

# CEBCO Wellness Program Guide 2022 - 2023



Health  rks  
Building **Healthy** Worksites

County Employee Benefit  
Consortium of Ohio  
**CEBCO**  
*Health & Wellness*

# Table of Contents

2022-2023 Program Overview	3
Wellness Portal	
• How to login	4
• Your personal dashboard	5
• Personal Health Score	6
• Approved Preventive Care & Lifestyle Management Activities	7
• Challenges & Workshops	8
• How to Access Wellness Challenges	9
• Wellable App	10-11
Health Screenings	
• Three Ways to Screen	12
• How to schedule an onsite appointment	13
• <b>Offsite Appointments (at your doctor or at a lab)</b>	14
• How to schedule an offsite (at your doctor or at a lab)	15
• Sample offsite forms for screening at your physician/LabCorp Forms	16
Health Coaching	
• Health Coaching Overview	17
• How to make a free appointment with a health coach	18
Anthem Sydney Health App	19
Contact Information / FAQs	20

# 2022-23 Program Overview

## 2022-2023 CEBCO Wellness Program Available NOW!

### HOW TO COMPLETE

- Login to your account at [portal.healthworksdata.com](https://portal.healthworksdata.com)
- Go to Health Activity Tracker (HAT) to see what activities apply to you!

### ELIGIBILITY

- All employees and spouses with active CEBCO insurance coverage are eligible to participate in this year's wellness program
- View information in your HAT to find out what may be required of you to earn an incentive

### INCENTIVE

- Vary by county/employer. Please contact the entity you are eligible through for information about what incentive(s) may be available to you!

### NEW THIS YEAR

- Health Activity Tracker to show 'Complete' or 'Incomplete' under **My Checklist** on the Home Page – so you know if you have completed the whole program for the year!

### IMPORTANT

- Activities count from 8-13-2022-8-11-2023 with the exception of the screenings & physical which count from 8-12-2022-8-10-2023.
- Last day to self-report activities and return forms is Friday, 8-11-2023
- Schedule your annual physical now to be sure you can be seen by 8-10-2023!

We look forward to helping you focus on your personal health and wellbeing throughout the upcoming year!

*The CEBCO & HealthWorks Teams*



# Wellness Portal – How to Login



## Update/Create Account

Our login procedure changed July 2021. If you have not logged in since then, please update/create your account. Otherwise, sign in below.

[UPDATE/CREATE ACCOUNT](#)

## Sign In

Email:

Password:

[LOGIN](#)

[Forgot Password?](#)

Remember Me

## 1. Visit <https://portal.healthworksdata.com>

- If you are new to our portal, or have not logged in since July 2021, click 'UPDATE/CREATE ACCOUNT'
  - Follow the prompts
  - Input your name as it appears on your insurance ID
- You will be directed to sign in
- Sign in with your email and the password you created

# Wellness Portal –Your Personal Dashboard

1. **My Checklist** – shows your status of the activities that most counties require
2. **Announcements** – view announcements specific to your county
3. **Biometric Screening results** -- view results of your recent biometric screening
4. **Health Risk Assessment** -- complete your online Health Risk Assessment
5. **Health Activity Tracker** -- view activities that may be required to receive an incentive, including your **Annual Physical Requirement**
6. **Incentive Scorecard** – view your **Personal Health Score** calculated after your biometric results are posted
7. **Challenges & Devices** – view wellness challenges and sync a device

# Wellness Portal – Personal Health Score

## 2022-2023 Wellness Program Personal Health Score & Goal: What It Means

The personal health score (PHS) is provided following a biometric screening and is calculated using FIVE controllable health factors:

<b>Blood Pressure</b>	1 point is added for each blood pressure unit above 139/89 (for both Systolic/Diastolic). Score is lowered by 5 points if both Systolic and Diastolic blood pressure values are below 140/90.
<b>LDL Cholesterol</b>	1 point is added per LDL unit above the personal LDL target level of 159. Score is lowered by 5 points if LDL is at or below 159.
<b>Fasting Blood Glucose</b>	1 point is added per glucose unit above 99 mg/dl. Score is lowered by 5 points if glucose is at or below 99 mg/dl.
<b>Triglycerides</b>	1 point is added per 10 triglyceride units above 149 mg/dl. Score is lowered by 5 points if triglycerides are at or below 149 mg/dl.
<b>Tobacco Use</b>	40 points are added for using any tobacco product.

