



**Ready,
Set ...
Take
Action!**

**Sign up now
for your 2016
Take Action
activity.**



ra.staywell.com

**Rockwell
Automation**



Start 2016 off on the right foot by signing up for a Take Action activity. It's a great way to incorporate healthy habits—like exercising and eating healthy—into your everyday life.

For 2016, StayWell, our Health Management program administrator, has decided not to offer Step It Up! and Time Out For Health. Instead, they are bringing back our old favorite, *Get Fit on Route 66*, along with a new program, *10K-A-Day*, to help you get moving. These programs offer great tips and resources to help you make positive changes. Best of all, you can start today!

Questions? Call StayWell at **1.800.721.2696**, Monday through Thursday, 8 a.m. to 8 p.m.; Friday, 8 a.m. to 6 p.m.; Saturday, 8 a.m. to 1 p.m. (all Central time).





Your 2016 Choices

1

10K-A-Day



Aim for 10,000 steps a day and use your favorite step tracker to record your activity. The more steps you take, the faster you move along one of the program's fun virtual routes.

How to Track: To get started, you must first register for the *10K-A-Day* challenge. Once you're registered, there are two ways you can enter your steps: by syncing a tracking device (Fitbit or Jawbone) or by entering them manually on the web or the *10K-A-Day* smartphone app.

If you own a Fitbit or Jawbone tracker:

- You can set up your device to automatically sync with the challenge.
- After you register and sync your device, your steps beginning Jan. 1 through Dec. 31, 2016, (or the date you first registered your device on the Fitbit or Jawbone website) will be counted.
- Use the *10K-A-Day* smartphone app to track activity (which simultaneously syncs with your online account), view recipes and health tips, "visit" locations and follow your progress.

If you do not own a Fitbit or Jawbone device, or you complete activities while not wearing the tracker:

- After you register, you can convert any activity into steps using the online tool and record the activity as steps.
- Or, you can enter the step count from another type of step counter, pedometer or smartphone step tracker.

Goal: Stay active enough to complete 700,000 steps throughout the year. Or, keep going to automatically complete 1,400,000 steps and earn a second incentive.

Timing: You can go at your own pace. For every 2,000 steps you record, you'll move a mile on the *10K-A-Day* route.

Using a Tracking Device for *10K-A-Day*

This year, you can use a Fitbit or (**NEW!**) Jawbone tracker to automatically record your steps. *10K-A-Day* works with all versions of Fitbit and Jawbone. If you are using a new tracker this year, be sure to update your challenge enrollment to make sure your device syncs.

If you sync a Fitbit, your device will sync your steps back 60 days. So, if you register on March 1, 2016, the system will automatically backlog your steps from the previous 60 days.

If you sync a Jawbone tracker, it will backlog any recorded steps as of Jan. 1, 2016.

Note: Even if you used your tracking device for Step It Up!, you must register your device for the *10K-A-Day* challenge.

2

Get Fit on Route 66



Track your physical activity—any activity you choose—to take a virtual road trip along legendary highway Route 66. Every minute of activity moves you farther along the shores of Lake Michigan to the California Coast.

How to Track: Go online to log your physical activity minutes—whether it’s walking, running, golfing, gardening, swimming or cycling—each day. Use the *Get Fit on Route 66* smartphone app to log activity, view recipes and health tips, “visit” attractions and track your progress.

Goal: Stay active enough to complete the 2,448-mile road trip. Or keep going to complete the trip twice and earn a second incentive. You must register again before you can take a second trip.

Timing: For every minute of activity you log, your virtual car will move two miles along the route. If you record 30 minutes of activity a day, five days a week, you’ll complete the program in approximately eight weeks.

3

Rockwell Automation Walking Challenge

The Rockwell Automation Walking Challenge is all about working more cardio into your life and staying active. To get started, you can choose one of the five walking challenges listed below. Then print your tracking map from ra.staywell.com. Any physical activity counts. You can use the conversion chart found on the back of your tracking map to convert your activities into steps.

- 100 Miles in 100 Days
- Rockwell Automation Sales Office
- ROK Around the World
- Mayfield ROKs
- Rockwell Automation Operations

How to Track: Track your steps on your tracking map. Once you complete your challenge, log in to the StayWell website one time to report your completion.

Goal: Make it to the last stop of your walking challenge. Complete the same challenge a second time or choose a different route to earn a second incentive.

