WELLNESS PACKET

This packet includes materials that can be utilized throughout the length of your program.

Edits/Approval

BROCHURE

FLYERS
– Register to Start – HealthComp Online Account Instructions
– Wellness On-the-Go – Mobile App and Device Sync Instructions
– How to Earn Points – Program Summary Flyer
– Do More, Earn More – Additional Point Earning Opportunities
– Telephonic Health Coaching – Live One-on-One Coaching
– SelfHelpWorks Online Coaching – Wellness Education
– Health Assessment – Health Assessment Directions
– Tobacco Free Declaration (or RAS) – Tobacco Cessation Information
– Finish Strong – End of Program Summary
– Ready Set Test – Biometric Screening Flyer & Scheduling Instructions
– BurnAlong

MICROBROCHURE

POSTCARD

POSTER
Member engagement is a crucial part of program administration. HealthComp’s in-house marketing agency partners with you and your Wellness Consultation team to build marketing materials that educate and engage your population. Our marketing agency provides you distribution-ready materials, reviewed up to three (3) times at no charge, to make sure your employees know the program and can engage easily. If more than three (3) edits are required, a design fee of $75.00 per additional edit will be charged. Please note any changes to the existing design in the boxes below, then sign and date the document, and return it to your Wellness Coordinator. If no additional edits are required, please indicate final approval, then sign, date, and return to your Wellness Coordinator.
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.

**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.

**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.

**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.

**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.

**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

**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.

**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

**HEALTHY/IMPROVED VALUES**
Awarded based on 2023 screening results and 5% improvements from most recent results (2022). Waist Circumference - 15 points, Triglycerides - 15 points, HDL Cholesterol - 15 points, Blood Pressure - 15 points, Blood Glucose - 15 points. 75 POINTS MAX

$50 GIFT CARD*
Complete Biometric Screening by October 31, 2023

$150 WELLNESS INCENTIVE**
Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2023

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 HealthComp at CustomerServe@HealthComp.com, and we will work with you to develop another way to qualify for the reward.

*A $50 Visa Gift Card will be emailed to you upon completion of the biometric screening.

**Those who qualify will receive a wellness incentive applied to the last paycheck of the calendar year.
PORTAL REGISTRATION

1. Visit HCHHealthBenefits.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. **Use last four digits of Employee ID in place of Social Security Number**
4. Login to HCHHealthBenefits.com and click Wellness Center on the right-hand side.

If you would like to utilize the HealthComplete 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 HealthComplete app.

MOBILE ACCESS

1. After completing the Portal Registration, download the HealthComplete 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.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email HealthComp at CustomerServe@HealthComp.com, and we will work with you to develop another way to qualify for the reward.
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 HealthComp at (985) 242-7055 or CustomerServe@HealthComp.com, and we will work with you to find an alternative.

How do I complete the Health Assessment?
Login to your Wellness Center or HealthComplete 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 HealthComp at (985) 242-7055 or email ChargerFit@UAH.edu. Also, visit our Facebook page UAHChargerFit.
FLYERS

Reminders of important program details, upcoming due dates, or unique engagement opportunities. Print and distribute or share electronically.
The Wellness Center is your online portal for all your wellness program activities, available 24/7. It is full of helpful resources and tools, including your personal health assessment, healthy recipes, and much more! Keep track of your progress and health goals anytime, anywhere.

PORTAL REGISTRATION
1. Visit HCHealthBenefits.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. **Use last four digits of Employee ID in place of Social Security Number**
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If you would like to utilize the HealthComplete 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 HealthComplete app.

TOOLS FOR YOUR HEALTH JOURNEY
• Complete your Health Assessment
• Participate in challenges
• Sync your tracking device
• Track incentives

GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2023

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If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email HealthComp at CustomerServe@HealthComp.com, and we will work with you to develop another way to qualify for the reward.
Connect to your Wellness Center wherever you are by downloading the HealthComplete app to your mobile device. Access your wellness program information and activities anytime, anywhere.

WELLNESS CENTER MOBILE ACCESS
1. After completing the online Portal Registration, download the HealthComplete 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.

SYNC YOUR TRACKING DEVICE
1. Click the TRACKER tile, then on MANAGE DEVICES.
2. Follow the prompts provided.

