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.

**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

**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.
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.
**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.
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.
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.

**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, 2024**

<table>
<thead>
<tr>
<th>$50 GIFT CARD*</th>
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*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.
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.

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

- **$50 GIFT CARD***
  Complete Biometric Screening by October 31, 2024

- **$150 WELLNESS INCENTIVE**
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**Visit the INCENTIVES & REWARDS tile for a complete list of point earning opportunities.**

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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**
  - 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

### GET WITH THE PROGRAM - JAN. 01 - OCT. 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.

* 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
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.

**TELA DOC 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.

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

|$50 GIFT CARD*|
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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.

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

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

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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.
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

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

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

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

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$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.

Deadline: 10/31/2024

* 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.
Declare Your Tobacco Free Status

or complete the Reasonable Alternative Standard (RAS) below.

1. Login to 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.

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

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

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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.
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.

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.

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.

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.

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

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.

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.

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

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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 10/31/2024.

2. Click the BIOMETRIC SCREENING tile to view results.

$50 e-gift card sent via email upon completion

Mandatory

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

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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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