

## Earning Points

The health management program is run on a point system. You will earn points throughout the year for completing certain program activities. Then, you redeem these points at the end of the year for incentives or rewards.

Incentive Reward :Complete the required MHA, Annual Physical Exam and other program activities by 05/15/2018 to receive 200 points and a \$200 wellness reward.

2017 -2018 SPS Employee Wellness Program	
ASSESSMENTS	POINT VALUE
Member Health Assessment (MHA) (Required)	50
BIOMETRIC SCREENING OR PHYSICAL EXAM	POINT VALUE
Biometric Screening or Annual Physical Exam (Required)	50
PROGRAM ACTIVITIES	POINT VALUE
Targeted Programs	25 each / 75 max
Online Courses	15 each / 60 max
Employer Challenges	25 each /100 max
Peer Challenges-Goal Met	5 each / 45 max
250K Steps	10 each / 40 max
Healthy Events -Self-Reported	10 each / 30 max
<b>PROGRAM GOAL</b>	<b>200 POINTS</b>

## Download the Viverae Mobile APP

Now, you can take wellness with you anytime, anywhere, using your Apple or Android device! SPS Program is now the ultimate mobile wellness experience! Download the app today. Go to the App Store or Google Play and search for Viverae.



## Frequently Asked Questions

### What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed with a variety of highly trained customer care representatives, health professionals, and clinicians, including health and exercise specialists and registered nurses and dietitians.

### How do I contact the Viverae Health Center?

There are two ways to contact the Health Center: via secure email message or by phone.

- Send secure email messages via [connect.viverae.com](mailto:connect.viverae.com)
- Select **Inbox** from the pull-down menu containing your name in the upper right corner of the home page
- To call toll-free, please dial 888-VIVERAE (848-3723)

The Viverae Health Center hours are as follows:

- Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- Friday: 7 a.m. – 6 p.m. CT
- Saturday – Sunday: Closed



## Suffolk Public Schools Wellness Program

# 2017-2018

## Welcome

The daily demands of life and work can make it hard to live a healthy lifestyle. Suffolk Public Schools appreciates you and wants to provide the tools and support you need to be healthy and well. We have partnered with Viverae, a leading health management services provider, to bring you the latest health and wellness content, educational programs, and an online community to keep you motivated.

The Suffolk Public Schools Employee Wellness Program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress, or to improve your diet, the Suffolk Public Schools Wellness program can help you.

### Who can participate in the program?

Beginning August 2015, all Suffolk Public School Employees are eligible to participate in the Member Health Assessment (MHA) and Biometric Screening, and may log on to the Connect.Viverae.com website to take part in all the available wellness activities.

### Is my health information confidential?

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

## How to Register

### Step 1

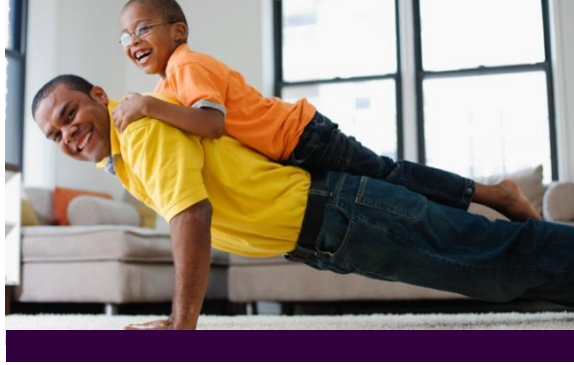
- Visit [connect.viverae.com](http://connect.viverae.com)
- Click **New User Registration**

### Step 2

- Enter your last name and date of birth (DOB)
- Enter your identifier: SPS User Number
- Enter the registration code: suffolk (lower case)

### Step 3

- Create a user name (5 – 25 characters)
- Create a password (8 – 12 characters) using letters (upper and/or lowercase), numerals, and/or special characters (such as @\$%&#)
- Select a security question and answer, then click **Save**



## Getting Started

[connect.viverae.com](http://connect.viverae.com)

You will use the site as your personal hub to manage all your program activities and view your points.

### Member Health Assessment

The MHA asks questions about specific lifestyle habits. Upon completion, your Member Health Report will highlight your current risk level for each lifestyle habit and give you tips for improving your overall health and well-being. You can complete your MHA online at [connect.viverae.com](http://connect.viverae.com).

### Your Health Score

Your health score is based on your answers to the questions asked in the MHA and your Biometric Screening results. A high Health Score can indicate that your current health status is on the right track. A low Health Score suggests that you could be at a greater risk of developing certain diseases and health problems.



## Additional Activities

For more points or support in your health management program, you have plenty of available resources. Participating in the Suffolk Public Schools Employee Wellness Program allows you to do the following:

- Register for any Employer Challenges Suffolk Public Schools is hosting
- Take an Online Course or join a Targeted Program to address specific lifestyle concerns

## Employer Challenges

In addition to core point-earning activities, you will have opportunities throughout the year to take on more focused Challenges and earn points. These Challenges run anywhere between four and 12 weeks and focus on specific risk factors or lifestyle changes.

### Sign up for your challenges:

- Log on to your [connect.viverae.com](http://connect.viverae.com) homepage
- Scroll down to the **Challenges** tile or Select the Wellbeing/Activity
- Click **Challenge name** displayed for details
- Click **Lets do it !** to sign-up

### Track your progress:

- Log on to [connect.viverae.com](http://connect.viverae.com)
- Track your progress from the **Challenge** section

