

FEB 01 - OCT 31

DESIGNED FOR YOUR
WELLBEING

2022 Wellness Brochure

READY SET HEALTH

FEB 01, 2022 - OCT 31, 2022

This Wellness Program is designed to help you achieve and maintain a healthy lifestyle. See below for the available point earning opportunities. For a complete list, visit the INCENTIVES & REWARDS tile in your Wellness Center.



50 POINTS

BIOMETRIC SCREENING⁺⁺

Your biometric screening is a collection of measurements used to assess your overall health. Screening includes blood pressure, cholesterol, triglycerides, blood glucose, weight, height, and waist measurements. Complete at onsite clinic.



50 POINTS

HEALTH ASSESSMENT⁺⁺

The Health Assessment is an online tool that gives you a personalized health profile. The assessment covers areas such as diet, exercise, tobacco use, and more. Click on the HEALTH ASSESSMENT tile to complete your assessment and earn points upon completion.



75 POINTS

TELEPHONIC HEALTH COACHING⁺

Live one-on-one, virtual, or telephonic sessions. This is a coaching experience that will result in healthier habits and an improved you! Schedule anytime by clicking on the TELEPHONIC HEALTH COACHING tile. Points will be awarded upon the completion of four (4) sessions.



75 POINTS

SelfHelpWorks ONLINE COACHING⁺

More than just education, these programs are designed to eliminate hard-to-break habits and create long-lasting behavior changes through step-by-step behavioral training, which alters a participant's mindset and emotional attachment to these behaviors. Click on the SelfHelpWorks tile to enroll. Points will be awarded upon course completion.



30 POINTS

PREVENTIVE SCREENING^{*}

Upload proof (such as an EOB) in the INCENTIVES & REWARDS tile. Acceptable preventive screenings include an Annual Physical, mammogram, colonoscopy, preventive skin exam, dental, or vision exam. *7 SCREENS; 210 POINTS MAX*



25 POINTS

TOBACCO FREE DECLARATION (or RAS)

Complete the Tobacco Free Declaration found in the INCENTIVES & REWARDS tile to declare your tobacco status. You can also find a reasonable alternative by clicking the information (i) icon.



10 POINTS

PLAN FOR WELLNESS⁺

Complete your Health Assessment, then enroll in a Plan for Wellness. Click on the PLAN FOR WELLNESS tile to complete one (1) plan per week to earn points. Points awarded upon completion. *100 POINTS MAX*



15 POINTS

HEALTHY/IMPROVED VALUES

Awarded based on 2022 screening results and 5% improvements from most recent results (2021 or 2020). Waist Circumference - 15 points, Triglycerides - 15 points, HDL Cholesterol - 15 points, Blood Pressure - 15 points, Blood Glucose - 15 points. *75 POINTS MAX*

- ★ Mandatory
- * User Upload
- + Access Via Tile



WELL EARNED REWARDS

\$50 WELLNESS INCENTIVE

Complete Health Assessment & Biometric Screening and earn 300 points by October 31, 2022

\$100 WELLNESS INCENTIVE

Complete Health Assessment & Biometric Screening and earn 400 points by October 31, 2022

! Visit the INCENTIVES AND REWARDS tile for a complete list of point earning opportunities.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email Gilsbar at CustomerService@Gilsbar.com, and we will work with you to develop another way to qualify for the reward.

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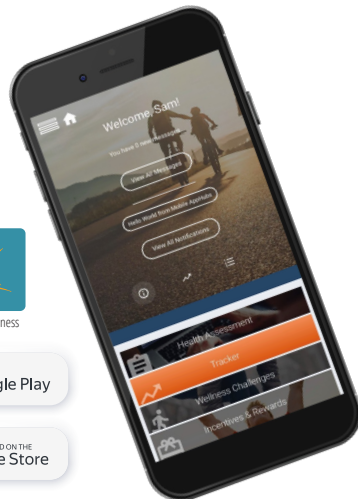


PLUG INTO WELLNESS

PORTAL REGISTRATION

1. Visit **myGilsbar.com** & select **First Time User?** **Click here to register**, select **Participant**.
2. Enter your first and last name, group number, **S2841**, and email address.
3. Complete the requested information and select **Next**. Then complete the email authentication process to activate your account.
4. Login to **myGilsbar.com** and click **Wellness Center** on the right-hand side.

If you would like to utilize the **Gilsbar Wellness app**, please follow the prompts to create a username and password to access the Wellness Center. This additional setup of a username and password will be used for accessing your account via the **Gilsbar Wellness app**.



Gilsbar Wellness



GET IT ON
Google Play



DOWNLOAD ON THE
Apple Store

MOBILE ACCESS

1. After completing the Portal Registration, download the **Gilsbar Wellness app** on your mobile device.
2. Bypass the Registration Code field by selecting **Already Have a Login**.
3. Enter the **username** and **password** created in the Portal Registration. You can view your username and update your password at any time on the Account Settings page in your Wellness Center.

