



# Getting Started with PATH 2017-2018



## Step 1 Get Online & Logged In: Go to [www.tomypath.com/vehi](http://www.tomypath.com/vehi)

### Don't have a VEHI PATH account?

Select your SU/SD from the "Select your organization" drop down menu. On the next screen click "Sign up Now". Complete the Program Sign-up form and click "save". Write down your Username and the Password you chose.



### Already have a VEHI PATH account?

Enter your Username and Password in the Participant Log In box.



### Not sure if you have a VEHI PATH account?

If you participated in a PATH Adventure during the past seven years, you have an account. Use the "Forgot My Password" link or contact PATH for help. (802) 223-5040 - ext. 214

## Step 2 Get Points: Start earning PATHpoints today! Here are just a few of the ways\*:

Healthy Life Survey	-----	50 pts
Annual Adventure (10 pts for registering, 3 pts/wk, 10 pts for finishing ending survey)	-----	50 pts max
Safety Puzzlers (5 points/month)	-----	60 pts max
Peer Coaching Course	-----	50 pts
Progress Health Coaching (10 pts/call – max. 50 pts)	-----	50 pts max
Invest EAP	-----	50 pts
Keeping Fit (60 points per complete cycle)	-----	120 pts max

\* To view the complete list see "How Do I Earn PATHpoints" in your PATH account.

## Step 3 Get Healthier & Earn Prizes: Reach 200 points by 6/30/18 and you'll be rewarded with a \$100 LL Bean gift card! (sent in the fall of 2018)

2017-2018 VEHI PATHpoint Schedule	
July	New points year begins and the Summer Challenge kicks off
September	LL Bean gift cards sent and Summer Challenge ends
October 1 <sup>st</sup>	Healthy Life Survey opens
November 1 <sup>st</sup>	Adventure registration opens
December 8 <sup>th</sup>	Adventure registration <u>closes</u> (10:59 pm EST)
January	Adventure materials distributed prior to Adventure start date on 1/29/18
March 31 <sup>st</sup>	Healthy Life Survey <u>closes</u> (10:59 pm EST)
April 8 <sup>th</sup>	Adventure ends (record progress through June 30, 2018 to earn points)
May 1 <sup>st</sup>	Deadline to begin Peer Coaching course
June 30 <sup>th</sup>	PATHpoints year closes (10:59 pm EST)
<b>Every Month!</b>	Safety Puzzlers ■ Keeping Fit ■ Progress Health Coaching ■ Invest EAP