

REPORTING YOUR ACTIVITIES

Discover a Healthier You!

Inside you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight but we'll help you start down the path to a healthier lifestyle today.

Members Sign In Here

*Required Field

User name*

Password*

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

Submit

New here? [Create an Account](#)

STEP 1 Sign in or make an account at www.myactivehealth.com/som.

First time users: make an account to report your Live Life Well activities and see your earned incentive.

- Enter your information as it appears on your Allegiance medical benefits ID card.
- Covered spouses or domestic partners need to make their own account using information from your card.

If you do NOT have access to the internet, contact HCBD at (800) 287-8266 for assistance.



STEP 2 Click on "Rewards."

STEP 3 Scroll down to Report activities.

Information needed to complete each incentive is under "Work On It" OR, if you've already completed the activity, "Result."

My Rewards

2019 Live Life Well Incentive

Employees and Spouses/Domestic Partners can earn \$30/month off their 2020 benefit contribution! You must complete all 3 activities (health screening, self-report being nicotine free or completion of an alternative, and self-report a Next Step activity) between November 1, 2018 and October 31, 2019 to earn ANY incentive.

Click "Past Rewards" on the menu to the left to see what incentive you earned for the incentive period that ended October 31, 2018 and you will begin receiving January 1, 2019.

Spouses/domestic partners who wish to earn an Incentive must create their own MyActiveHealth account.

Please Note: Adult Dependents may participate in and use the wellness benefits, but they are not eligible to earn an incentive.

3 Goal

0%

0 Activities Complete

**SCROLL
DOWN**

Health Screening

Not Completed

[Work On It](#) > [Learn More](#)



Nicotine Free or Alternative Incentive

Nicotine Free

Not Completed

> [Work On It](#) > [Learn More](#)



Complete an eligible activity related to your Health Screening results!

Next Steps Activity

Not Completed

> [Work On It](#) > [Learn More](#)





Health Screening: Your State-sponsored health screening information will automatically appear about a month after you complete your health screening. If you need to make an appointment for a health screening, click on “Work On It.”



Nicotine Free: You must self-report that you are nicotine free OR if you are not nicotine free that you have completed an eligible alternative. Click on “Work on It,” click the box next to Nicotine Free Status OR enter the date you completed an eligible alternative, and click “Save.”

Available Health Actions	Report Activity
Nicotine Free Status: self-report if you are nicotine free	<input type="checkbox"/>
1. Complete an eligible Tobacco Cessation Program OR 2. Complete a Nicotine Education session with my participating provider.	Enter program name and date <input type="text"/> mm/dd/yyyy

[Cancel](#)

[Save](#)



Next Step: You must self-report if you have completed an eligible Next Step activity. Click on “Work On It,” scroll down to your activity, check the box next to it, scroll down and click “Save.” You only need to self-report ONE activity.

Prevention Program	<input type="checkbox"/>
Nicotine Cessation Program	<input type="checkbox"/>
Allegiance Maternity Management Program	<input type="checkbox"/>
Weight Watchers	<input type="checkbox"/>
At least two sessions with a provider, health coach and/or eligible presentations.	

[Cancel](#) **Save**

NOTICE

Two of the activity options have a variety of different activities you can choose within the same option.

Other Live Life Well Challenges

At least two sessions with a provider, health coach, and/or eligible presentations

See the Next Step section for all possible combinations.

You can, and should, self-report your Next Step activity and Nicotine Free status or an alternative as soon as possible, activities do not need to be completed in order.



**MAH web site questions?
Call MyActiveHealth
at (855) 206-1302.**

*Live Life Well Incentive Questions?
Contact HCBD at (800) 287-8266.*