MANAGE YOUR COMMUNICATIONS by visiting the COMMUNICATIONS icon in your Wellness Center to opt-in or opt-out of specific communications, including smartphone notifications and portal messaging.

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FAQ

How do I view my points?

Access your Wellness Center dashboard. Click on the INCENTIVES & REWARDS tile, then on VIEW MY POINTS, and your earned points will appear.

What if a medical condition keeps me from completing a program component?

If a medical condition prevents you from completing a program component, contact Gilsbar at (888) 472-4352 or CustomerService@Gilsbar.com, and we will work with you to find an alternative.

How do I complete the Health Assessment?

Login to your Wellness Center or Gilsbar Wellness app and click the HEALTH ASSESSMENT tile from the dashboard to complete your assessment.

How do I sync my approved Tracking Device?

To sync your device, click on the TRACKER tile, then on MANAGE DEVICES.

Need more information?

Visit your wellness center for all your program details or contact Gilsbar at (888) 472-4352 or email ChargerFit@UAH.edu. Also, visit our Facebook page UAHChargerFit.



This program is administered by Gilsbar. Your health information is kept completely confidential and will not be shared with your employer. Always seek your physician's advice before starting any diet or exercise routine. If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, email Gilsbar at CustomerService@Gilsbar.com, and we will work with you to develop another way to qualify for the reward.

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UAH Wellness Program HOW TO EARN POINTS

MANDATORY COMPONENTS

★ BIOMETRIC SCREENING+	50 POINTS
★ HEALTH ASSESSMENT +	50 POINTS

POINT EARNING OPPORTUNITIES

SelfHelpWorks ONLINE COACHING+	75 POINTS
TELEPHONIC HEALTH COACHING	75 POINTS
PREVENTIVE SCREENING*	30 POINTS/210 MAX
TOBACCO FREE DECLARATION (or RAS)+	25 POINTS
PLAN FOR WELLNESS+	10 POINTS/100 MAX
HEALTHY/IMPROVED RESULTS	15 POINTS/75 MAX
WONDR HEALTH / WEIGHT LOSS PROGRAM*	75 POINTS
QUARTERLY WEBINAR	10 POINTS/40 MAX
ACTIVITY CHALLENGES+	30 POINTS
LIFESTYLE CHALLENGES+	30 POINTS
UAH ONSITE EVENT*	30 POINTS
FINANCIALLY FIT	20 POINTS
RACE EVENTS*	20 POINTS PER EVENT/40 MAX
STEPS LOG	1 POINT PER DAY/PER 10,000 STEPS/100 MAX
CARDIO TRACKER	1 POINT PER DAY/PER 30 MINUTES OF CARDIO/100 MAX
TELADOC UTILIZATION*	25 POINTS/50 MAX
BCBS MATERNITY MANAGEMENT	25 POINTS
BCBS DISEASE MANAGEMENT	25 POINTS

* User Upload + Access Via Tile ★ Mandatory

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DO MORE EARN MORE

BY UPLOADING PROOF OF YOUR WELLNESS ACTIVITIES

CARDIO TRACKER - 1 POINT PER DAY/100 MAX

Log at least 30 minutes of cardio activity each day. Sync a device to log your active minutes. To sync the device, visit TRACKER tile > MANAGE DEVICES.

RACE EVENT* - 20 POINTS/40 MAX

Upload proof (i.e. dated race bib or participation photo) that you participated in a walk, run, cycle, or swim event.

STEPS TRACKER - 1 POINT PER DAY/100 MAX

Log at least 10,000 steps each day. Sync a device to log your daily steps. To sync the device, visit TRACKER tile > MANAGE DEVICES.

FINANCIALLY FIT (403(B) SAVINGS)* - 20 POINTS

Members must make a contribution in the 403(b) Savings Plan. Must be actively participating by October 1st to receive points.

TELADOC UTILIZATION* - 25 POINTS

Register for and use our telemedicine program for easy access to qualified medical help.

UAH ONSITE EVENTS* - 30 POINTS

Upload proof of participation of onsite events such as Walking Days or the Health Fair.

PREVENTIVE SCREENING* - 30 POINTS/210 MAX

Upload proof (such as an EOB) in the INCENTIVES & REWARDS tile. Acceptable preventive screenings include an Annual Physical, mammogram, colonoscopy, preventive skin exam, dental, or vision exam.

***USER UPLOAD**

For Healthy Habits that require proof of documentation (*), please follow the below instructions.

1. Click on the INCENTIVES & REWARDS tile.
2. Click View My Incentives Program.
3. Click View Program.
4. Click on the + sign next to the activity to upload and then follow the prompts.
5. Points will be awarded within one business day upon successful upload.

GET WITH THE PROGRAM - FEB. 01 - OCT. 31, 2022

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50 POINTS



★ READY SET TEST

BIOMETRIC SCREENING

A biometric screening examines key indicators to determine your current health risks. Your results are meant to raise awareness of underlying conditions so that you can be proactive in improving your health. Results are placed in your Wellness Center and can be reviewed from year-to-year for assessing changes or improvements.

