

JAN 1 - OCT 31

DESIGNED FOR YOUR
WELLBEING

2024 Wellness Brochure

READY SET HEALTH

JAN 01, 2024 - OCT 31, 2024

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.



50 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.



5 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.



15 POINTS

HEALTHY/IMPROVED VALUES

Awarded based on 2024 screening results and 5% improvements from most recent results (2023). 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 GIFT CARD*

Complete Biometric Screening by October 31, 2024

\$150 WELLNESS INCENTIVE**

Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2024



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.

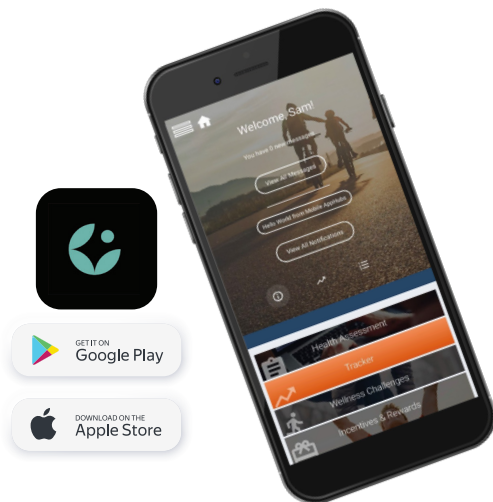


PLUG INTO WELLNESS

PORTAL REGISTRATION

1. Visit **HCHealthBenefits.com** and 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 **HCHealthBenefits.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. 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.

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 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 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.



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

JAN 01 - OCT 31



REGISTER TO KICKSTART YOUR WELLNESS TODAY

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** and select **First Time User? Click here to register**, select **Participant**.
2. Enter your first and last name, group number, **S2841**, and email address.
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TOOLS FOR YOUR HEALTH JOURNEY

- Complete your Health Assessment
- Participate in challenges
- Sync your tracking device
- Track incentives

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\$150 WELLNESS INCENTIVE**

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WELLNESS ON-THE-GO



JAN 01 - OCT 31

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

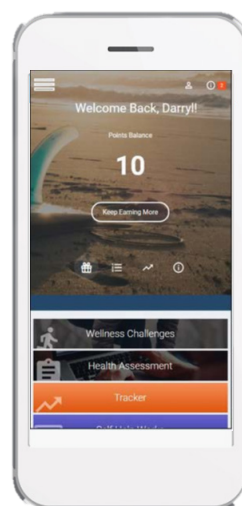
1. After completing the online Portal Registration, download the **HealthComplete app** on your mobile device.
2. Enter the **username** and **password** created in the Portal Registration. You can view your username and update your password at any time on the Account Settings page in your Wellness Center.

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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JAN 01 - OCT 31



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 ⁺	50 POINTS
PREVENTIVE SCREENING*	30 POINTS/210 MAX
TOBACCO FREE DECLARATION (or RAS) ⁺	25 POINTS
PLAN FOR WELLNESS ⁺	5 POINTS
HEALTHY/IMPROVED RESULTS	15 POINTS/75 MAX
WONDR HEALTH / WEIGHT LOSS PROGRAM*	25 - 100 POINTS
WELLNESS WEDNESDAYS	30 POINTS
ACTIVITY AND LIFESTYLE CHALLENGES ⁺	30 - 50 POINTS
BURNALONG ⁺	25 POINTS (INITIAL ACCESS)/1 POINT PER DAY/200 MAX
UAH ONSITE EVENT*	30 POINTS
FINANCIALLY FIT (403B SAVINGS)	20 POINTS
RACE EVENTS*	20 POINTS PER EVENT/40 MAX
STEPS LOG	1 POINT PER DAY/PER 10,000 STEPS
CARDIO TRACKER	1 POINT PER DAY/PER 30 MINUTES OF CARDIO
TELADOC UTILIZATION*	25 POINTS/50 MAX
BCBS MATERNITY MANAGEMENT	25 POINTS
DISEASE MANAGEMENT	25 POINTS
ComPsych UTILIZATION*	25 POINTS

+ Access Via Tile

* User Upload

★ Mandatory

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JAN 01 - OCT 31



DO MORE EARN MORE

BY UPLOADING PROOF OF YOUR WELLNESS ACTIVITIES

CARDIO TRACKER - 1 POINT PER DAY

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

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.

