

Star Tribune Action Tracker

Do you regularly exercise at a health club or the Star Tribune Fitness Center? Now you can fulfill your Healthy Benefits Wellness Program requirement by tracking your exercise with the new Action Tracker.

How it works

Exercise for at least 30 minutes for at least 12 days per month for three consecutive months. Track the times you exercised on the Action Tracker form and send it to HealthPartners to fulfill your program requirement. The Action Tracker is only available to those who have an active membership with a health club or the Star Tribune Fitness Center (only active employees can have a membership with the Star Tribune Fitness Center).

To get an Action Tracker form

Contact the Benefits department and show proof of your active club membership to obtain the Action Tracker form. If you have an active membership with the Star Tribune Fitness Center, tell the Benefits representative and we will confirm your membership by checking your paycheck deductions for Fitness Center dues. You must obtain the Action Tracker form from the Benefits Department or HealthPartners will not accept your completed tracker form. You can only track your exercise once you have received the tracker form; you cannot backdate your exercise. The Action Tracker will only be distributed through June 30, 2010 for the 2010 Healthy Benefits Program.

Returning the completed Action Tracker

The completed Action Tracker form must be received by HealthPartners no later than September 30, 2010 in order to obtain credit towards fulfilling the wellness program requirements. Return instructions are on the Action Tracker form. Remember, you also need to complete the Health Assessment to receive the preferred benefit level in 2011.

For more information, contact the Benefits Hotline (612) 673-7458 or send a message to benefits@startribune.com.