CEBCO Wellness Program Guide
2022 - 2023

HealthWorks
Building **Healthy** Worksites

County Employee Benefit
Consortium of Ohio
CEBCO
Health & Wellness

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2022-2023 CEBCO Wellness Program Available NOW!

HOW TO COMPLETE
- Login to your account at 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

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Wellness Portal – How to Login

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 de 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:

Blood Pressure	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.
LDL Cholesterol	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.
Fasting Blood Glucose	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.
Triglycerides	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.
Tobacco Use	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:

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

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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.

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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
Stress Less Challenge	Monday, October 17th, 2022 – Sunday, November 13th, 2022
New Year Solutions Challenge	Monday, January 16th, 2023 – Sunday, February 12th, 2023
Wealth Challenge	Monday, March 13th, 2023 – Sunday, April 9th, 2023
Diabetes Challenge	Monday, May 15th, 2023 – Sunday, June 11th, 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
Understanding and Managing Diabetes: 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.
Mindfulness: 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.
Cholesterol and Blood Pressure: 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.
Clean Eating 3 (Clean Eating Challenge): 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!*

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How to Access Wellness Challenges

STOP **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!)*

Wellable App

STOP 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
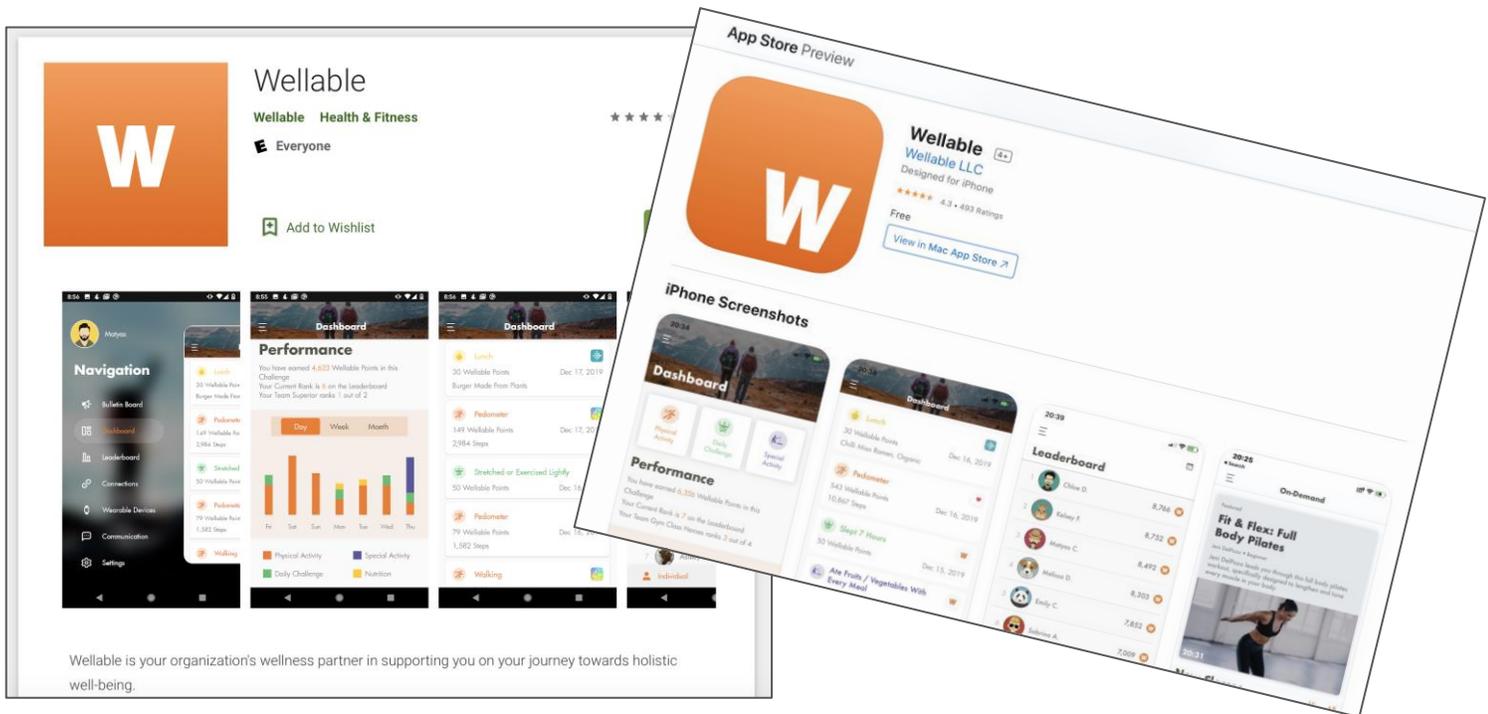
Navigating the Wellable App

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.
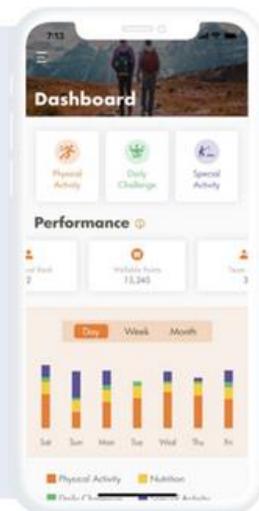
Bulletin Board

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.

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Three Ways to Screen

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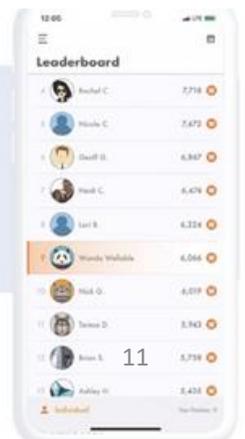
Three Easy Ways to Screen

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

1 ONSITE SCREENING

2 LAB SCREENING

3 PHYSICIAN SCREENING

- Go to: 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 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
Phone: 513-751-1288

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Health Screenings – How to Schedule an Onsite Appointment

1. Login to **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

1. Login to **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

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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
- US Mail: 4350 Glendale-Milford Rd. Blue Ash, OH 45242

Call us with any further questions, 513-751-1288.
To Your Health!
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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 SS#: _____ 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 HIPAA regulations.

Fasting   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
2. **Have your physician fax to: (513) 751-0018**
3. Mail to: HealthWorks
    4350 Glendale-Milford Rd.
    Blue Ash, OH 45242
    513-751-1288

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SAMPLE

From Your Portal Dashboard:

1. Download a LabCorp Form

2. Take it to your LabCorp screening appointment

3. Return to HealthWorks for credit

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

Click link to schedule a health coaching appointment.

Anthem ✚ ⛨

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!

Available on the App Store

GET IT ON Google Play

[Click Here for a Sydney App Video]

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Contact Information / FAQs

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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

Frequently Asked Questions

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