

# Don't Let a Delay Cost You Take-Home Pay

**No one wants to pay full price for health insurance premiums. Everyone can do something to avoid it.**

**But time is running out to unlock your 2020 premium discount.**

Employees and covered spouses must each complete ONE of the following **by Sept. 30** in the ActiveHealth platform:

## Start Today!

There is still time to earn your discount through health coaching sessions or by reaching Level 5 in digital coaching.

**REMEMBER:** This takes up to **12 weeks**, so get started today!



Complete four **health coaching sessions** (in person or by phone).



Reach **Level 5** in online digital coaching.

**To get started** call (855) 202-4219, or log in to ActiveHealth, [www.myactivehealth.com/StateofIndiana](http://www.myactivehealth.com/StateofIndiana).

### Already started? Keep going!

In addition to the health coaching and digital coaching level 5 options, you can unlock your 2020 premium discount by continuing to track your steps or activity. (Note: You must have started work on the steps or activity options by April to complete the requirements by the Sept. 30 deadline.)



Set up a tracking device and **meet daily activity goals for two quarters.**



Set up a tracking device and **meet daily steps goals for two quarters.**

Find out more about your benefits

**Visit** [InvestInYourHealthIndiana.com](http://InvestInYourHealthIndiana.com)

**Call** the Indiana State Personnel Department's Benefits Hotline: (877) 248-0007 (toll-free)

**Email** [SPDBenefits@spd.in.gov](mailto:SPDBenefits@spd.in.gov)

Schedule a health coaching session

**Call ActiveHealth:** (855) 202-4219

Log in to your account

[www.myactivehealth.com/stateofindiana](http://www.myactivehealth.com/stateofindiana)