



Dear New Employee:

I am writing this letter to introduce myself and welcome you in your new job. My name is Carmen Terry and I am the Health and Wellness Coordinator that works with all eight Lycoming county school districts and Penn College. I have developed and run the Embrace Your Path Wellness Program for insured employees and their spouses. Your health is important to you and to your employer which is why we have these programs in place. Embrace Your Path wellness encompasses a wide variety of activities to help you improve your health so you can focus on what is important to you in your life and health.

Along with this letter is a brief overview of the program and information on how to earn points so that you can earn money back in your pocket. We have been running this program since 2013 and have had wonderful success. We provide free health screenings at the workplace as well as offering flu shots on-site. We believe it is important to foster a culture of wellness in every aspect of your life. The program runs August 1, 2023-July 31, 2024.

We use an online program through healthadvocate.com. Login instructions are below or you can scan the QR code to get started too.

Click on Member login

Type in **LCIC** for the organization

Click on the Register now button at the bottom



We also know how important mental health is so we provide a free premium subscription to the Calm App for you and up to 5 dependents. You can scan the QR code to get started. Please use your work email as your verification email address.



If at anytime you have any questions regarding this program, please feel free to contact me. All my information is listed below:

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Be Well and Thrive!

Carmen Terry