

JAN 1 - OCT 31

DESIGNED FOR YOUR
WELLBEING

2023 Wellness Brochure

READY SET HEALTH

JAN 01, 2023 - OCT 31, 2023

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 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*

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



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

! 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.

JAN 01 - OCT 31

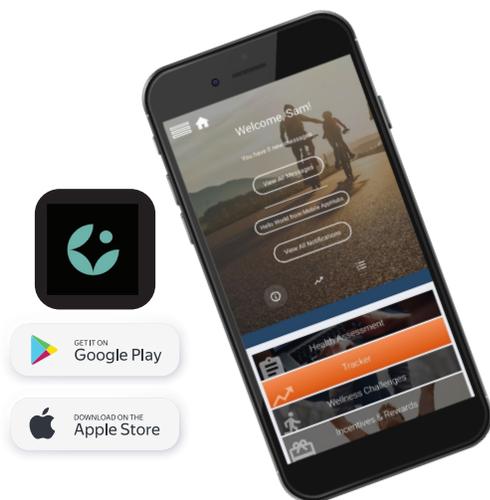


PLUG INTO WELLNESS

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.

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 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](#).



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.