

Due to the current COVID-19 pandemic, Healthy Lifestyles has suspended in-person biometric screenings until further notice. However, we are continuing to support you in your wellness journey virtually. Below you will find instructions for joining, restarting, or continuing your Healthy Lifestyles participation:

New Participants/Restarting Participants: To join or restart Healthy Lifestyles and begin earning points towards an annual rebate, new and restarting participants will need to watch a 30-minute New Participant Orientation Webinar and complete the registration form. Email myhealthylifestyles@slco.org for access to the New Participant Orientation Webinar and link to the registration form.

Current Participants due for a Biometric Screening: Healthy Lifestyles will be emailing participants during their assigned month to complete an online Biometric Screening alternate activity. Once participants complete the alternate activity, Healthy Lifestyles will calculate points earned in the past year and issue a rebate based on participant's total points.