All participants will receive a personal health score (PHS) for the current program year with a recommended goal to work toward for next year. Click on **Personal Health Score** under 'My Wellness' from the homepage of your HealthWorks account for your individual score.

### How the scoring & goals work:

<b>Scoring</b>	<b>Goal</b>
Low Risk = -20 to 0	Remain low risk
Moderate Risk = 1 to 25	Move to low risk
High Risk = 26+	Reduce score by 60%

# Approved Preventive Care & Lifestyle Management Activities

Approved Preventive Care	
Bone Density Screen	Hearing Exam
Breast Exam	Mammogram
Colonoscopy or Cologuard	Pelvic Exam and/or Pap Smear
COVID-19 Vaccine	Pneumonia Vaccine
Dental Exam	Prostate Screen
Eye Exam	Shingles Vaccine
Flu Shot	Skin Cancer Screen



## Lifestyle Management

includes programs that focus on: Sleep, Stress, Exercise, Nutrition, Mental Health, Managing/preventing chronic disease, Tobacco Cessation, Financial Well-being.

Includes, but not limited to, DPP (Lark via Anthem), Quit Line, or working with a nutritionist, a personal trainer, or a counselor.

# Challenges & Workshops

## (Found in your Health Activity Tracker)

We encourage you to participate in all 4 challenges, but you will only receive credit for 1 challenge in your Health Activity Tracker.

CHALLENGES OFFERED	OFFER DATE
<b>Stress Less Challenge</b>	Monday, October 17 <sup>th</sup> , 2022 – Sunday, November 13 <sup>th</sup> , 2022
<b>New Year Solutions Challenge</b>	Monday, January 16 <sup>th</sup> , 2023 – Sunday, February 12 <sup>th</sup> , 2023
<b>Wealth Challenge</b>	Monday, March 13 <sup>th</sup> , 2023 – Sunday, April 9 <sup>th</sup> , 2023
<b>Diabetes Challenge</b>	Monday, May 15 <sup>th</sup> , 2023 – Sunday, June 11 <sup>th</sup> , 2023

We encourage you to participate in all 4 workshops, but you will only receive credit for 1 workshop in your Health Activity Tracker.

WORKSHOP CHOICES
<b>Understanding and Managing Diabetes:</b> Discussion of Type 1, Type 2 and pre-diabetes. Learn about symptoms, risk factors, complications, and lifestyle modifications to help prevent, manage, or reverse Type 2 Diabetes.
<b>Mindfulness:</b> Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not being overly reactive or overwhelmed by what's going on around us. Mindfulness training helps to improve performance and productivity while reducing absenteeism.
<b>Cholesterol and Blood Pressure:</b> Learn how cholesterol levels affect the body and ways to manage high cholesterol. Presentation includes interpreting Blood pressure numbers and reasons it is important to keep it in a healthy range.
<b>Clean Eating 3 (Clean Eating Challenge):</b> This presentation provides an overview of a Clean Eating Challenge - guidelines and other clean eating tips. Discussion on "why" and the philosophy behind the program. You will gain an understanding of how you may feel during the 30 days, what you can/cannot eat, how to prepare to start as well as shopping tips.

*Workshops and Challenges can both be accessed through the HealthWorks portal. Challenges can be found under "My Wellness" – **Challenges and Devices**. Workshops can be found under "MY RESOURCES" > **Video Library**. Don't forget to take & pass the accompanying quiz with each workshop to receive credit!*

# How to Access Wellness Challenges



**Before the start of each challenge, you must sign up through the HealthWorks portal to receive credit.**

1. Click **Challenges & Devices** under 'My Wellness'
  - This will take you to the sign-up page. Click **Sign Up**
  - *Note:* An Onboarding email from Wellable will be sent within 24 hours after registering
2. You can participate in each challenge 2 ways:
  - ✓ Click the **'Challenges & Devices'** link to access the challenge through your portal dashboard
  - ✓ OR – download the **Wellable App** and participate through the app (*NOTE: you must use the same email that you used to sign up!*)

