



# 2018 WELLNESS PROGRAM

## LIVE BETTER TODAY

The SPS Wellness Program will reward you for making healthy choices. Get the motivation you need to reach personal health goals along with the education and support to make wellness a lifestyle.

### Who can participate?

Beginning October 2018, all employees are eligible to log on to connect.simplywell.com or the SimplyWell® app to start the program. Download the mobile app by searching “SimplyWell” in the App Store or Google Play.

## HOW TO REGISTER

- Visit connect.simplywell.com or the SimplyWell app
- Select **Register**
- Enter your last name and date of birth (DOB)
- Enter your identifier: 6 digit employee ID
- Enter the registration code: suffolk
- Then follow prompts to complete registration

## SYNC YOUR DEVICE

To sync your app or device, visit connect.simplywell.com

- Select the **Preferences** icon in the top right corner
- Select **Apps & Devices**
- Select the “+” icon
- Follow the prompts to sync your app or device

**Note:** Sync your Apple Health app or Apple Watch using the SimplyWell mobile app.

## GETTING STARTED

Start at [connect.simplywell.com](http://connect.simplywell.com) or the SimplyWell app to see where your health stands and take action toward a healthy lifestyle.

### Member Health Assessment (MHA)

The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a health index. You can complete your MHA at connect.simplywell.com or the SimplyWell app.

### Biometric Screening

Biometric Screenings will be offered onsite this year. Biometric Screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement.

Contact the SimplyWell Health Center at 888-848-3723 with any questions or concerns about the SimplyWell online screening sign-up process or wellness program.

**Please note:** Depending on your method of testing or location of onsite screening, not all metrics may be included.

### Profile

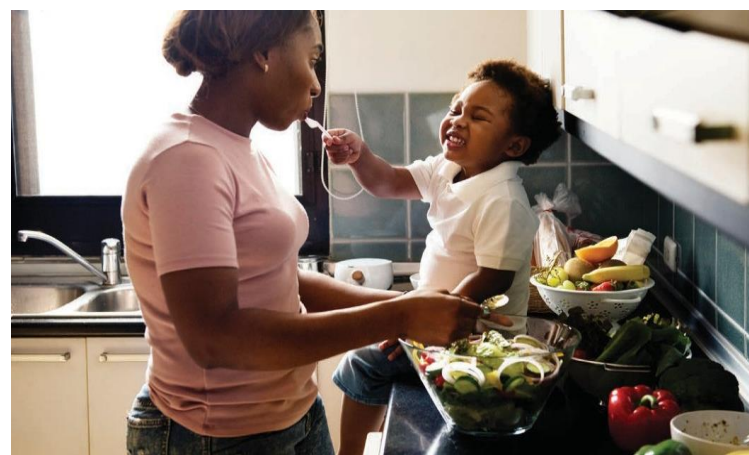
This section of connect.simplywell.com or the SimplyWell app shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and your options to improve your results.

## EARNING INCENTIVES

Earn credit for completing program activities in the SPS Wellness Program and earn rewards. Manage all your program activities at connect.simplywell.com or the SimplyWell app.

Complete the Member Health Assessment, Biometric Screenings and reach a total of 200 points by 5/15/19 to receive your gift cards.

2018-19 SPS WELLNESS PROGRAM	
<b>ASSESSMENTS (REQUIRED)</b>	<b>POINTS</b>
Member Health Assessment	50
Biometric Screening	50
<b>TOBACCO-FREE</b>	<b>POINTS</b>
Optum Program	20
<b>PROGRAM ACTIVITIES</b>	<b>POINTS</b>
Articles	4 each/ 40 max
Videos	4 each/ 40 max
Employer Challenges	25 each/ 100 max
250k Step Milestones	15 each/ 45 max
Peer Challenges	10 each / 50 max
Healthy Events	10 each / 30 max
<b>WEIGHT MANAGEMENT</b>	<b>POINTS</b>
12 Week Program	50 each/ 50 max
<b>FINANCIAL WELLNESS</b>	<b>POINTS</b>
Financial Wellness Program	10 each/ 70 max
<b>PROGRAM GOAL</b>	<b>200</b>



## ADDITIONAL ACTIVITIES

For more credit or support in your wellness program, you have plenty of available resources:

- Register for any Employer Challenges Suffolk Public School is hosting
- Learn how to better manage your health with Featured Content, including educational articles and videos
- Participate in or start a Peer Challenge

### Challenges

Challenges let you earn extra points in the program while managing risk factors or lifestyle changes. Sign up for Employer and Peer Challenges, log activity, and your view status from the *Well-being* section.

## FREQUENTLY ASKED QUESTIONS

### What is the SimplyWell Health Center?

The SimplyWell Health Center is a health and wellness resource available to all SimplyWell members. It is staffed with a variety of highly trained customer care representatives, including registered dietitians, nurses, and certified Health Coaches.

### 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 SimplyWell team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

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

You can send a secure message to your coach via your wellness website or the SimplyWell app or call toll-free: 888-848-3723

### What are the SimplyWell Health Center hours?

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