

2020-2021

✓ HealthCheck360

WELLNESS PROGRAM GUIDE



CONTACT US

Have questions? We're here to support and guide you every step of the way. Contact us today for more information.

HEALTHCHECK360 SUPPORT

P: 866.511.0360

E: support@healthcheck360.com

WSD BENEFITS & PAYROLL

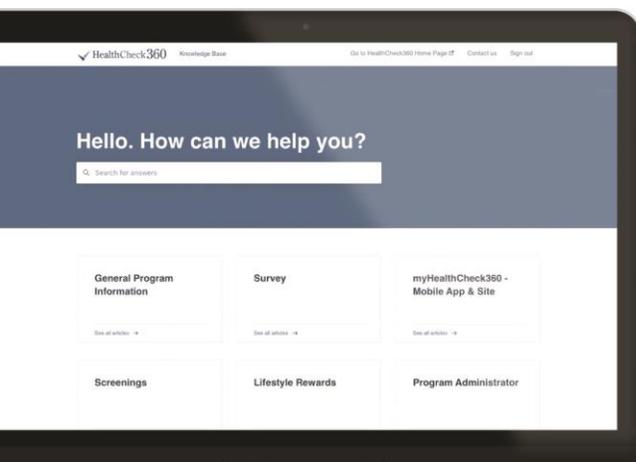
Pam Helke

P: 715.261.0545 ext 21545

E: phelke@wausauschools.org

FREE HEALTH COACHING

P: 866.511.0360 EXT 5099



WANT MORE?

Check out the HealthCheck360 Knowledge Base for everything you need to know about the myHealthCheck360 mobile app and online portal.

CHECK IT OUT NOW
WWW.HEALTHCHECK360.COM/KNOWLEDGE

WELCOME

Wausau School District has expanded your benefits package to include a new wellness program. You'll get an email from us soon with instructions on how to join the program, but we wanted to tell you a little bit about what you will gain from participating in HealthCheck360.

HealthCheck360 is a wellness company devoted to improving health and overall wellbeing. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your wellness screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

We understand everyone starts in a different spot, so we are here to meet you wherever you are. If you'd like to get some healthy hacks right away, check out the HealthCheck360 blog. An email with information on sign-up instructions is coming soon.

WELLNESS REWARDS

In addition to gaining powerful and personalized information about your health and wellbeing, **you (and spouse on the health plan if applicable) have the opportunity to earn the following health plan premium discounts. The program runs 10/05/2020 – 04/30/2021.**

- **\$100 CASH BONUS (35 points)**
 - o Complete the Biometric Screening [by 02/28/2021](#)
 - o Take the short Health Risk Assessment Survey

- **\$300 HEALTH INSURANCE DIFFERENTIAL (100+ points)**
 - o Complete the Biometric Screening [by 02/28/2021](#)
 - o Take the short Health Risk Assessment Survey
 - o Earn an additional 65 points by participating in various wellness- related activities

We care about your wellbeing, and we are committed to helping you achieve a healthy lifestyle.

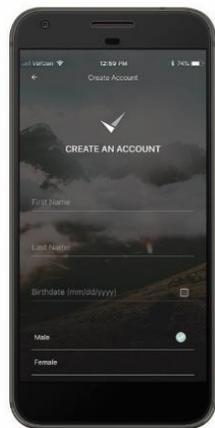
If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 and, if you wish, your primary care physician for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by 04/30/2021.



REAL RESULTS FOR REAL PEOPLE.

WELLNESS MADE EASY

Download the myHealthCheck360 mobile app today!



EVERYTHING AT YOUR FINGERTIPS

Get more than ever before with the myHealthCheck360 mobile app. More access, more support, and better tracking. Get started with the myHealthCheck360 mobile app by following the steps below.

CREATE YOUR ACCOUNT

- Download the myHealthCheck360 app
- Click **Create an account** and enter your information
 - Your company code is **WAUSD**
 - Your unique identifier is your **last 4 SSN**
Please have your spouse contact HealthCheck360 at support@healthcheck360.com or 866.511.0360 to provide their Unique Identifier in order to create an account.
- Agree to the terms and conditions and click **SIGN UP**

LOOKING FOR MORE HOW TO'S ON THE APP?

Visit our [Knowledge Center](#)



PRO TIP

CONNECT YOUR DEVICE

Get the most from your myHealthCheck360 experience by connecting a device like FitBit or Garmin, or a tracking app like Apple Health or MyFitnessPal.

TO CONNECT A DEVICE

- Select **More** at the bottom of your screen
- Select **Connect Apps & Devices**
- Find your fitness app or device and select **Connect**
- Select **OK** and login to your fitness app's account

2021 WELLNESS REWARDS

\$100 CASH BONUS

- Complete Biometric Screening and Health Risk Assessment Survey.

