



# Stay on Your PATH!

## What is PATH?

PATH (Planned Action Toward Health) is VEHI's award-winning Wellness Program. We offer our participants amazing tools, inspiring support systems, and research-driven services to help them live their best lives at home, at work, and in their communities.

## Who can participate?

Retirees enrolled in the VEHI Health Plan through VSTRS, and their spouses!

**Recently Retired? Next Steps:**

- Have an existing PATH account under your SU/SD? Contact PATH to move your account for you to the retiree group.
- If you (or your spouse) have never participated, you can create a new account at [www.tomypath.com](http://www.tomypath.com).

*\*For your organization and location, select VEHI Retirees.\**

**Annual and Self-Paced Adventures**

**Invest EAP**  
1.800.287.2173

**Community Keeping Fit**

**Healthy Life Survey**

**Progress Coaching**

**Quizzify**

**Log in or create your PATH account at:**  
[www.tomypath.com](http://www.tomypath.com)

**Sizzlin' Summer Challenge**

**Know Your Numbers**

**Show Your Smile**

**Earn PATHpoints for participating in our program. Reach 200 points by June 30th, and earn a \$100 L.L.Bean Gift Card!**

**Online Courses in Nutrition, Emotional Well-Being, Mindfulness and Peer Support**

**Blue Health Solutions\***  
\*VEHI BCBSVT Subscribers Only

VEHI (Vermont Education Health Initiative) is a nonprofit, member-owned trust providing member school districts and their employees access to high quality and affordable health and dental plans.

**JULY 1**  
PATHPOINTS YEAR OPENS

**SEPTEMBER**  
L.L.BEAN CARDS EMAILED AND SUMMER CHALLENGE WINNERS ANNOUNCED

**OCTOBER 1**  
HEALTHY LIFE SURVEY OPENS

**NOVEMBER 1**  
ADVENTURE REGISTRATION OPENS

**DECEMBER**  
ADVENTURE REGISTRATION CLOSES

**JANUARY**  
ADVENTURE BEGINS

**MARCH 30**  
HEALTHY LIFE SURVEY CLOSES

**APRIL**  
ADVENTURE ENDS AND WINNERS ANNOUNCED

**JUNE 30**  
PATHPOINTS YEAR ENDS

**PATHPOINTS CALENDAR**

**Make yourself a personal promise to be well!**  
Launch your Planned Action Toward Health (PATH) and let us help you stay motivated.