MANAGE YOUR COMMUNICATIONS
Visit the COMMUNICATIONS icon in your Wellness Center to opt-in/opt-out of specific communications, including smartphone notifications and portal messaging. For additional help, email CustomerServe@HealthComp.com.

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## HOW TO EARN POINTS

### MANDATORY COMPONENTS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biometric Screening</td>
<td>50</td>
</tr>
<tr>
<td>Health Assessment</td>
<td>50</td>
</tr>
</tbody>
</table>

### POINT EARNING OPPORTUNITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>SelfHelpWorks Online Coaching</td>
<td>75</td>
</tr>
<tr>
<td>Telephonic Health Coaching</td>
<td>75</td>
</tr>
<tr>
<td>Preventive Screening</td>
<td>30/210</td>
</tr>
<tr>
<td>Tobacco Free Declaration (or RAS)</td>
<td>25</td>
</tr>
<tr>
<td>Plan for Wellness</td>
<td>10/100</td>
</tr>
<tr>
<td>Healthy/Improved Results</td>
<td>15/75</td>
</tr>
<tr>
<td>WONDR Health / Weight Loss Program</td>
<td>75</td>
</tr>
<tr>
<td>Wellness Wednesdays</td>
<td>30</td>
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<tr>
<td>Activity and Lifestyle Challenges</td>
<td>30</td>
</tr>
<tr>
<td>Burnalong</td>
<td>25/200</td>
</tr>
<tr>
<td>UAH Onsite Event</td>
<td>30</td>
</tr>
<tr>
<td>Financially Fit (403B Savings)</td>
<td>20</td>
</tr>
<tr>
<td>Race Events</td>
<td>20/40</td>
</tr>
<tr>
<td>Steps Log</td>
<td>1/100</td>
</tr>
<tr>
<td>Cardio Tracker</td>
<td>1/100</td>
</tr>
<tr>
<td>Teladoc Utilization</td>
<td>25/50</td>
</tr>
<tr>
<td>BCBS Maternity Management</td>
<td>25</td>
</tr>
<tr>
<td>Disease Management</td>
<td>25</td>
</tr>
</tbody>
</table>

*User Upload
+ Access Via Tile
★ Mandatory

### GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2023

<table>
<thead>
<tr>
<th>Incentive Type</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50 Gift Card*</td>
<td>Complete Biometric Screening by October 31, 2023</td>
</tr>
<tr>
<td>$150 Wellness Incentive**</td>
<td>Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2023</td>
</tr>
</tbody>
</table>

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

*A $50 Visa Gift Card will be emailed to you upon completion of the biometric screening.
**Those who qualify will receive a wellness incentive applied to the last paycheck of the calendar year.

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

**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.

**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.

**GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2023**

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Complete Biometric Screening by October 31, 2023

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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!

Schedule or visit the TELEPHONIC HEALTH COACHING tab in your Wellness Center, or call 888.503.6281.

888.503.6281

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.

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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.

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

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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 HCHealthBenefits.com or via the HealthComplete Wellness app.
2. Click the HEALTH ASSESSMENT tile.
3. Complete and submit the Health Assessment.

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

or complete the Reasonable Alternative Standard (RAS) below.

1. Login to www.HCHealthBenefits.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.

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HEALTH ASSESSMENT**
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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.

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.

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

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.

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

HEALTHY/IMPROVED VALUES
Awarded based on 2023 screening results and 5% improvements from most recent results (2022). Waist Circumference - 15 points, Triglycerides - 15 points, HDL Cholesterol - 15 points, Blood Pressure - 15 points, Blood Glucose - 15 points. 75 POINTS MAX

You’re almost there!
★ Mandatory + Access Via Tile ☆ User Upload

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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 10/31/2023.

2. Click the Biometric Screening tile to view results.

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Mandatory

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25 POINTS (INITIAL ACCESS) / 1 POINT PER DAY/MAX 200
LIVE AND ON-DEMAND CLASSES

Burnalong offers flexible, on-demand health and wellness video classes on 50+ categories spanning physical, mental, and financial wellness. Featured categories include yoga, fit over 50, diabetes, mindfulness, nutrition, cancer wellness, chronic pain management, and office workouts.

WHAT CAN YOU EXPECT?

• 14,000+ classes
• 2,000+ nationally certified instructors
• 3 minutes to 2 hours class duration
• 108 languages available (Spanish included)

Every eligible member has up to 4 free family accounts!