\$300 HEALTH INSURANCE DIFFERENTIAL

- Complete Biometric Screening and Health Risk Assessment Survey
- Earn an additional 65+ points by participating in any of the following wellness-related activities.

Note: if you have a spouse who is on the health plan, they can also earn the premium discount by participating in the program

ACTIVITY	POINTS PER ACTIVITY	MAX POINTS	VALIDATION
Biometric Screening (required)	25	25	Approved Automatically - Points will be rewarded when your results are in the HC360 system.
Take Survey (required)	10	10	Approved Automatically - Points will be rewarded when you complete your survey
Health Score – 75+	30	30	Approved Automatically - Points will be rewarded once your results are in the HC360 system
Complete a Challenge	20	40	Approved automatically - Track at least once a week on your myHealthCheck360 app during the challenge to earn points
View a HealthCheck360 Webinar	10	60	Honor system - Log into your myHealthCheck360 app and include the webinar title + a short summary of what you learned in the activity description to earn points.
Fax Results to your Physician	5	5	Honor system – Fax your individual report from your biometric screening to your primary care physician.
Preventative Care Visit	5	5	Upload – Complete a preventative care visit that is not your annual physical and upload proof (appointment card, receipt, etc.)
Goal Setting- Weight, Activity, and Steps	10	30	Approved Automatically - Points will be rewarded when you set your goal.
Track Weight once per week	3	36	Approved automatically - Points will be awarded when you track your weight
Achieve 6,000 steps per day	1	60	Approved automatically - Points will be awarded when you achieve the steps goal.
Achieve 30 minutes of activity per day	1	60	Approved automatically - Points will be awarded when you achieve the activity goal
Track Nutrition 3 times per day	1	60	Approved automatically - Points will be awarded when you achieve the nutrition goal.
Review the EAP Benefits Guide	1	1	Honor System – Review the EAP Benefits Guide and submit to earn points.

BIOMETRIC SCREENING OPTIONS

Choose from the options below how you would like to complete your biometric screening. Once you complete your blood draw, your results will be available on the myHealthCheck360 portal with an individual health score. You must complete your screening by 02/28/2021.

AT HOME TEST KIT

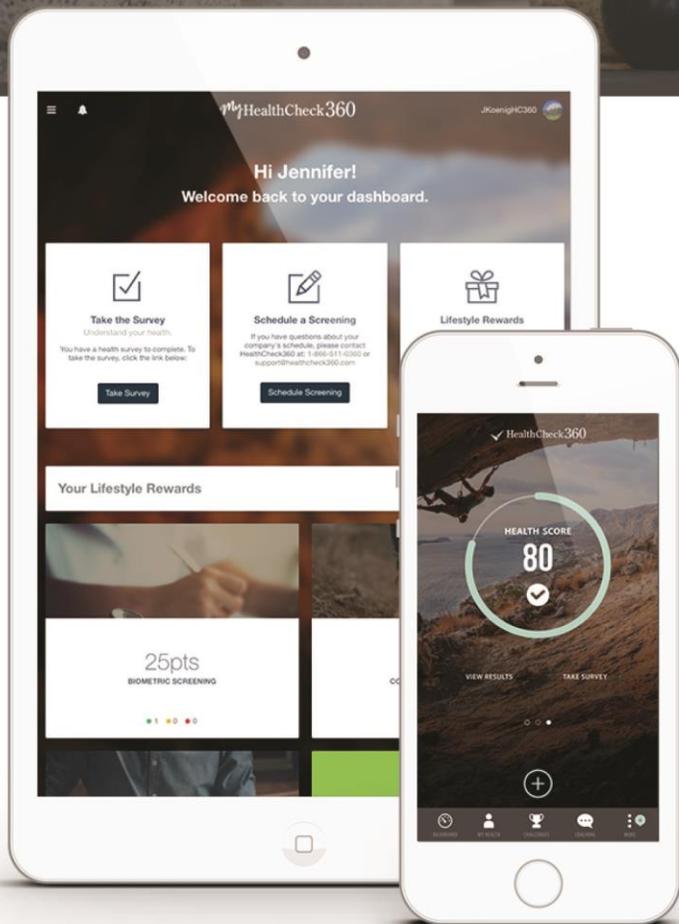
- Select **Request an At-Home Test Kit** on the **More** page on the mobile app
- Fill in your information on the order form and select **Submit**
- You will receive a confirmation email from Coremedica Labs Inc. following your order placement
- Your kit will arrive within 10 business days
 - Follow the instructions included in the kit and place in the mail once complete
- Your results will be available on the myHealthcheck360 mobile app or online portal 7-10 business days after your kit has been received.

