



# WELCOME TO VEHI PATH!

## **PATH – Planned Action Toward Health: Building a Healthy Workforce**

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.

**As a value-added benefit, VEHI provides access to PATH (Planned Action Toward Health), an employee wellness program.**

PATH works hand-in-hand with VEHI member districts to create and sustain healthy work environments. We do this by offering employees a suite of cost-effective, research-driven services to help them live their best lives at home, at work and in their communities.

**Employees in a VEHI member worksite can participate in this FREE program, even if they are not on the health insurance plan!**

To jump on board right away and enjoy these free benefits, all you will need is a PATH web account.

Through your account, PATH provides many ways to participate including our Annual Adventure (a fun wellness challenge), a Health Risk Assessment, telephonic Health Coaching, Exercise/Activity Tracking, an Employee Assistance Program (short term and crisis counseling) and a Peer Coaching Course, just to name a few.

As an eligible PATH participant, you'll earn points for actively engaging in these program services. At the end of the school year (June 30<sup>th</sup>) eligible participants who've earned 200 or more points, will be rewarded with a \$100 L.L.Bean gift card.

Create your PATH web account\* and get started today!

[www.tomypath.com](http://www.tomypath.com)

\*Please do not create a PATH account if you've participated in the past at another SU/SD.





## HOW TO ACCESS THE PATH WEBSITE

Go to: [www.tomypath.com](http://www.tomypath.com)

### DON'T HAVE A VEHI PATH ACCOUNT?

Under "New to PATH?" enter your email address and click "Get started".

### ALREADY HAVE A VEHI PATH ACCOUNT?

If you've previously participated in PATH at any location, enter your Username and Password in the Login box on the left. Don't remember your Login information? Contact PATH by clicking "Need help signing in?" at the bottom of the Login box.

### NOT SURE IF YOU HAVE A VEHI PATH ACCOUNT?

Do NOT create a new account if you're unsure. Click the "Need help signing in?" option in the Login box or call PATH and we will check to see if you are in our system. **(802) 223-5040 - ext. 214 or 229**



## VEHI CHAMPIONS & BUILDING LEADERS:

Every VEHI member Supervisory Union/School District has a designated wellness Champion and each member school has a designated wellness Building Leader. It is the responsibility of the Champion and Building Leaders to serve as the go-to resource and wellness spokespersons, promote a culture of health and safety, sponsor employee wellness oriented events, and share information about our PATH programs with employees.

To find out who your Champion and Building Leaders are, contact PATH at the number below or check with your building's Administrator.



### PATH – Planned Action Toward Health

52 Pike Drive  
Berlin, VT 05602

#### Customer Service:

Monday thru Friday  
8 am to 4 pm \*

(802) 223-5040 - extension 214 or 229

#### VEHI PATH Wellness Program Coordinators:

**Ashley Johnson** – ext. 229  
ashley@vsbit.org

**Amy Gilbert** – ext. 214  
amy@vsbit.org

#### VEHI PATH Program Manager:

**Gillian Pieper** – ext. 213  
gillian@vsbit.org

#### VEHI Program Assistant:

**Jessica Valler** – ext. 211  
jessica@vsbit.org

\*Calls, emails and voicemails received outside of office hours will be replied to the next business day.