Timing: Experts recommend that you walk or exercise the equivalent of 8,500 steps a day to reach 700,000 steps in about 12 weeks.

Sign up today at [ra.staywell.com](#)

4 Competitive Events

If exercise is already part of your everyday life, and you compete in events such as 5K or 10K walks/runs, half-marathons, marathons, triathlons or similar athletic competitions, take credit. We know most competitive athletes invest in at least 12 weeks of training time, and we want to acknowledge your hard work.

How to Track: Log in to the StayWell website after your event to record your participation.

Goal: Run, walk, ski, swim, bike, etc. in events such as 5K or 10K walks/runs, half-marathons, marathons, triathlons or similar athletic competitions.

Timing: Complete up to two events between Jan. 1 and Dec. 31, 2016.

5 Phone Coaching

Personalized phone coaching gives you the opportunity to work one-on-one with a trained health coach to create a game plan that's right for you in areas ranging from weight management, exercise, nutrition, stress, back care and managing your cholesterol and blood pressure. You can get started by calling StayWell at **1.800.721.2696** or going online at **ra.staywell.com**.

How to Track: Your health coach will keep track of your phone calls.

Goal: Complete the phone coaching program. You will receive credit for the program after your third coaching call. Talk to your coach about other coaching opportunities and earn a second incentive when you complete a second program.

Timing: Work with your health coach to determine a timeline that works best for your goals.

6 “EASY START” Calls & Mailings

Not sure what healthy habit to target? Let a health coach guide you. The “Easy Start” Calls & Mailings program combines phone calls with a health coach and home mailings to help you kick-start healthy changes to achieve your 2016 goals. You can get started by calling StayWell at **1.800.721.2696** or going online at **ra.staywell.com**.

How to Track: Your StayWell professional health coach will track your progress for you.

Goal: Complete three phone calls and receive three mailings. Get help with a second habit and earn another incentive when you complete the second program.

Timing: This program will include a monthly phone call followed by an educational mailing. The program takes about three months to complete.

NOT SURE WHICH TO CHOOSE?

ASK YOURSELF THESE QUESTIONS TO HELP YOU DECIDE.

	Does this activity require me to track my steps?	Does this activity focus more on eating habits?	Do I get to work with a personal health coach when I participate in this activity?	If exercise is already a huge part of my daily routine, is this activity my best option?
10K-A-Day	Yes —this is the best option if you have a Fitbit or Jawbone device.	No	No	Yes
Get Fit on Route 66	No —this is a good option if you prefer activities that aren't easily counted by step trackers (like swimming, golfing or gardening) or if you don't have a step tracker.	No	No	No
Rockwell Automation Walking Challenge	Yes —this is a good option if you track your steps with a manual pedometer, use a device other than a Fitbit or Jawbone or don't go online often.	No	No	No
Competitive Events	No	No	No	Yes —receive credit for things like running a 5K or completing a marathon. This is a good option if you plan on completing two competitive events in 2016.
Phone Coaching	No	Yes —this is a good option if you want to continue to focus on healthy eating and you participated in Time Out For Health in the past.	Yes —you will receive credit for this program after your third coaching call.	No
"EASY START" Calls and Mailings	No	Yes —this activity is a good option if you need help deciding which healthy habit to target first—whether it's eating or exercise.	Yes —this program will include a monthly phone call followed by an educational mailing. The program takes about three months to complete.	No

2016 Health Management Program At-A-Glance

1 Take Action Activity

Complete activities, such as challenges and coaching programs, to earn up to \$200 (\$100 per activity) off your 2017 medical premiums. Review this brochure for your choices and then visit your home page on ra.staywell.com.

Timing: You can sign up and get started today.

2 The Health Risk Questionnaire

The online Health Risk Questionnaire (HRQ) gives you an overall picture of your health and how your decisions now may affect your future health. The HRQ is required to avoid paying an additional \$100 in medical premiums and to earn any incentives.

Timing: You can complete the HRQ in the fall.

3 Health Screening

The health screening measures five healthy targets—blood pressure, cholesterol, blood glucose, body mass index (BMI) and cardiorespiratory fitness—that can help identify health risks early and track improvement year over year. Complete the screening to earn up to \$250 (\$50 for every healthy target you meet) off your 2017 medical premiums.

Timing: You can complete the Health Care Provider form anytime during the year. Onsite screenings will be held at certain locations this fall.

Questions?

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