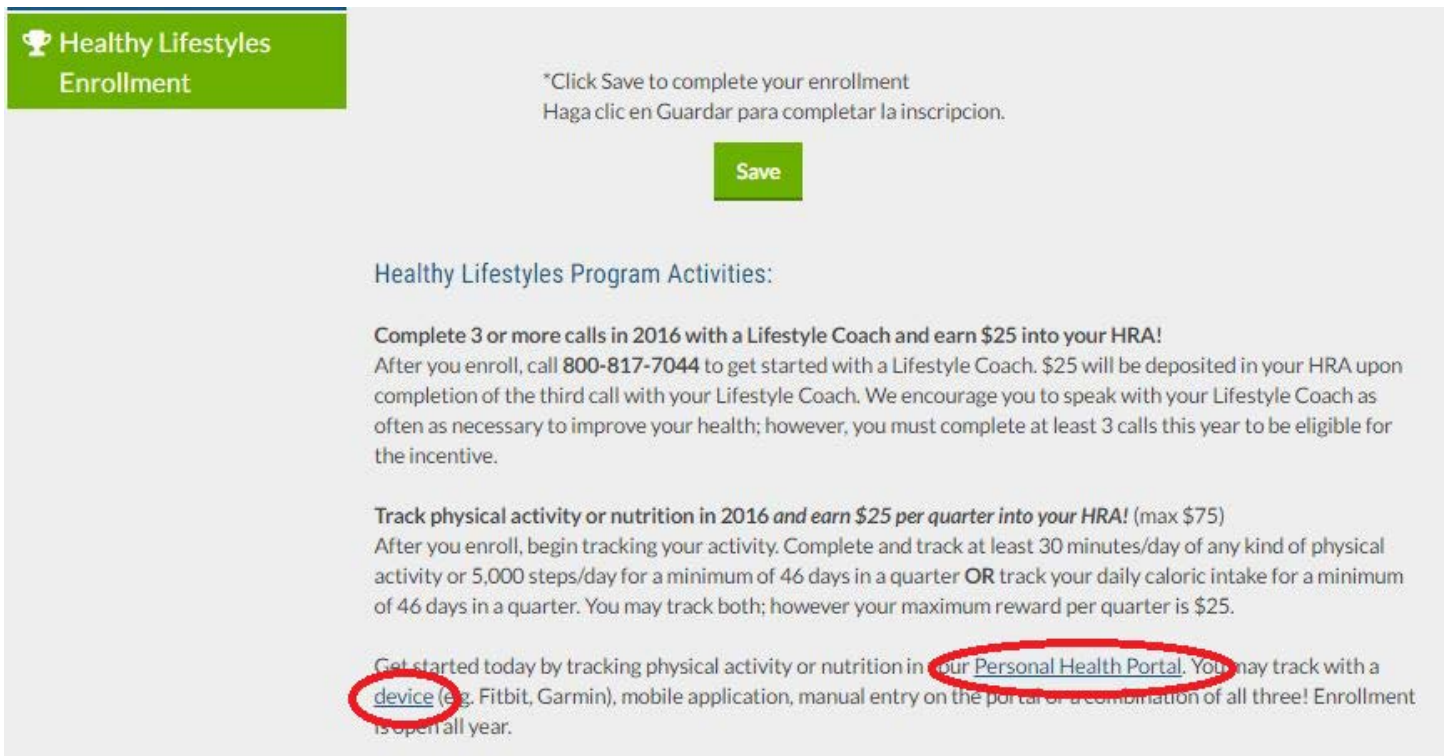
*Click Save to complete your enrollment
Haga clic en Guardar para completar la inscripción.

Save

Healthy Lifestyles Program Activities:

Complete 3 or more calls in 2016 with a Lifestyle Coach and earn \$25 into your HRA!
After you enroll, call **800-817-7044** to get started with a Lifestyle Coach. \$25 will be deposited in your HRA upon completion of the third call with your Lifestyle Coach. We encourage you to speak with your Lifestyle Coach as often as necessary to improve your health; however, you must complete at least 3 calls this year to be eligible for the incentive.

7. Click on the Personal Health Portal link to track your physical activity. You can also link a device such as Fitbit or Garmin to your account to make tracking activity easier. If you click on the Personal Health Portal link, you will be directed to the page seen in step 8. The device link will direct you to another page where you can link and manage your fitness device.



Healthy Lifestyles Enrollment

*Click Save to complete your enrollment
Haga clic en Guardar para completar la inscripción.

Save

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Track physical activity or nutrition in 2016 and earn \$25 per quarter into your HRA! (max \$75)
After you enroll, begin tracking your activity. Complete and track at least 30 minutes/day of any kind of physical activity or 5,000 steps/day for a minimum of 46 days in a quarter **OR** track your daily caloric intake for a minimum of 46 days in a quarter. You may track both; however your maximum reward per quarter is \$25.

Get started today by tracking physical activity or nutrition in **our Personal Health Portal**. You may track with a **device** (e.g. Fitbit, Garmin), mobile application, manual entry on the portal or a combination of all three! Enrollment is open all year.

8. To manually add exercise activity, enter the date of activity in the Measurement Date field, and the number of minutes in the time field. Click on Add.

Home > DASHBOARD > TRACKERS > EXERCISE

Health Trackers

Back To Trackers ?

Exercise

Exercise

Date	Exercise (minutes)
06/05/2016	~45
06/06/2016	~45
06/08/2016	~45
06/09/2016	~45
06/10/2016	~45
06/11/2016	~45
06/16/2016	~85
06/19/2016	~65
06/20/2016	~90
06/21/2016	~90

Add New Entry

Measurement Date: 06/21/2016

Count (total time spent on the activity for the day): 45 minutes

Add

9. To track calories, open the Dashboard menu and click on Trackers, and then on the Caloric Intake link.



Home > DASHBOARD > TRACKERS > MY TRACKERS

Home

Dashboard

Your Health Actions

Health Assessment

Trackers

My Trackers

Click on the tracker title to see a full view of your graph.

Wellness Trackers

[Weight, BMI & Body Fat](#)

[Caloric Intake](#)

10. The Caloric Intake tracker is an alternative to tracking physical activity. To add calorie data, enter the tracking date in the Measurement Date field, and the number of calories consumed that day, in the Caloric Intake field. When you are done with the entry, click on Add.



Home > DASHBOARD > TRACKERS > CALORIC INTAKE

Home

Dashboard

Your Health Actions

Health Assessment

Trackers

Appointments

Digital Coach

Devices & Apps

Program Info

> Health Library

> My Records

Health Trackers

[Back To Trackers](#) ? Print

Caloric Intake

Enter your calories.

User Entered

1000

500

Caloric Intake (calories)

Add New Entry

Measurement Date

06/21/2016

Caloric Intake (calories)

1200 calories

Add

11. When you are finished with your data entry, remember to sign out of the application.



Welcome,



12. NOTE: To join Positive Pursuits, call a Nurse Coach, toll-free, at 1-800-817-7044.