



Taking Action. Inspiring Change.

Participate in 2024 wellness today!

Program Year: October 1, 2023 - September 30, 2024

Complete your wellness program requirements on your wellness portal, **My Pathway to Health**. To log in, open the mobile app or visit www.mypathwaytohealth.com and enter your username and password.

To register as a new user, select **Register Your Account** and enter your:

- **Employer Code:** LOWNDES
- **Last Name**
- **Participant ID:** Last Name + Last 4 of SSN (e.g. Smith1234)

STEP 1

Complete the Know Your Number® (KYN) Questionnaire **By October 31, 2023**

The KYN Questionnaire is a health survey that pairs with your biometric results to provide you with an insightful health risk score. Click "Complete Now" next to the KYN item of your Action List to complete this requirement.

STEP 2

Complete Your Biometric Screening

Your screening has been pre-scheduled by Human Resources.

Please contact HR with any questions regarding your appointment.

STEP 3

Review Your KYN Risk Report with an Orthus Health Coach **By December 31, 2023**

Select "Schedule Now" next to the program requirement on your Action List to schedule your KYN Review health coaching appointment online.

STEP 4

Complete Additional Quarterly Coaching **By Quarter: Jan-Mar, Apr-Jun, Jul-Sep**

If your KYN Risk Score is >60, you must complete a quarterly coaching call by the last day of each quarter. Your coach will discuss this with you during your KYN Report Review appointment.

STEP 5

Complete a Preventive Care Screening **By September 30, 2024**

After you have completed a preventive care screening, submit the completed Preventive Screening Verification form to the Human Resources Department. You can download the PSV form by selecting "Download Form" next to the program requirement.

STEP 6

Earn 100 Scorecard Points **By September 30, 2024**

Earn scorecard points by completing healthy activities and meeting biometric thresholds. Stay tuned for announcements from HR about wellness challenges and additional ways to earn points.

Have a question about getting started?

- Call Orthus Health at 1.800.550.2427
- Email ohsecure@orthushealth.com

