



# 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 CREATE A PATH WEB ACCOUNT

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

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

Under “New to the Program?” 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”. Be sure to write down the Username and Password you chose.

**Participant Login**  
Log in to access your To My Path account.

Username

Password  
 Show Pass

Login

- New to the ToMyPATH website? Select your organization from the list below.
- Previously created an account? Use the same username and password to log onto the site this year. If you cannot remember your username and password, please DO NOT create a new account. Try using the “Forgot My Password” option below.
- Forgot your password?
- Need additional help?
- Contact Support

**New to the Program?**  
To join your supervisory union's Wellness program, select your SU from the list below:

Select organization  
Select your organization:

Sign Up

### ALREADY HAVE A VEHI PATH ACCOUNT?

If you've previously participated in PATH at another SU/SD, enter your Username and Password in the Participant Login box. Don't remember your Login information? Contact PATH by clicking “Contact Support” in the Participant Login box.

**Participant Login**  
Log in to access your To My Path account.

Username

Password  
 Show Pass

Login

- New to the ToMyPATH website? Select your organization from the list below.
- Previously created an account? Use the same username and password to log onto the site this year. If you cannot remember your username and password, please DO NOT create a new account. Try using the “Forgot My Password” option below.
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**New to the Program?**  
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Select organization  
Select your organization:

Sign Up

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

Do NOT create a new account if you're unsure. Click the “Contact Support” 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 Health Promotion Specialist:

**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.