ComPsych UTILIZATION* - 25 POINTS

Upload proof of ComPsych Member Portal registration and utilize your benefits to earn points. For more information visit the UAH ComPsych tile in the Wellness Center.

TELADOC UTILIZATION* - 25 POINTS/50 MAX

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.

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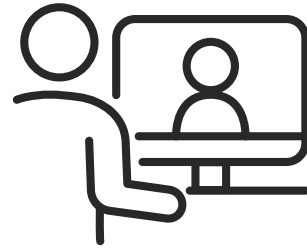
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TELEPHONIC HEALTH COACHING⁺



50 POINTS

50 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!

Get started today by visiting your Wellness Center and clicking on the TELEPHONIC HEALTH COACHING tile, or call **(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.

+ Access Via Tile

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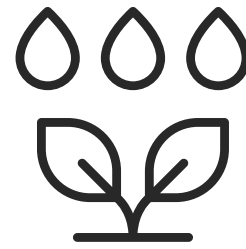
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SelfHelpWorks ONLINE COACHING⁺



75 POINTS

75 POINTS

POINTS AWARDED UPON COMPLETION.

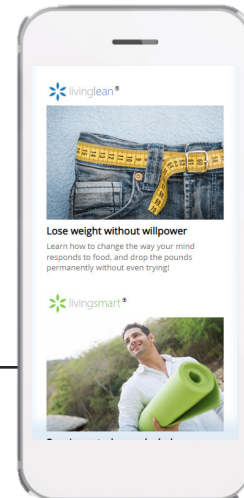
Have you considered improving your nutrition knowledge? Are you interested in losing weight? Want to quit smoking or need recommendations for managing stressful situations? These and many other lifestyles and disease management-related questions are answered through the SelfHelpWorks Online Coaching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

GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2024

\$50 GIFT CARD*

Complete Biometric Screening by October 31, 2024

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Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2024

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

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50 POINTS



★ HEALTH ASSESSMENT⁺

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 app.
2. Click the HEALTH ASSESSMENT tile.
3. Complete and submit the Health Assessment.

Deadline: 10/31/2024



- ★ Mandatory
- + Access Via Tile

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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 **HCHHealthBenefits.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

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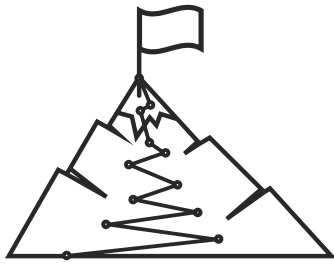
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JAN 01 - OCT 31



FINISH STRONG

THERE'S STILL TIME TO ENGAGE IN THESE WELLNESS ACTIVITIES



BIOMETRIC SCREENING+★

50 POINTS 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+★

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. Click on the HEALTH ASSESSMENT tile to complete your assessment and earn points upon completion.



TELEPHONIC HEALTH COACHING+

50 POINTS 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+

75 POINTS 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*

30 POINTS 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



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25 POINTS 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+

5 POINTS 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.



HEALTHY/IMPROVED VALUES

15 POINTS Awarded based on 2024 screening results and 5% improvements from most recent results (2023). 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

PROGRAM END - OCT 31, 2024

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★ 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 10/31/2024.
- 2 Click the **BIOMETRIC SCREENING** tile to view results.

\$50 e-gift card sent via email upon completion

★ Mandatory

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BURNALONG⁺



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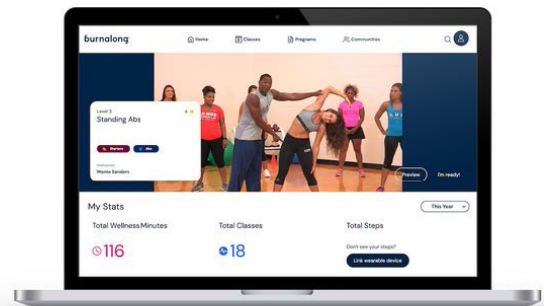
25 POINTS (INITIAL ACCESS) / 1 POINT PER DAY/MAX 200 LIVE AND ON-DEMAND CLASSES

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.

+ Access Via Tile

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