PHYSICIAN FORM

- Select **Submit a Physician Form** and download the **Physician Screening Form** from your myHealthCheck360 account.
 - Complete the **Participant** section before your appointment.
 - You must sign your results form. Your results will not be processed without your signature.
- Review the [Physician Form instructions](#) and provide page 2 to your Primary Care Physician
- To submit your form:
 - Log in to www.myhealthcheck360.com.
 - Go to **My Program** tab and select **Physician Form**.
 - Fill in all required fields and upload a copy of your form.
 - **For the Glucose field, please enter your A1c percentage**
 - Once submitted, you will receive a notification that results are under review.
 - Employees and spouses must complete separate forms and submit them through their separate myHealthCheck360 accounts.

ASPIRUS OFFSITE LAB

- Download the [2020-2021 Aspirus Biometric Screening Voucher](#) for instructions on how to schedule
 - This can also be accessed by logging into your account on myHealthCheck360.com and accessing the Benefits Wallet found on the left-hand toolbar.



COMPLETE YOUR SURVEY

Please take a couple of minutes to complete your lifestyle survey. Your answers are not shared with anyone at Wausau School District, and they have no effect on your overall health score.

HOW TO COMPLETE YOUR SURVEY

1. Log into your myHealthCheck360 app
2. First time users should create an account
 - Your company code is **WAUSD**
 - Your unique identifier is your **last 4 SSN**
3. At the bottom of your screen, select **My Health**
4. Select **Take Survey**

FAQ

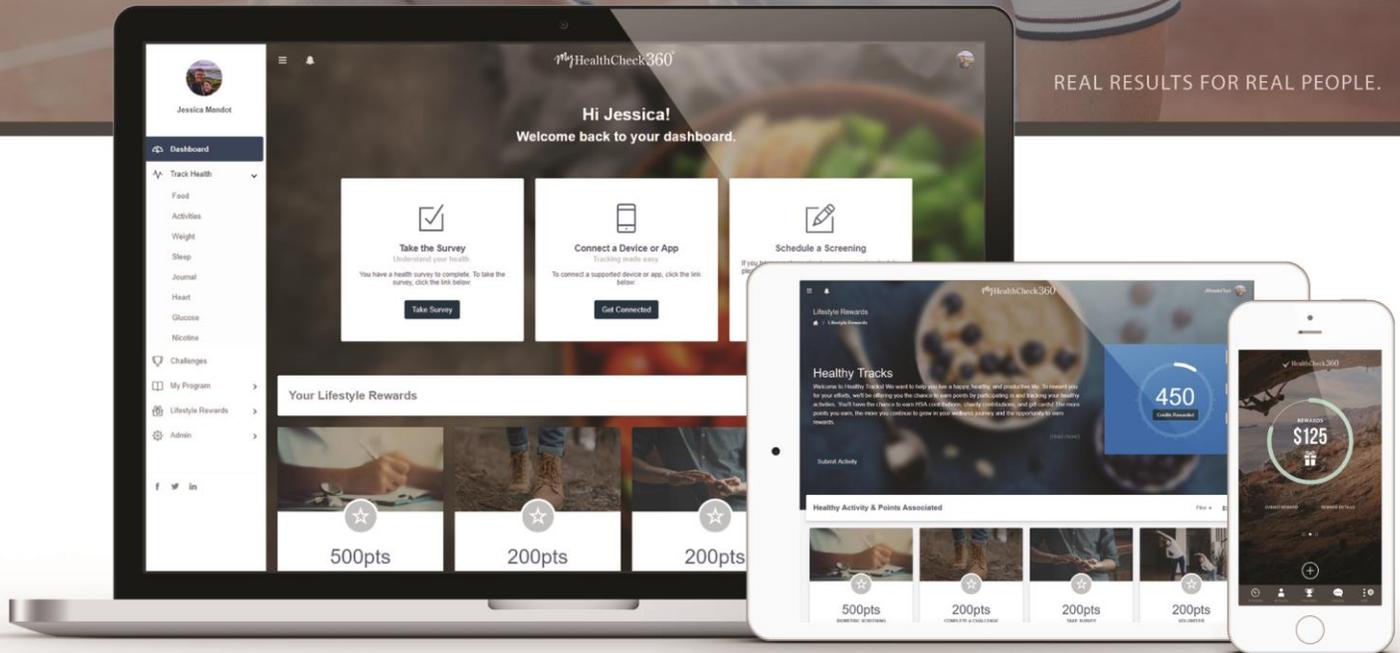
What if I don't have a smart phone? Log-in by visiting myHealthCheck360.com.

What if I forgot my password or username? Click on forgot username or password and enter your personal information, company code and Unique Identifier (Last 4 SSN) and select Submit

How long will it take to complete the survey? The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Wausau School District.