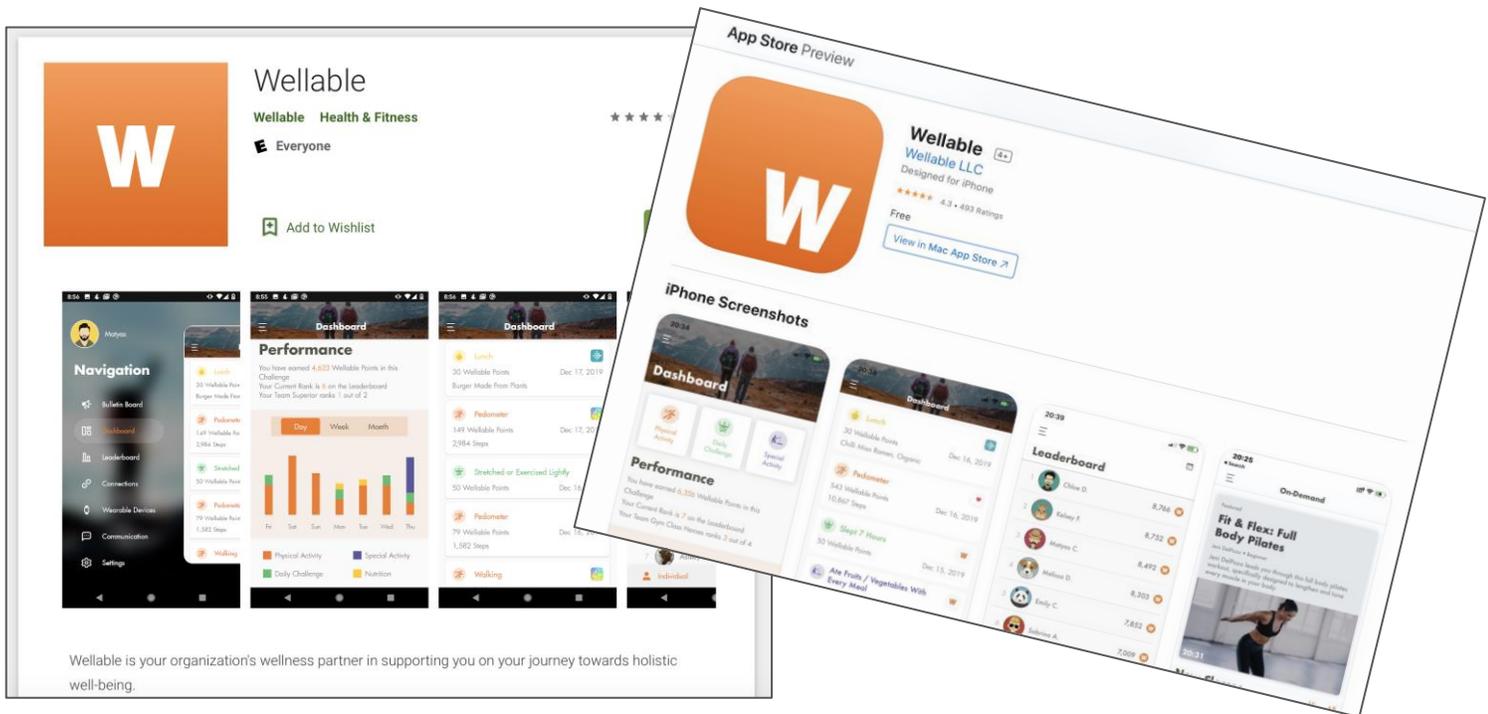
The screenshot displays the HealthWorks portal dashboard. At the top, there is a navigation bar with links for Home, My Wellness, My Appointments, My Resources, My Account, and Logout. Below the navigation bar is a banner with a hot air balloon image and the text "Welcome John!". The main content area is divided into several sections. On the left, there are three tabs: My Wellness, My Appointments, and My Resources. Below these tabs, there are several tiles: "Announcements" (with a speaker icon and a link to "View Announcements"), "Biometric Screening Results" (with a heart icon, a "COMPLETE" status, and a link to "View Your Results Here"), "Health Risk Assessment" (with a clipboard icon, a "COMPLETE" status, and a link to "Take Health Risk Assessment"), "Health Activity Tracker" (with a person icon, an "INCOMPLETE" status, and a link to "View Tracker Here"), "Incentive Scorecard" (with a trophy icon and a link to "View Incentive Scorecard Here"), and "Challenges & Devices" (with a person icon, an "Active Challenge ENROLLED" status, and a link to "View & Sign Up for Challenges"). A red circle highlights the "Challenges & Devices" tile, and a red arrow points to the "View & Sign Up for Challenges" link. On the right side, there is a "My Checklist" section with three items: "Biometric Screening Results" (checked), "Health Risk Assessment" (checked), and "Health Activity Tracker" (unchecked). A note below the checklist states: "Note: Additional activities may be required by your county. Click the Health Activity Tracker tile to see what may apply to you."

