



East Central College 2015 Wellness Program

ECC is kicking off our next comprehensive Wellness Program. Participate today!

As of March 1st all Wellness Program points will be tracked through the CHC Wellness Website. All screening participants will have access to e-learning and health coaching. All **full-time employees** are eligible to participate in the incentive tracking program and earn points in order to reach certain goals through November 30th. See the chart below for a description of the incentive structure.

Incentive Structure

Participate in wellness program and earn points towards paid leave.

Level	Criteria	Reward
Gold	Earn 800 Points in Wellness Program	Receive 8 hours of leave.
Silver	Earn 600 Points in Wellness Program	Receive 6 hours of leave.
Bronze	Earn 400 Points in Wellness Program	Receive 4 hours of leave.

REASONABLE ALTERNATIVE: If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call us at 866-373-4242 and we will work with you to develop another way to qualify for the reward.



Program Calendar

Program	Requirements	Points Per Activity	Maximum Possible Points	Dates Available
Wellness Screening (Required to be entered into the incentive tracking program)	Participate in the Wellness Screening	100	100	Onsite: March 13, 2015 Remote open through 3/28/14
Biometrics	Requirements	Improvement Percentage*	Points Per Biometric	Dates Available
HDL Cholesterol	Men \geq 40 Women \geq 50	10%	50	Screening Date
Waist Circumference	Men < 40" Women < 35"	5%	50	Screening Date
Triglycerides	\leq 150mg/dL	10%	50	Screening Date
Glucose	Range between 65 - 100	10%	50	Screening Date
Non - Smoker	Based on response from HRA questionnaire	N/A	50	Screening Date

**Improvement percentages are based on the 2014 screening results.*

If a participant has not met the biometric requirements, but has improved in the category within the given percentage; the participant will earn the points for the biometric category.

Program	Requirements	Points Per Activity	Maximum Possible Points	Dates Available
Health Coaching	Engage with a health coach	10 Points	100 Points	3/1/15-11/30/15
Smoking Cessation	Complete the online Smoking Cessation Program	50 Points	50 Points	3/1/15-11/30/15
Ready, Set, 123...	Complete the online Weight Management Program	50 Points	50 Points	3/1/15-11/30/15
e-Learning	Complete an E-learning course	10 Points	50 Points	3/1/15-11/30/15



Program Calendar Continued

Program	Requirements	Points Per Activity	Dates Available
Activity Tracker March	300 Minutes per Month	50	3/1/15-3/31/15
Activity Tracker April	300 Minutes per Month	50	4/1/15-4/30/15
Activity Tracker May	300 Minutes per Month	50	5/1/15-5/31/15
Activity Tracker June	300 Minutes per Month	50	6/1/15-6/30/15
Activity Tracker July	300 Minutes per Month	50	7/1/15-7/31/15
Activity Tracker August	300 Minutes per Month	50	8/1/15-8/31/15
Activity Tracker September	300 Minutes per Month	50	9/1/15-9/30/15
Activity Tracker October	300 Minutes per Month	50	10/1/15-10/31/15
Activity Tracker November	300 Minutes per Month	50	11/1/15-11/30/15
Preventive Exam*	Annual Physical, Dental, Mammogram, Colonoscopy, OBGYN Exam, Prostate Exam, Skin Cancer Screening	50	3/1/15-11/30/15

***Self-report on CHC Portal and include the date of exam.
Exams conducted between 1/1/15 and 2/28/15 will be accepted,
however, please use 3/1/15 for the reported date.**



e-Learning Courses

There are over 500 topics to choose from. Asthma, Back pain, Cholesterol Management, Depression, Diabetes, Eating Healthy, Headaches, Heart Disease, Menopause, Sleep disorders, Smoking, Stress management, What's Prostate Cancer, +100s more.

HOW TO COMPLETE A COURSE

- Go to www.chcw.com and Log-in to your Wellness Portal.
- Click on the 'Follow-up Programs' tab
- Click the 'e-Learning' tab.
- Click a topic and complete the course.

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. Each course completion will be automatically tracked in your Incentive Tacking Tab.

e-LEARNING POINTS

Each completed course will count for **10 points**.

You can complete up to **5** courses by November 30, 2015 for a total possible **50 points**.

Health Coaching

CHC Wellness provides a wide variety of Health Coaching options to support healthy lifestyles. Focus Areas include: Weight Management, Nutrition Planning, Exercise Programs, Stress Management, Sleep Improvement, Cholesterol Management, Blood Pressure Reduction, Healthy Pregnancy, Diabetes Control and Tobacco Coaching.

To Access the Health Coaching resources online:

- Go to www.chcw.com and log-in with your username and passcode.
- Click on the 'Follow-up Programs' tab
- Click the 'Health Coaching' tab.
- Click 'Take me to Health Coaching'

**To Access the Health Coaching resources by phone call:
1-800-760-7924**

HEALTH COACHING POINTS

Each contact will count for **10 points**.

You can complete up to 10 encounters by November 30, 2015 for a total possible **100 points**.

Health coaches are available to provide telephonic sessions with web, e-mail, text support for all Focus Areas. Health coaches will respond to an incoming coaching call or e-mail within one business day. An engagement with a health coach can be by phone or through e-mail, but will only count for points if there is a discussion of goals and/or progress in reaching your goals. This means that there must be an active attempt by the participant to talk about ways they are improving or maintain their health.

Each engagement will be automatically tracked in your Incentive Tacking Tab within 48 hours.



Smoking Cessation Program

Our smoking Cessation program is designed to engage, guide and support participants in the individual smoking cessation efforts over a period of 14 weeks.

Sign up by logging into the health coaching tab on your CHC Wellness Portal.

Throughout this self-guided program, participants will gain insight into a wide variety of topics including the following:

- Dealing with cravings
- Identifying triggers
- Exploring medication or nicotine fading options
- Finding Support
- Setting a quit plan
- Joining a smoke-free texting program
- Learning stress management techniques
- Dealing with set backs
- Learning about health effects associated with smoking
- Remaining a non-smoker

Smoking Cessation POINTS

You must complete the Smoking Cessation program by November 30, 2015 to earn 100 points.

Each week, during the 14-week program, participants will receive an email assignment. Participants are required to answer questions relating to the week's topic. Answering the question correctly allows the participants to proceed to the next week. All 14 weeks need to be completed in order to qualify for points.

Activity Tracker

Track your minutes of physical activity online and earn points monthly when you reach 300 minutes.

- Login to your portal at www.chcw.com
- Select Follow-Up Programs
- Select Activity Tracker
- Select the date and choose your activity from the list provided. Record your activity minutes.

Activity Tracking POINTS

Earn **50 points** each month for recording a minimum of **300 activity** minutes each month on the CHC Wellness website for a maximum of **450 points**.



Online Health Portal

View Your Incentive Tracking programs and points:

If you do not have a CHC Wellness Login:

- Go to www.chcw.com
- Click on the 'First time logging in link'
- Enter the following program code _____ **Eas566.**
- Enter the required contact information.

If you already have a CHC Wellness Login:

- Go to www.chcw.com
- Enter your username and password and click Login.

Continued for all:

- Click the 'Incentive Tracking' tab
- View available programs and your current awarded points.



You can...

- View available programs
- View point allotment
- View program availability dates
- View accumulated points per program
- View program status
- View program requirements by hovering over the '?'

Be proactive and click 'Submit Completion' in the program status when you have completed a program. This lets your administrator know to verify your participation and award your points.

Start utilizing these health resources to make or sustain healthy behaviors and earn points along the way.

If you have any questions please call CHC Wellness at 866.373.4242.