The following measurements are collected during your biometric screening:

- Blood Pressure
- Cholesterol
- Triglycerides
- Blood Glucose
- Weight
- Height
- Waist Measurement

Complete Your Screening

- 1 Visit the UAH Onsite Clinic or complete with your Primary Care Provider by 10/31/2022.
- 2 Click the **Biometric Screening** tile to view results.

\$50 gift card mailed to home upon completion

★ Mandatory

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50 POINTS



★ HEALTH ASSESSMENT⁺

Deadline: 10/31/2022

50 POINTS

The Health Assessment is an online tool that gives you a personalized health profile. The assessment covers areas such as diet, exercise, tobacco use, and more. Use the results to set goals throughout your wellness program.

COMPLETE YOUR ASSESSMENT

1. Login to your Wellness Center at myGilsbar.com or via the Gilsbar Wellness app.
2. Click the HEALTH ASSESSMENT tile.
3. Complete and submit the Health Assessment.



- ★ Mandatory
- + Access Via Tile

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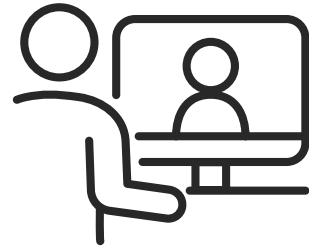
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TELEPHONIC HEALTH COACHING⁺



75 POINTS

75 POINTS

LIVE ONE-ON-ONE, VIRTUAL, OR TELEPHONIC SESSIONS.

The key to improving your health is meaningful, lasting behavior change, which we offer through a seamless blend of best-in-class online tools, cognitive behavioral training, and human support that is customized based on your needs today! We focus on what you need and where you should begin based on your unique personality traits and motivations. This coaching experience results in healthier habits and an improved YOU!

WHAT CAN YOU EXPECT?

- Program durations customized to your individual needs. The number of sessions may be adjusted as you progress.
- Coaching participation may include a combination of online and telephonic sessions.
- Points awarded after 4 completed sessions.

START NOW!

Click the link below to schedule or visit the TELEPHONIC HEALTH COACHING tab in your Wellness Center, or call **888.503.6281**.

[CLICK TO SCHEDULE](#)

Disclaimer: Tobacco users should enroll in the Living Free: Quit Smoking for Good online program to complete a reasonable alternative standard for a tobacco free component.

+ Access Via Tile

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SelfHelpWorks ONLINE COACHING⁺



75 POINTS

75 POINTS

POINTS AWARDED UPON COMPLETION.

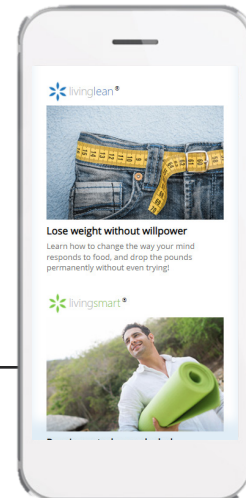
Have you considered improving your nutrition knowledge? Are you interested in losing weight? Want to quit smoking or need recommendations for managing stressful situations? These and many other lifestyles and disease management-related questions are answered through the SelfHelpWorks Online Coaching programs.

SelfHelpWorks is more than just education. These programs are designed to eliminate hard-to-break habits and create long-lasting behavior changes through step-by-step behavioral training, which alters a participant's mindset and emotional attachment to these behaviors.

HOW CAN YOU IMPROVE?

- Reduce Stress
- Learn to Love Exercise
- Quit Smoking for Good
- Lose Weight Without Willpower
- Regain Control Over Alcohol
- Manage Your Diabetes
- Restore Sound Sleep
- Break the Addiction Cycle

+ Access Via Tile



Watch pre-recorded videos combined with interactive quizzes and other multimedia features that create a captivating "live" health coaching experience that maximizes engagement and retention.

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25 POINTS



TOBACCO FREE DECLARATION⁺

Declare Your Tobacco Free Status

or complete the Reasonable Alternative Standard (RAS) below.

1

Login to **www.myGilsbar.com**, select **Wellness Center**.

2

Access the activity under the **Incentives & Rewards** page to complete.

Not Tobacco Free Yet?

Complete the *Living Free: Quit Smoking for Good* program through the **SelfHelpWorks** tile in your Wellness Center.

The Tobacco Free Declaration should only be completed by tobacco free participants.

+ Access Via Tile

PROGRAM END - OCT 31, 2022

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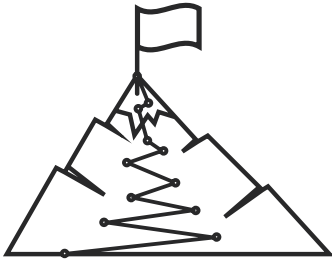
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FINISH STRONG

THERE'S STILL TIME TO ENGAGE IN THESE WELLNESS ACTIVITIES



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You're almost there!

★ Mandatory + Access Via Tile * User Upload

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