# Wellable App



**Before the start of each challenge, you must sign up through the HealthWorks portal to receive credit!**

- You can participate in each challenge 2 ways:
  - ✓ Click the **'Challenges & Devices'** link to access the challenge through your portal dashboard
  - ✓ OR – download the **Wellable App** and participate through the app (*NOTE: you must use the same email that you used to sign up!*)
- Wellable App is available for iPhone and Android
- Go to the Apple App Store or Google Play to download the App
- Questions? Email: [support@wellable.co](mailto:support@wellable.co)



# Navigating the Wellable App

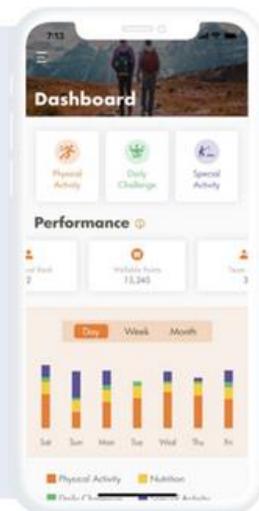


## How To Log In To The Wellable App

To get started and participate in your organization's wellness program download the free Wellable app for [iPhone](#) or [Android](#). To log in, please reference the instructions in the Welcome To Wellable email you previously received. Enter the username and temporary password provided in the email on the Sign In Page of the Wellable App to access your User Account.

## Dashboard

The Dashboard page of your User Account provides detailed information about your personal performance in your organization's Wellable wellness program, including Wellable Points earned, current rank on the Leaderboard, an interactive graph of Wellable Point trends broken out by day, week, and month, and an Activity Log detailing your healthy behaviors tracked through Wellable.



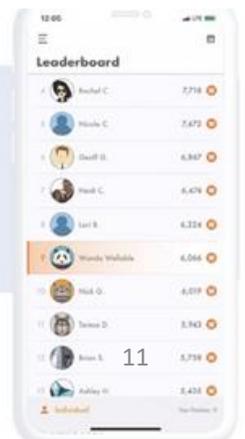
## Bulletin Board

The Bulletin Board page of your User Account provides detailed information about your organization's Wellable wellness program and/or period Challenges, like the duration, how to earn Wellable Points, and ways to win prizes.



## Leaderboard

See where you rank among your colleagues by using the individual and team leaderboards to spur "healthy" competition.



# Three Ways to Screen



## Three Easy Ways to Screen

All employees and spouses with active CEBCO insurance coverage are eligible to participate in this year's wellness program. While incentives vary by county, most require a current biometric screening. There are 3 easy ways to screen!



Scan to be directed to Login page



ONSITE  
SCREENING



LAB  
SCREENING



PHYSICIAN  
SCREENING

- Go to: [portal.healthworksdata.com](https://portal.healthworksdata.com) or scan the QR Code
- Follow login instructions
- Complete your Health Risk Assessment (HRA) and schedule your onsite screening
- Click 'My Appointments' then 'Onsite Screening' to make an appointment for a screening at your worksite

- Decide which offsite screening option work best for you: going to a LabCorp location or visiting your personal physician
- Go to: [portal.healthworksdata.com](https://portal.healthworksdata.com) or scan the QR Code
- Follow login instructions
- Complete your Health Risk Assessment (HRA)
- Click 'My Appointments' then 'Offsite Screening'
- Download the appropriate paperwork to take to your appointment

Important dates to remember:

- Screenings completed between **8/12/22 and 8/10/23** will count
- Last day to self-report activities and return forms for credit toward this program year is **8/11/23!**

Questions?

Email: [CEBCOwellness@cincyhealthworks.com](mailto:CEBCOwellness@cincyhealthworks.com)