What is the program deadline? All steps must be complete by April 30th, 2021.



HOW TO SUBMIT A LIFESTYLE REWARD ACTIVITY

**LOG YOUR ACTIVITIES,
COMPLETE A CHALLENGE,
AND EARN MONEY
OR CREDITS FOR BEING
HEALTHY.**

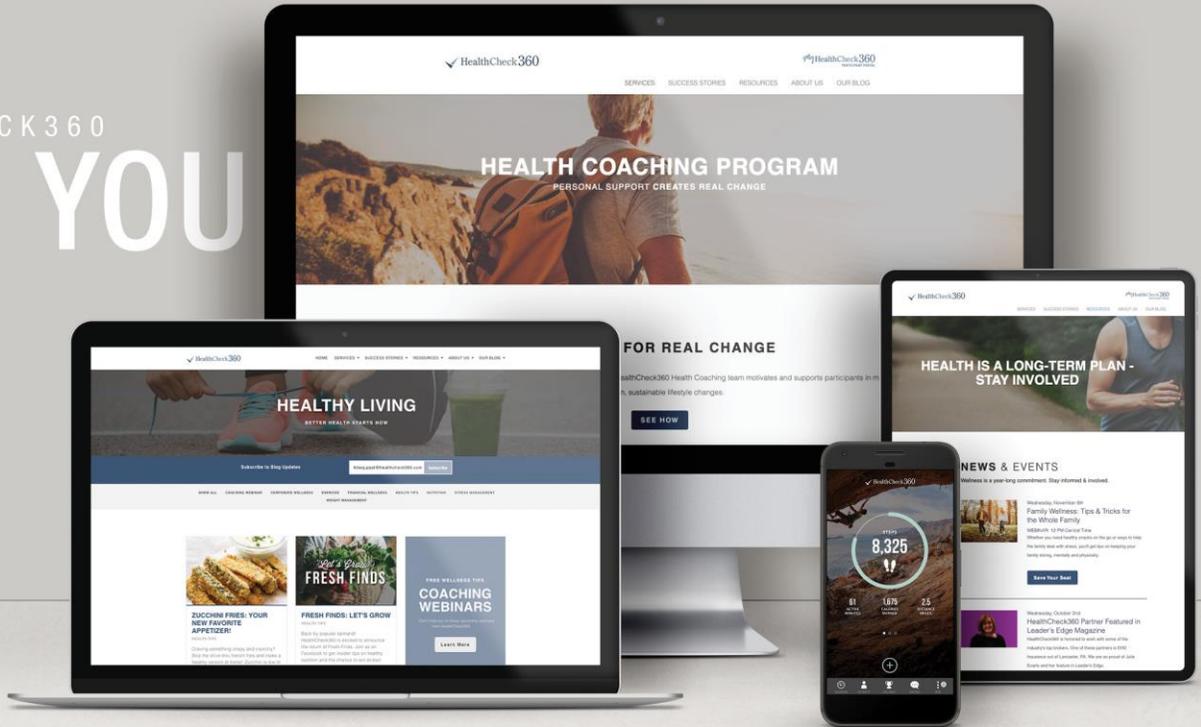
ON THE MYHEALTHCHECK360 APP

1. Select **More** at the bottom of your screen
2. Select **Lifestyle Rewards**
3. Select **+ Add**
4. Select your activity from the drop down menu
5. Type a brief activity description, enter a date, and upload your document if required
6. Select **+ Add** to submit your activity

ON YOUR COMPUTER AT WWW.MYHEALTHCHECK360.COM

1. Click **Lifestyle Rewards** on the left-hand menu
2. Click the blue **Submit Activity** box
3. Select your activity from the drop-down menu
4. Type a brief activity description, enter a date, and upload your document if required
5. Select **Submit** to submit your activity

HEALTHCHECK360 FOR YOU



HEALTHCHECK360 FOR YOU

HealthCheck360 is your well-being partner, devoted to improving your health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you in your journey to a healthier you.

Check out these great resources available to you!



MOBILE APP

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go.

Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.



UNLIMITED HEALTH COACHING

Contact us at 1.866.511.0360 ext. 5099 to speak to a health coach anytime, completely free.



LUNCH & LEARN WEBINARS

Join us the first Wednesday of every month for tips, tricks, and hacks, directly from our health coaches. Register for upcoming webinars on our blog.



MONTHLY CALENDARS & NEWSLETTERS

Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.



BLOG ARTICLES

Subscribe to the HealthCheck360 blog to get recipes, exercises, health tips and more!



SOCIAL MEDIA

Follow us on Facebook, Twitter, and Instagram for quick tips year-round and the chance to win prizes!

DOWNLOAD OUR MOBILE APP



The myHealthCheck360 mobile app connects your employees, anytime, anywhere.

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