

READY TO REACH YOUR
**TRUE
POTENTIAL?**

2019 Wellbeing Program Guide



Your journey to wellbeing starts now!

CHC Wellbeing and East Central College know the importance of a healthy lifestyle. When you focus on your entire wellbeing, you reach your true potential. That is why we are partnering to bring you a program that will reward you for your healthy lifestyle choices.

How does the program work? Your participation in the included activities will earn you points that will be tracked through the CHC Wellbeing website in order to earn paid leave. This program runs from March 1 to December 31, 2019.

Follow the login instructions on the next page to get started!

Reward Goals:

BRONZE



Earn 800 Points
4 hours of leave

SILVER



Earn 1,000 Points
6 hours of leave

GOLD



Earn 1,200 Points
8 hours of leave



To use the member portal, go to app.chcw.com.

NEW CHC MEMBER

Start here!

Enter in program code **3917Eas566** in the “New Participants” box and click “Enter.”

Follow the prompts to create your CHC profile.

RETURNING CHC MEMBER

Start here!

Enter in your username & password in the “Individual Login” box and click “Log in.”

Enter in new program code **3917Eas566** to join the new program.

You’ve successfully entered the CHC member portal!

If you need help during the signup process or if you have any questions about your program, call 866-373-4242.



DOWNLOAD THE CHC APP

Go to app.chcw.com and follow the pop ups on your phone screen to install the app on your phone. Note: if you are an Apple user you must use the Safari browser on your iPhone to receive the pop up notification.

Navigating your Rewards Program is Quick and Simple!

Login in to app.chcw.com and click on 'Rewards' in the top navigation bar. You can also quickly view and access your rewards on your dashboard.

Your program has 3 components to it:

ELIGIBILITY REQUIREMENTS

These activities must be completed for you to earn any rewards in this program.

TRACKED ACTIVITIES

CHC automatically tracks these points for you! Includes activities like e-learning, health coaching, webinars, etc.

REPORTED ACTIVITIES

You or your HR manager must submit some verification that you participated in this activity in order to receive points.

On your Rewards page, you can quickly scan the color-coded boxes to see which activities are available.



YELLOW BOXES

indicate that you can earn points for this activity or your uploaded submission is pending review



GREEN BOXES

indicate that you have successfully earned points for this activity!



RED BOXES indicate that your uploaded submission has been rejected, but don't worry! You can still upload another within the allowed timeframe.

GRAY BOXES indicate that an activity is no longer available to earn points. To learn more about submitting documents for points in your rewards program, [watch this video](#).

Rewards Program Activities

ELIGIBILITY REQUIREMENTS

<i>Program</i>	<i>Requirement</i>	<i>Points</i>
Annual Physical	Submit proof of an annual physical or wellness exam. Must be dated between 1/1/2019 and 12/31/2019 <i>Submit Proof through your CHC Wellbeing Portal</i>	100

BE HEALTHY

<i>Program</i>	<i>Requirement</i>	<i>Points per Activity</i>	<i>Max Points</i>
Preventive Dental Exam	Complete up to two dental exams Submit proof through your CHC Wellbeing Portal	50	100
Colonoscopy	Complete a colonoscopy Submit proof through your CHC Wellbeing Portal	50	50
Mammogram	Complete your annual Mammogram Submit proof through your CHC Wellbeing Portal	50	50
Vision Exam	Complete your annual vision exam Submit proof through your CHC Wellbeing Portal	50	50
Skin Cancer Screening	Complete your annual dermatologist exam - Submit proof through your CHC Wellbeing Portal	50	50
Preventive Vaccines	Receive a flu shot, shingles, pneumonia, HPV, ect. - Submit proof through your CHC Wellbeing Portal	25	50
Tobacco-Free	Sign tobacco-free pledge, Submit to CHC through your CHC portal	10	10
Chiropractor	Visit a chiropractor and self-report through your CHC Wellbeing portal	20	100
Nutritional Health	Visit a health or life coach, nutritionist, personal trainer and/or join a health group such as weight watchers – Submit proof to ECC HR	10	50

BE ACTIVE

<i>Program</i>	<i>Requirement</i>	<i>Points per Activity</i>	<i>Max Points</i>
Run/Walk a Race	Participate in a 5 – 10K race Submit proof to ECC HR	10	50
Run/Walk a Race	Participate in a half-marathon or triathlon race Submit proof to ECC HR	25	50
Run/Walk a Race	Participate in a Full Marathon Submit proof to ECC HR	50	50
Bicycling/Cycling Event	Participate in a cycling event (i.e. Pedal to the Cause) Submit proof to ECC HR	25	50
Activity Tracker	Track 600 minutes of activity each month in your CHC portal	50	500
League/Tournaments	Participate in sports or gaming tournament (i.e. volleyball, softball, fishing) Submit proof to ECC HR	10	50
Creative Activities	Learn a new skill, start a new hobby, create/share a new healthy recipe, earn points for creating artwork or photography work or writing an article or blog for a publication. Submit proof to ECC HR	20	100
Attend an ECC Sponsored Event or Fundraiser	Include ECC sponsored activities, fundraiser or event. Includes student sporting events, plays and blood drives	10	50
Take a Wellness Break	Travel, visit a museum or zoo, meditation, journaling, stretching, get a massage Report on your CHC portal	10	50
ECC Monthly Challenges	Participate in the various monthly challenges sponsored by the ECC Wellness Committee	10	100
Community Service/ Volunteer	Perform a community service or volunteer, on or off campus activity - Submit proof to ECC HR	10	50