Phone: 513-751-1288

# Health Screenings – How to Schedule an Onsite Appointment

The screenshot shows the CEBCO Health & Wellness portal interface. At the top, there is a navigation bar with links for Home, My Wellness, My Appointments, My Resources, My Account, and Logout. Below the navigation bar is a banner with a hot air balloon background and the text "Welcome John!". Underneath the banner are three tabs: My Wellness, My Appointments (which is selected and highlighted with a red circle), and My Resources. The My Appointments tab contains three tiles: Onsite Screening, Offsite Screening Forms, and Health Coaching. The Onsite Screening tile is circled in red and contains a calendar icon, the text "Biometric screening at your worksite April 1st, 2022 - Brown County-Admin Bldg-TBA", and a "Schedule Here" link. The Offsite Screening Forms tile contains a clipboard icon, the text "Required for biometric screening at your doctor or LabCorp", and a "Download Forms" link. The Health Coaching tile contains an apple icon, the text "Meet with a Wellness Coach", and a "Schedule Here" link. To the right of the main content area is a "My Checklist" section with three items: "Biometric Screening Results" (checked), "Health Risk Assessment" (checked), and "Health Activity Tracker" (unchecked). Below the checklist is a note: "Note: Additional activities may be required by your county. Click the Health Activity Tracker tile to see what may apply to you."

1. Login to [portal.healthworksdata.com](https://portal.healthworksdata.com)
2. BEFORE SCHEDULING YOUR APPOINTMENT, YOU MUST COMPLETE THE ONLINE HEALTH RISK ASSESSMENT (Found on the Home Page)
3. Click on the 'My Appointments' tab
4. Go to the 'Onsite Screening' tile
5. Click 'Schedule Here' link
6. Locate your county and event date
7. Complete the online waiver >> Accept >> Submit
8. Select the biometric screening date you want >> Schedule
9. You will receive an appointment confirmation email immediately and a reminder email 24 hours prior to your appointment

# Health Screenings – Offsite Appointments

The screenshot shows the HealthWorks portal interface. At the top, there is a navigation bar with links for Home, My Wellness, My Appointments, My Resources, My Account, and Logout. Below the navigation bar is a banner with the text "Welcome John!" and several hot air balloons. The main content area is divided into three tabs: My Wellness, My Appointments (selected and circled in red), and My Resources. Under the My Appointments tab, there are three tiles: Onsite Screening, Offsite Screening Forms (circled in red), and Health Coaching. The Offsite Screening Forms tile contains a "Download Forms" link. To the right of the main content area is a "My Checklist" section with three items: Biometric Screening Results (checked), Health Risk Assessment (checked), and Health Activity Tracker (unchecked). A note at the bottom of the checklist states: "Note: Additional activities may be required by your county. Click the Health Activity Tracker tile to see what may apply to you."

1. Login to [portal.healthworksdata.com](https://portal.healthworksdata.com)
2. BEFORE SCHEDULING YOUR APPOINTMENT, YOU MUST COMPLETE THE ONLINE HEALTH RISK ASSESSMENT (Found on the Home Page)
3. Click on the 'My Appointments' tab
4. Go to the 'Offsite Screening Forms' tile
5. Click 'Download Forms' link
6. Complete the online waiver >> Accept >> Submit
7. Select either **LabCorp** or **Physician** option
8. Download and print the appropriate forms to take to either your LabCorp appointment or your physician's office – **you must take HealthWorks paperwork to your offsite appointment**

# Physician Screening Form



**Paperwork must be returned to HealthWorks by: 8/11/2023**

Thank you for choosing to participate in the health screening being offered through your plan sponsor, CEBCO.

**Step 1: Have your Physician Complete the Physician Screening Results Form**

- Provide your physician with the Physician Screening Results Form to complete with your biometric results.
- **The entire form must be completed, or it will not be processed.**
- **Do NOT attach or send in labs. This completed form is all that must be returned.**
- A Physician signature or Physician office stamp is required for verification purposes.

**Step 2: Submit the Physician Screening Results Form to HealthWorks**

After your appointment, submit your completed form to Healthworks using one of the following options:

- Fax at 513-751-0018
- Email to [CEBCOwellness@cincyhealthworks.com](mailto:CEBCOwellness@cincyhealthworks.com)
- US Mail: 4350 Glendale-Milford Rd. Blue Ash, OH 45242

Call us with any further questions, 513-751-1288.

To Your Health!

HealthWorks Staff



From Your Portal Dashboard:

1. Download a Physician Screening Results Form
2. Take it to your physician screening appointment
3. Return to HealthWorks for credit

**PHYSICIAN SCREENING RESULTS FORM**

**DEADLINE: Please complete and return to HealthWorks by: 8/11/2023**

**TO BE COMPLETED BY PATIENT:**

Name: \_\_\_\_\_ Gender (Circle) M / F

Home Address: \_\_\_\_\_  
(Street, City, State, Zip)

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Health Plan: CEBCO

DOB: \_\_\_\_\_ Last 4 SSN: \_\_\_\_\_ Insurance ID#: \_\_\_\_\_

**Release of Information:**

I, \_\_\_\_\_ (patient name) grant permission to Dr. \_\_\_\_\_ (physician name) to share the lab results below, blood pressure with HealthWorks. I understand that my information will not be shared directly with my employer and that HealthWorks adheres to HIPAA regulations.