START NOW!
Get started today by visiting your Wellness Center and clicking on the Burnalong tile.

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MICROBROCHURE

Overview of the program details and instructions for the Wellness Center portal access. Print and distribute or share electronically.
How do I view my points?
Access your Wellness Center dashboard. Click on the INCENTIVES & REWARDS tile, then VIEW MY POINTS, and your earned points will appear.

What if a medical condition keeps me from completing a program component?
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Login to your Wellness Center or HealthComplete 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 HealthComp at (985) 242-7055 or email ChargerFit@UAH.edu. Also, visit our Facebook page UAHChargerFit.
**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

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

**SelfHelpWorks Online Coaching**
- Online programs designed to eliminate hard-to-break habits and create long-lasting behavior changes through step-by-step behavioral training.

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

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**Ready Set Health**

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- 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

**Healthy/Improved Values**
- Awarded based on 2023 screening results and 5% improvements from most recent results (2022). Waist Circumference - 15 points, Triglycerides - 15 points, HDL Cholesterol - 15 points, Blood Pressure - 15 points, Blood Glucose - 15 points. 75 POINTS MAX

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

**SelfHelpWorks Online Coaching**
- Online programs designed to eliminate hard-to-break habits and create long-lasting behavior changes through step-by-step behavioral training.

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**Well Earned Rewards**

**$50 Gift Card**
- Complete Biometric Screening by October 31, 2023

**$150 Wellness Incentive**
- Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2023

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

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**Portal Registration**
2. Enter your first and last name, group number, 52841, and email address.
3. Complete the requested information and select Next. Then complete the email authentication process to activate your account. **Use last four digits of Employee ID in place of Social Security Number**
4. Login to www.HCHealthBenefits.com and click the Wellness Center on the right-hand side.

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

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**Mobile Access**
1. After completing the Portal Registration, download the HealthComplete 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 above. You can view your username and update your password at any time on the Account Settings page in your Wellness Center.

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**Visit the INCENTIVES & REWARDS tile for a complete list of point earning opportunities.**

**Those who qualify will receive a wellness incentive applied to the last paycheck of the calendar year.
POSTCARD

Important reminders and information to be sent to the member's home in a 4 X 6 format.
GET WITH THE PROGRAM
JAN. 01, 2023 - OCT. 31, 2023

Earn rewards through program participation.

☐ HEALTHY HABITS
   Points Vary

☐ HEALTHY IMPROVED VALUES
   15 Points Each/Max 75 Points

☐ CHALLENGES
   30 Points

☐ TELEPHONIC HEALTH COACHING
   75 Points

☐ SelfHelpWorks ONLINE COACHING
   75 Points

Not registered?
Visit www.HCHealthBenefits.com

to register today. Group Number: S2841
2023 WELLNESS PROGRAM

HEALTH ASSESSMENT

BIOMETRIC SCREENING

TOBACCO FREE OR RAS*

*Reasonable Alternative Standard: Tobacco users should complete the Living Free: Quit Smoking for Good online program to fulfill the reasonable alternative standard for tobacco free component. Enroll via the Self Help Works tile in your wellness center. The Tobacco Free Declaration should only be completed by tobacco free participants.

50 POINTS 50 POINTS 25 POINTS

$50 GIFT CARD*
Complete Biometric Screening by October 31, 2023

$150 WELLNESS INCENTIVE**
Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2023

Questions? Call (985) 242-7055 or email CustomerServe@HealthComp.com.
POSTER

Reminders of important program details, upcoming due dates, or unique engagement opportunities. Print and distribute or share electronically.
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

$50 gift card mailed to home upon completion

Complete Your Screening

1. Visit the UAH Onsite Clinic or complete with your Primary Care Provider by 10/31/2023.

2. Click the Biometric Screening tile to view results.

GET WITH THE PROGRAM - JAN. 01 - OCT 31, 2023

$50 GIFT CARD*
Complete Biometric Screening by October 31, 2023

$150 WELLNESS INCENTIVE**
Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2023

Mandatory

Visit the INCENTIVES & 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 HealthComp at CustomerServe@HealthComp.com, and we will work with you to develop another way to qualify for the reward.

* A $50 Visa Gift Card will be emailed to you upon completion of the biometric screening.

** Those who qualify will receive a wellness incentive applied to the last paycheck of the calendar year.