

2020-21 Wellness Program: 600-Point Goal - Here's How



****Steps 1 and 2 may be completed in any order****

(1) 200 PTS = Complete Health Evaluation

Complete the health risk assessment via your secure portal + choose how you want to get your bloodwork completed: onsite at the workplace, through your doctor, or at any LabCorp location no later than August 12, 2021. All participants will automatically receive a personal health score and a goal (see table below). Participants that are not able to achieve the goal as outlined below will have the ability to earn missed points by completing elective activities of choice, next program year.

Score	Goal
Low Risk = -20 to 0	Goal for low risk: remain low risk
Moderate Risk = 1 to 25	Goal for moderate risk: move to low risk
High Risk = 26+	Goal for high risk: reduce score by 60%

(2) 100 PTS = Complete Annual Routine Check-Up

Make an appointment for an annual routine check-up (physical) with your Primary Care Physician (PCP). All routine check-ups count from August 15, 2020 to August 12, 2021.

Complete TWO Required Activities Above = 300 PTS



Select 300 PTS in elective activities of your choice!



Here are the options for how to obtain 300 remaining points prior to the program deadline on: August 13, 2021

50 PTS = Share Results with Your Doctor

Share the results of your health evaluation with your primary care physician. If you choose to go to your physician for your health evaluation (blood work) you will self-report for 50 points (as your physician receives your results as the ordering provider). If you use the onsite or lab option for your health evaluation, you will self-report for 50 points after you share a copy of your lab results with your physician.

100 PTS = Complete Up to Two Preventive Exams

These vary by age and gender but here are some options: flu shot, dental exam, eye exam, cancer screenings, bone density testing, etc. (refer to portal for a complete listing).

150 PTS = Complete Any Combo of 25 and 50 PT County/Community Activities

There are approximately 15 activities to select from in these categories such as attend an education session, workout 15 times a month, sports league participation, volunteering, online webinars, taking fitness classes, trying new relaxation techniques, attending an employer sponsored health fair, etc.

100 PTS = Log Steps or Activity

Track steps via a wearable device or manually log steps then enter them. Members may convert any activity to steps using the tool provided in the portal. Members will earn 1 point for every 7,500 steps per day, up to 1 point daily. This activity will last for the entire length of the program year or until the maximum points are reached.

50 PTS = Complete Two Online Challenges and/or Workshops

Access these via your account on the HealthWorks portal and receive points upon completion.

The wellness program provided by CEBCO (County Employee Benefits Consortium of Ohio) in partnership with HealthWorks is a voluntary program available to all employees and spouses enrolled in the CEBCO medical plan. The program is administered according to federal rules permitting plan-sponsored wellness programs to seek to improve health and prevent disease of insured members. The program is compliant with the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act (HIPAA), as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for glucose, kidney function, liver function, cholesterol, and a complete blood count, among others. You are not required to complete the HRA or to participate in the biometric screening or any other activity offered through the wellness program. Should you choose to participate, the information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health status and any potential risks. It may also be used to offer you services through the wellness program, such as health coaching. You are highly encouraged to share your results and any concerns with your primary care physician. HealthWorks is required by law to maintain privacy and security of all personal health information; it is not shared with your plan sponsor (CEBCO), your insurance carrier (Anthem) or your employer.