Introducing Your 2014 WELLNESS PROGRAM
Your Wellness Program Overview

Welcome to your 2014 Wellness Program! San Jacinto College and Wellworks For You are excited to announce the new wellness program for 2014! You will have opportunities to participate in various wellness activities for points that can reward you with an incentive at the end of the program. Your new program details are outlined throughout this brochure.

Your 2014 Wellness Program

It’s simple! Accumulate 50 points from February 1, 2014 – May 1, 2014, and meet the minimum program requirements (see below), to earn an incentive.

2014 WELLNESS PROGRAM REQUIREMENTS

In order to qualify for this year’s incentive, you MUST complete the two minimum requirements by May 1, 2014. If they are not completed by May 1, 2014, you will NOT be eligible for this year’s incentive.

STEP 1 – General Health Assessment (10 pts)
You must complete the General Health Assessment located on the Wellness Portal.
1. Login to your Personal Wellness Website (www.wellworksforyoulogin.com)
2. Click on the ‘My Health Assessments’ tab to access your personal Health Risk Assessments
3. Click on ‘View My Health Assessments’
4. Complete the ‘General Health Assessment’

STEP 2 – Earn 50 Points
By completing the required event above, you earn 10 points toward the yearly goal. Collect 40 more points by participating in additional activities located on page (3).

The deadline for meeting these requirements is May 1, 2014.

OMRON Pedometer Technology

Wellworks For You has teamed up with OMRON technology to deliver a custom USB Pedometer Platform on the Wellness Portal! This application is compatible with the OMRON HJ-720ITC Pocket Pedometer and allows you to upload your steps seamlessly to your Wellworks For You portal.

Please note: DO NOT download the Omron software to track your steps. This will interfere with the Wellworks For You USB platform and will disrupt the connection between the pedometer and the Wellness Portal. Follow the instructions on the Wellness Portal under Pedometer>WW4U USB Platform to dowload the pedometer application!

Contact your coordinator if you are interested in obtaining a pedometer.

Wellness Coordinator: Pam Myers  Direct Line: 800.425.4657  Email: p.myers@wellworksforyou.com
Points To Wellness

It’s simple - accumulate **50 points** from **February 1, 2014 through May 1, 2014** to earn an incentive! The chart below outlines all of the different events and activities that you can complete to earn points.

**POINTS REQUIRED TO EARN INCENTIVE: 50**

⚠️ **REQUIRED ACTIVITIES** *(You must complete these activities in order to be eligible for the incentive)*

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>POINT VALUE</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Health Assessment</td>
<td>10</td>
<td>Complete the General Health Assessment on the Wellworks For You Portal by 5/1/14. Participation will be updated in the portal after the May 1st deadline.</td>
</tr>
</tbody>
</table>

**ADDITIONAL ACTIVITIES** *(Earn a minimum of 40 points by completing any activity from the categories below)*

**ONSITE EVENTS/COMPANY CHALLENGES**

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>POINT VALUE</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onsite Speaker</td>
<td>20</td>
<td>Sign up in Spark. Attendance is taken.</td>
</tr>
<tr>
<td>Attend a Balance U sponsored Health Fair</td>
<td>20</td>
<td>Sign participation sheet.</td>
</tr>
</tbody>
</table>

**PHYSICAL ACTIVITY/HEALTHY DIET**

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>POINT VALUE</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance U Classes</td>
<td>20</td>
<td>Attend a minimum of 5 sessions in a Spark registered class. You will receive 20 points for 5 classes. No additional points will be awarded if you exceed 5 sessions.</td>
</tr>
<tr>
<td>Race Participation</td>
<td>5</td>
<td>Minimum distance of 5k. Race results must be submitted to Wellness Coordinator. 5 points per race – no limit.</td>
</tr>
<tr>
<td>Walking Challenge</td>
<td>20</td>
<td>Must log at least 400,000 steps by May 1, 2014 in the Wellness Portal. Participation will be updated in the portal after the May 1st deadline.</td>
</tr>
<tr>
<td>Lead a Balance U Activity</td>
<td>10</td>
<td>A Balance U appointed person to support groups or activities.</td>
</tr>
<tr>
<td>Wellness Check-ins with Wellworks</td>
<td>20</td>
<td>Log 6 weeks of healthy habits on your Check-in Sheets for credit. Details are provided on the Wellness Portal.</td>
</tr>
</tbody>
</table>

*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.*
Online Wellness Portal

Your personal wellness portal contains all of the tools you need to get started on your path to wellness. Once you register, you will have access to **Weekly Recipes and Grocery Lists**, an **Interactive Fitness and Nutrition Planner**, **Health Risk Assessments**, a **Weight Tracker**, **Wellness Calculators** and **MORE**!

**IMPORTANT!** In order for your participation to be tracked, you must have a Wellworks For You Online Portal Account.

**New Member? Register Now!**
1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Click the link to create an account as a New Member
3. Enter your COMPANY ID: **10488**
4. Create a Username and Password
5. Accept the terms of the Consent Form
6. Enter the required Personal Information

**Viewing Participation**
Wondering how many points you have earned throughout the year?
1. Log into your Wellness Portal ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com))
2. Go to the ‘My Profile’ tab at the top of the page and click ‘ResultsNow’

Please allow at least 4 weeks for participation to be updated in the portal after completing an activity. The General Health Assessment and Walking Challenge participation will be updated AFTER the May 1 deadline. If there are any discrepancies with your participation, please contact Pam at p.myers@wellworksforyou.com.

**Signing up for Events**
Events and activities are listed on your personal Wellness Portal ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)) under ‘My Profile’ and ‘Programs and Events.’ To view extended details about each activity, select ‘Click Here for Details’ next to the event title.