BE INFORMED

<i>Program</i>	<i>Requirement</i>	<i>Points per Activity</i>	<i>Max Points</i>
CHC Webinar	View a CHC WorkWell Webinar through your portal	10	60
CHC e-Learning	Complete an e-learning course	10	60
Anthem Live	Enroll or utilize Anthem Live Health - ECC will credit	20	20
CHC Financial Wellbeing	CHC Financial Wellbeing Module 10 points – 20 total CHC Financial Wellbeing Webinar 10 points – 20 total CHC Financial Wellbeing Calculator – 10 Points	10	50
Financial Health	Meet with a financial advisor, attend educational financial seminar/training. Create a living will or advanced directive. Participate in a retirement planning training session.	10	50
Read	Complete a book (online, audio-book, or book) read a Article/ Magazine / Newsletter - Choose from topics relating to physical, emotional, mental, or financial wellbeing. Self-report on your CHC portal	5	50
ECC Workshop	Attend an informational session/workshop hosted by ECC. Guest speakers may include representatives from Anthem, ★EAP Services, CHC and other benefit providers.- Sign in at event	20	60
Lunch & Learn	Attend an onsite Lunch & Learn Sign in at event	10	100

What is the Wellness Program?

The Wellness Program is a program to help promote physical activity, healthy choices, and to educate employees. The goal is to improve the overall well-being of the employee which includes: physical, emotional, mental, and financial health. The program provides employees the opportunity to participate in a variety of health and wellness related activities and a variety of incentives.

What are the Benefits of Well-Being?

The benefits of improving your well-being are countless. Some benefits include: reduced stress, improved mood, increased energy, better sleep, weight management, and reduced aches and pains.

Who is Eligible to participate in the Wellness Program?

Full-Time employees can participate in the program and earn the rewards (paid time-off). Part-Time employees can participate in the monthly challenges, lunch & learns, workshops, guest speakers, and other selected activities, but do not earn points for the rewards (paid time-off).

How do you earn rewards?

You earn points for participating in a variety of activities as described in the program categories of (be active, be healthy, & be informed). Your points will be tracked through the CHC Wellbeing Website in order to receive your reward level. ** All participants must submit proof of an annual wellness exam or physical by the end of the 2019 program. Starting March 1, you are invited to log in to the CHC Website to view the new reward program for 2019 and may earn points in order to reach the reward goals through December 31st

What are the rewards of participating in the wellness program?

You can earn paid time-off and other various incentives throughout the year.

Rewards Program Activities: Healthy Resources

Access "Healthy Resources" in the top navigation bar of your portal!

E-LEARNING



There are over 500 topics to choose from, such as asthma, back pain, cholesterol management, depression, diabetes, eating healthy, headaches, and hundreds more!

Each course can take between 10-20 minutes to complete. You will be required to answer questions at certain points during the course to ensure comprehension.

COMPLETE AN E-LEARNING

10 pts each

60 total pts available

Complete between 3/1/2019 – 12/31/2019

ACTIVITY TRACKING



With the CHC Wellbeing Activity Tracker, you can choose from hundreds of activities to record in our calendar. By measuring exercise in minutes, you can see trends in your physical activity and how close you are to your goals.

TRACK 600
ACTIVITY MINUTES
PER MONTH

50 pts each

500 total pts available

Complete between 3/1/2019 – 12/31/2019

NUTRITION TRACKING



With the CHC Wellbeing Nutrition Tracker, you can monitor your eating habits with a simply designed, easy to use platform. Using a database with thousands of food options, you can enter in exact amounts and keep track of how many carbs, fats, sugars and calories are in your daily meals.

FINANCIAL WELLBEING

Financial wellbeing is the practice of taking the frustration and fear out of your finances by using mindful tools and developing skills to achieve your goals. The platform includes:

- Personalized content covering all your must-knows about money
- Pinpointed knowledge-building exercises and how-to tutorials.
- Explainer videos with simple-to-absorb tips and tricks
- Clever games and progress tracking that make learning entertaining



COMPLETE A
FINANCIAL
WELLBEING MODULE

10 pts each

50 total pts
available

Complete between
3/1/2019 – 12/31/2019

MINDFULNESS



Our Mindfulness library of more than 60 videos features leaders in the mindfulness and emotional intelligence space, such as Jon Kabat Zinn, Sharon Salzberg, Brene Brown and Daniel Goleman. We have assembled these assets to provide a baseline curriculum for becoming more aware, dealing effectively with stress and increasing emotional IQ.

WORK WELL WEBINARS

WorkWell is a series of engaging webinars and monthly newsletters covering topics across all aspects of wellbeing. Each email includes education on a specific topic and actionable takeaways that you can easily implement in your daily life.



WATCH A WELLBEING
WEBINAR

10 pts each

60 total pts
available

Complete between
3/1/2019 – 12/31/2019