

2021-2022 WELLNESS PROGRAM

NEW THIS YEAR

• NO MORE COUNTING POINTS!

HOW TO COMPLETE

- Log into your account at portal.healthworksdata.com (User name is your email address). For first time users, follow the instructions on the portal.
- Go to the Health Activity Tracker (HAT) under the “My Wellness” tab.

ELIGIBILITY

- All employees and spouses with active County insurance coverage are eligible and encouraged to participate in this year’s voluntary wellness program.

INCENTIVES

- Your (and spouse, if applicable) completion of the 2021-2022 Wellness Program makes you eligible to pay less for your health insurance in 2023.

The difference of completing the wellness program vs. not completing the wellness program is \$600 annually for a single or single with children plan, and \$1200 annually for a single with spouse or family plan.

PROGRAM COMPLETION REQUIREMENTS

SECTION 1: CORE ACTIVITIES

- Annual bloodwork. This can be completed at your physician, at any LabCorp location or at any of the County sponsored on-site events (no cost through the health insurance).
- Health Risk Assessment. This is a health questionnaire online on the Healthworks portal.
- Annual Routine Physical. Make an appointment with your primary care physician and have a routine physical completed (no cost through the health insurance) between 08/13/2021 and 08/11/2022.

SECTION 2: LIFESTYLE HABITS

- Choose and complete any two of the listed activities in this section.

SECTION 3: LOCAL/COMMUNITY

- These activities are not specified on the portal. Activities from this category are open to County sponsored activities such as the Employee Health Fair or Lunch and Learns, as well as community or local activities that you and your spouse may be more able to participate in your own community (for example, Winter 100, spouse employer sponsored wellness events). These activities can be anything from donating blood, volunteering at a charity event, walking or running a local event, etc.
- Complete any two activities for this section.

IMPORTANT DATES

- Activities count from 8-14-21 to 8-12-22 with the exception of the screening & physical which count from 8-13-21 to 8-11-22.
- Last day to self-report activities or return any forms is 8-12-22.
- Schedule your annual physical now to be sure you can be seen by 8-11-22!

PORTAL OR LOG IN QUESTIONS?

- Contact HealthWorks via email at CEBCOwellness@cincyhealthworks.com or by phone at 513-751-1288. Please leave a message for a returned call.