Your Plan for Health (YP4H)
Wellness Program Overview

Human Resources, HRConnection
Ohio State is committed to providing a healthy workplace environment. Our complimentary, award-winning wellness program has been supporting employees and their families as they start or continue their personal health journey by providing:

- YP4H Incentive Program
- Mobile app and on-demand wellness programs
- Free on-campus biometric screenings and Personal Health & Well-Being Assessment (PHA)
- Personal Health Coaching, Care Coordination, Buckeye Baby and more!

yp4h.osu.edu
Medical plan premium credit
- $25/month (Enrolled employee)
- $15/month (Enrolled spouse)

HRA credits and PulseCash
Enrolled employees and spouses
- Up to $500/year in HRA credits each

Benefit-eligible not enrolled employees
- Up to $120/year in PulseCash

yp4h.osu.edu/rewards
## YP4H Incentive Opportunities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Incentive</th>
<th>Amount For Enrolled Faculty/Staff and Spouse</th>
<th>Amount for Faculty/Staff Not Enrolled*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete PHA and Biometric Health Screening</td>
<td>Premium Credit</td>
<td>Employee: $25/ month</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spouse: $15/ month</td>
<td></td>
</tr>
<tr>
<td>Level 1 (2,500)</td>
<td>Quarterly Reward</td>
<td>$10 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>Level 2 (5,000)</td>
<td>Quarterly Reward</td>
<td>$20 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>Level 3 (10,000)</td>
<td>Quarterly Reward</td>
<td>$30 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>Level 4 (25,000)</td>
<td>Quarterly Reward</td>
<td>$40 HRA</td>
<td>$10 PulseCash</td>
</tr>
<tr>
<td>Complete 2 Qualifying Activities</td>
<td>Bonus</td>
<td>$100 HRA</td>
<td>$20 PulseCash</td>
</tr>
</tbody>
</table>

- Must be eligible for medical benefits

Please Note: The rewards you earn are dependent upon your medical enrollment status reflected in the YP4H portal at the time you reach each incentive level.

Visit yp4h.osu.edu/rewards for information on how to earn each incentive.
Health Reimbursement Account (HRA)

- Earn credits as an incentive through participation in YP4H activities
- Credits are added to your Health Reimbursement Account (HRA)
- A Health Reimbursement Account (HRA) is an employer-funded account
- Used to pay for eligible health care costs (medical, prescription drug, dental, and vision)
How to Earn the Bonus Incentive

Complete 2 of the 4 following Activities

- My Care Checklist (3 preventative activities)
- 1 myStrength session per week for 16 weeks
- 1 RethinkCare session per week for 16 weeks
- 2 VP Transform Activities per week for 16 weeks*

*Must meet certain qualifications to be eligible to participate
- **Step 1:** Enroll or waive medical coverage within your first 30 days of hire or eligibility.
- **Step 2:** Create your YP4H account at [join.virginpulse.com/osu](http://join.virginpulse.com/osu) and download the Virgin Pulse app.
- **Step 3:** Complete a biometric screening and the Personal Health & Well-Being Assessment (PHA) to begin earning premium credit*.
  - Upon completion, you will start receiving premium credit within 30 days that will continue to the end of the calendar year.
- **Step 4:** Participate in YP4H activities to earn HRA credits* and PulseCash*

* Available for faculty, staff and spouses enrolled in a medical plan.
* For those not eligible but not enrolled in the OSU Health Plan
Well-Being Resources

- Get Active
- Healthy Eating
- Sleep Better
- Financial Fitness
- Reduce Stress
- Manage Chronic Disease

- Addiction Support
- Maternity Support
- Personal and Professional Development
Questions?

HR Connection Portal: HRConnection.osu.edu

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