Smoking: Yes \_\_\_\_\_ No \_\_\_\_\_ Tobacco User: Yes \_\_\_\_\_ No \_\_\_\_\_

Pregnant: Yes \_\_\_\_\_ No \_\_\_\_\_ Diabetic: Yes \_\_\_\_\_ No \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Patient Results (ALL BOXES to be completed by physician; values for ALL metrics below must be provided):**

Test	Glucose	Total Cholesterol	Triglycerides	HDL	LDL
Result					
Test	A1-C	Blood Pressure	Waist Circumference		
Result					

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**REQUIRED (please print or stamp):**

Physician Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**\*PARTICIPANT: For credit, please return this form to HealthWorks by one of the following methods:**

1. Scan/Email to: [CEBCOwellness@cincyhealthworks.com](mailto:CEBCOwellness@cincyhealthworks.com)
2. Have your physician fax to: (513) 751-0018
3. Mail to: HealthWorks  
4350 Glendale-Milford Rd.  
Blue Ash, OH 45242  
513-751-1288

SAMPLE

# LabCorp Screening Form



Paperwork must be returned to HealthWorks by: 8/11/2023

**PLEASE READ THE INSTRUCTIONS & INFORMATION BELOW THOROUGHLY:**

- Find a LabCorp location by visiting [www.labcorp.com](http://www.labcorp.com). Under "Labs & Appointments", enter your zip code and select "Routine labwork". A list of locations will appear. Choose the location you prefer and click on "Make Appointment." Follow the prompts and fill in your patient information. Under "Financial Details" select "I have already paid or someone else is responsible."
- Last day to screen at any LabCorp location is Thursday, 8/11/23.
- BRING THE REQUISITION FORM (included with this cover sheet) to LabCorp. They will not draw your blood without it. On the form, please complete the highlighted areas ONLY. (Name, Sex, DOB, FASTING OR NONFASTING AND PATIENT ID-this is the last four of your social security number).
- The tests marked below are free of charge through your wellness program. Your doctor's office may be able to bill the other tests, not marked below, as preventive (at no cost to you). It is recommended you consult your doctor to ask about getting the test(s) done as routine, should you be interested in any that are not marked.
- MARK ADDITIONAL TESTS BELOW ONLY ONCE YOU HAVE CONTACTED HEALTHWORKS AND IF YOU AGREE TO PAY FOR THEM. IF INTERESTED IN PAYING FOR THESE DIRECTLY PLEASE CALL HEALTHWORKS WITH YOUR CREDIT CARD INFORMATION AT 513-751-1288.
- If your spouse screens please be sure they log into their own HealthWorks account at <https://portal.healthworksdata.com/>. Please DO NOT share this paperwork with others. This allows HealthWorks to process your results individually and capture necessary consent.
- For accurate results, you must fast 8-10 hours prior to screening (black coffee and plain tea okay). It is highly recommended that you fast.
- Drink plenty of water and take any prescribed medications as directed by your physician.

QUESTIONS please call: 513-751-1288 or email [CEBCOwellness@cincyhealthworks.com](mailto:CEBCOwellness@cincyhealthworks.com)

In Good Health,

The HealthWorks Team

HealthWorks  
Building Healthy Worksites

SAMPLE

From Your Portal Dashboard:

1. Download a LabCorp Form
2. Take it to your LabCorp screening appointment
3. Return to HealthWorks for credit

Cincy HealthWorks  
4350 Glendale-Milford Rd.  
Cincinnati, OH 45242  
513-751-1288

visit [www.labcorp.com](http://www.labcorp.com) or  
call 888-LABCORP (888-  
522-2677)

Send additional copy of report to:

Fax \_\_\_\_\_ ( )

Call Physician Name Physician Phone/Fax

Mail Physician Address

City, State, Zip

136647221- Buring, Robert

CHECK C  
03 [X] ACCOUNT BILL  
CCOUNT# 02385

Patient Legal Name (Last, First, MI)	SEX M / F	Date of Birth (MM, DD, YYYY)	Fasting <input type="checkbox"/> Yes <input type="checkbox"/> No	Collection Date
NPI	Physician's ID#	Patient's ID# - 3403		Hospital Patient Status

Please enter Last 4 SSN here

TAKE THIS FORM WITH YOU TO LABCORP!

