

2014-2015 Healthy U Wellness Program Incentive Guide



**What's in your wellness
bucket this year?**



All program information is confidential! Participation and completion of any wellness activities earning incentive dollars is completely optional. Keep a record of all completed activities for program integrity, as Healthy U will conduct random program audits.

Welcome to the DMPS Healthy U Employee Wellness Program!

This Healthy U Incentive Guide walks you through the steps you will need to complete in order to qualify and earn your wellness incentive dollars for the year 2014-2015. Healthy U is open to all Fulltime and Part-time DMPS employees.


Current premium costs for the DMPS Health Insurance plan are \$200 per year. This \$200 premium is a flat rate across the board regardless if you have a single, family, or single plus one plan. The Healthy U Wellness Program provides an opportunity for you as the Primary on the plan, to earn the entire premium amount by participating in the wellness program activities. You choose how active or inactive you want to be. Of course Healthy U hopes you choose to participate and become more active and more aware of your health, while earning your wellness dollars! All wellness dollars earned this year will apply toward next year's health insurance premium.

Here is how it works: All employees who are enrolled as the "primary" person on the DMPS Health Plan can earn up to \$200 in wellness incentive dollars. This is done by completing both Step 1 and Step 2. All other employees are eligible to earn \$100 in wellness incentive dollars. This will be paid out in taxable income by completing six activities in Step 2. (Other employees include: part-time, non-insured, and DMPS employees such as spouses, who are the dependent on the DMPS Health Insurance Plan)

Access to the Wellmark Wellness Center Powered by WebMD starts at the Wellmark homepage. www.wellmark.com If you have not already registered or created an account with Wellmark, click "register now" and have your insurance card or Wellmark ID card ready. Primary insured employees will use their Wellmark insurance card; all "other" employees as described above will use the Wellmark ID card sent to them in the mail. Otherwise proceed to log in with your username and password.



Step 1 Wellness Activity Bucket: Complete Both Activities and Earn \$100

Step 1:	Activity	Incentive	Deadline
	Complete 2014 Onsite Biometric Screening Watch for registration information. (screening is held from Sept. 16-Nov 23)	\$50 Reporting on the Healthy U Rewards page is automatic.	November 30, 2014 In order to earn the incentive dollars, employees will need to participate in the screening being offered by Healthy U. Screenings done at other locations will not be accepted.
	Complete 2014 Online Wellness Assessment www.wellmark.com	\$50 Reporting on the Healthy U Rewards page is automatic	Open July 1, 2014-December 31, 2014 Deadline to Complete the Wellness Assessment is 12/31/2014

Step 2 Wellness Activity Buckets: Complete and Self-Report 6 Wellness Activities and earn \$100. Simply complete the required number of activities from each wellness bucket! (completion of all 6 required to earn your incentive).



My Healthy U Preventive Screenings, Vaccinations Complete 2 activities



My Healthy U Personal Wellness Challenge Complete 1 activity



My Healthy U EDU Complete 3 activities

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Step 2: Complete the required number of activities from each wellness bucket!

My Healthy U Preventive Screenings/Vaccinations- Must Complete 2 Activities.

Ideas of Qualifying Activities:

- Yearly wellness exam (also called your physical or preventive health exam)
- Yearly gynecological exam (females) including pap smear if appropriate
- Yearly screening mammogram (females age 40 and beyond)
- Yearly PSA blood test or DRE (digital rectal exam-Males, age 50 and beyond)
- Yearly dental exam/cleaning
- Yearly vision exam
- Screening colonoscopy (age 50 and beyond)
- Establish yourself with a medical home. Find a provider that you can use for your routine medical care
- Pneumonia vaccine (age and disease risk appropriate, provider recommended)
- Shingles vaccine (age appropriate and provider recommended)
- Tdap/Td receive Tdap initially, then every 10 years or as deemed appropriate by provider (tetanus diphtheria, pertussis)
- Flu shot



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My Healthy U Personal Wellness Challenges-Must Complete 1 Activity

Ideas of Qualifying Activities:

- Personal wellness challenges will be done throughout the year. Be watching the Healthy U Express Newsletter and emails for start times and details

Examples of challenges may include but are not limited to:

- Rethink Your Drink: Surrender the Soda: Cue up the Coffee: Physical activity, Weightloss/weight maintenance: Nutrition, Blood Pressure



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My Healthy U EDU- Must Complete 3 Activities.

Ideas of Qualifying Activities:

- Attend a Healthy U sponsored "Health chat" (variety of topics, variety of locations)
- Attend a wellness type class on your own, such as classes offered through Community Ed
- Utilize/Participate in the Magellan EAP (Employee Assistance Program) 1-800-356-7089
- Participate in community type event, (I.E. 5k, walk, bike, marathon, warrior dash, etc.)
- Volunteer (I.E. coach a team, become a mentor, etc.) Unpaid Time
- Attend weightloss group (I.E. Weightwatchers, Jenny Craig, or other type of group)
- Create your own Personal Wellness Goal (I.E. Gym work outs, Nutrition goals, Weightloss goals, Emotional health goals, be a blood donor, Quit tobacco, Use a pedometer, Fitbit, etc.) **Your Goal, Your Choice, Your Way!** Simply write it up using the downloadable form on the DMPS Healthy U Website
- Create and/or Participate in a challenge you do in your own building
- Participation in: Live Healthy Iowa team or a team sport, exercise classes, bowling league, etc.
- Participate in an additional Personal Wellness challenge
- Participate in the online health coaching found on the Wellmark Wellness Center Powered by WebMD webpage. (you must now self-report this activity)
- Participate in One on One Health Coaching with Unity Point Staff. Must complete a minimum of 2 sessions scheduled at least 3 weeks apart. (May utilize a total of 4 sessions. paid for by Healthy U) Call (515) 241-5908



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