

2022-2023 WELLNESS PROGRAM

NEW THIS YEAR

SIMPLIFIED PROGRAM!

HOW TO COMPLETE

- Log into your account at <https://www.cincyhealthworks.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 Delaware County’s voluntary wellness program.

INCENTIVES

- Your (and spouse, if applicable) completion of the 2022-2023 Wellness Program makes you eligible to pay less for your health insurance in 2024.

The difference of completing the wellness program vs. not completing the wellness program is \$708 annually for a single or single with children plan, and \$1404 annually for a single with spouse or family plan.

PROGRAM COMPLETION REQUIREMENTS

CORE REQUIREMENTS:

- 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 08/13/2022 and 08/10/2023.
- Attend/view a “Maximizing your Health Benefits” session (dates/times to be announced).

IMPORTANT DATES

- Activities count from 8-13-22 to 8-10-23
- Schedule your annual physical now to be sure you can be seen by 8-10-23!

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.