

20XX WELLNESS PROGRAM

LIVE BETTER TODAY

The <<Program Name>> 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 <<Date>>, all health plan-covered employees are eligible to log on to <<www.yourwellnesswebsite.com>> or the Viverae® app to start the program. Download the mobile app by searching “Viverae” in the App Store or Google Play.

HOW TO REGISTER

- Visit <<www.yourwellnesswebsite.com>> or the Viverae app
- Select **Register**
- Enter your last name and date of birth (DOB)
- Enter your identifier: <<program identifier>>
- Enter the registration code: <<registration code>>
- Then follow prompts to complete registration

SYNC YOUR DEVICE

To sync your app or device, visit <<www.yourwellnesswebsite.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 Viverae mobile app.

GETTING STARTED

Start at <<www.yourwellnesswebsite.com>> or the Viverae 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 <<www.yourwellnesswebsite.com>> or the Viverae app.

Biometric Screening

Biometric Screenings will be offered on site this year. These 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. If you are unable to attend a Biometric Screening event, you may fulfill the screening requirement by visiting your physician, visiting a LabCorp facility, or by completing a home screening kit.

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

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

Profile

This section of <<www.yourwellnesswebsite.com>> or the Viverae 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 <<Program Name>> and earn rewards. Manage all your program activities at <<www.yourwellnesswebsite.com>> or the Viverae app. <<Insert specific company incentive here (e.g., earn 300 points by XX date to receive XX reward)>>.

PROGRAM NAME	
ASSESSMENTS (REQUIRED)	POINTS
Member Health Assessment (MHA)	50
Biometric Screening	50
PREVENTIVE CARE COMPLIANCE	POINTS
Preventive Care Compliance	50
PROGRAM ACTIVITIES	POINTS / MAX
Targeted Programs	10 each / 30 max
Online Courses	5 each / 30 max
Webinars	5 each / 45 max
Employer Challenges	15 each / 45 max
Peer Challenges	10 each / 30 max
Healthy Events	5 each / 15 max
PROGRAM GOAL	200



ADDITIONAL ACTIVITIES

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

- Register for any Employer Challenges <<Company Name>> is hosting
- Take an Online Course or join a Targeted Program to address specific lifestyle concerns
- 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 view your status from the **Well-being** section.

FREQUENTLY ASKED QUESTIONS

What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource available to all Viverae 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 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 do I contact the Viverae Health Center?

You can send a secure message to your coach via your wellness website or the Viverae app.

Or call toll-free: 888-VIVERAE (848-3723)

What are the Viverae 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