Complete highlighted fields.

- 030932 CMP 12+LP+6AC+CBC/D/PLT
- 006049 ABO GROUPING AND RHO (D) TYPING
- 002303 CANCER ANTIGEN (CA) 125
- 120766 C-REACTIVE PROTEIN, CARDIAC
- 001453 HEMOGLOBIN A1C
- 140659 HEPATITIS C VIRUS (HCV)
- 010322 PROSTATE SPECIFIC AG, SERUM
- 004226 TESTOSTERONE, SERUM
- 000620 THYROID PANEL WITH TSH
- 004259 TSH
- 001503 VITAMIN B-12
- 081950 VITAMIN-D, 25-HYDROXY
- 070322 NICOTINE METABOLITE, SERUM
- 101300 BIOMETRICS
- 239804 CMP12+LP+6AC+CBC/D/PLT
- 239896 CMP12+LP+6AC+CBC/D/PLT
- 239907 CMP12+LP+6AC+CBC/D/PLT
- Other: 780272 (blood pressure only) \_\_\_\_\_

To Be Completed by LabCorp Technician:

Blood Pressure: \_\_\_\_\_ Systolic (top number) / \_\_\_\_\_ Diastolic (bottom number)

Please do not mark any additional tests without calling HealthWorks first at 513-751-1288!!

# Health Coaching Overview

## ABOUT HEALTH COACHING:

- Telephonic Health Coaching is FREE for employees and spouses
- Every call is CONFIDENTIAL and PRIVATE – nothing will be shared with your employer!
- Enroll in health coaching sessions by making an appointment from the wellness portal or by calling the HealthWorks office
- Sessions can be weekly, monthly, quarterly, or a one-time session
- Our Health Coaches will proactively reach out to people with high-risk health evaluation results to review and answer questions

## YOUR HEALTH COACH WILL:

- Provide a safe and non-judgmental space for you
- Partner with you to create a unique health plan just for you
- Trust you to make the decisions about what pace is best for you
- Always have your best interests at heart
- Be your biggest cheerleader!



# Health Coaching – How to Schedule an Appointment

The screenshot shows the CEBCO Health & Wellness portal interface. At the top, there is a navigation bar with links for Home, My Wellness, My Appointments, My Resources, My Account, and Logout. Below the navigation bar is a banner with a hot air balloon background and the text "Welcome John!". The main content area is divided into several sections: "My Wellness", "My Appointments", and "My Resources". The "My Appointments" section is active and contains three tiles: "Onsite Screening", "Offsite Screening Forms", and "Health Coaching". The "Health Coaching" tile is circled in red and contains an apple icon, the text "Meet with a Wellness Coach", and a "Schedule Here" link. To the right of the "My Appointments" section is a "My Checklist" section with three items: "Biometric Screening Results" (checked), "Health Risk Assessment" (checked), and "Health Activity Tracker" (unchecked). Below the checklist is a note: "Note: Additional activities may be required by your county. Click the Health Activity Tracker tile to see what may apply to you."



Click link to schedule a health coaching appointment.

# Anthem Sydney Health App



## Say Hi to Sydney, Anthem's Mobile App



## ... & access the HealthWorks wellness portal!

1. Download the Sydney Health App from Google Play or the App Store
2. Open Sydney health app >> click on "view all" from Featured Programs
3. Scroll down to Additional Programs >> **HealthWorks** is on the bottom right
4. Click on **HealthWorks** to open the wellness portal >> Enter your UserID and Password
5. Check on all your **CEBCO wellness program** activities!



[Click Here for a Sydney App Video](#)



# Contact Information / FAQs



Building **Healthy** Worksites

## Contact Information

HealthWorks  
4350 Glendale-Milford Rd. Suite 110  
Blue Ash, Ohio 45242  
Phone: (513) 751-1288  
Fax: (513) 751-0018  
Email: [CEBCOWellness@cincyhealthworks.com](mailto:CEBCOWellness@cincyhealthworks.com)

## Frequently Asked Questions

(Go to the 'My Resources' tab on your personal dashboard & click link on the 'Program Information' tile for FAQs and more.)

