Health Screening Information

- If you plan to remain or enroll in the “Wellness” insurance plan, the required annual health screenings will take place October 15 - November 2, 2018. Please see the chart for specific dates and locations.
- If you do not participate in the health screenings during October 15 - November 2, and complete the online member health assessment (MHA), you will be moved to the “Non-Wellness” (higher cost) insurance plan.
- If you are a Community Hospital employee, but on another health insurance plan, you may participate in the health screening and wellness incentive program at no charge.
- To register for your health screening, see How Do I Get Started? on the back for step by step instructions.

Wellness Incentive Information

INSURED & NON-INSURED EMPLOYEES & INSURED SPOUSES: Earn up to a $400* wellness bonus! All employees (full-time, part-time, PRN) and insured spouses are eligible to participate! There are two incentive opportunities:

Health Metrics Incentive
1. Complete the annual Health Screening (offered October 15 - November 2 2018).
2. Complete the online Member Health Assessment (MHA) by November 2, 2018.
3. Achieve a HEALTH METRIC score of 5,000 in the wellness portal.
4. Receive $200! Payout will be distributed in February 2019 (incentive is taxable).

If participants do not achieve the targeted health metric value of 5,000, a reasonable alternative to earning those health metrics is available in the wellness portal. Participants may improve their health metric value to 5,000 by completing the below reasonable alternatives:

A. Any improvement to the previous year’s health outcome(s) (ie. decreased total cholesterol), OR
B. Completion of a Targeted Program pertaining to health metric(s) outside recommended range.

These are available in the wellness portal and meeting with a health coach no longer meets the reasonable alternative. Deadline to complete reasonable alternatives is January 4, 2019.

10,000 Points Incentive
1. Complete the annual Health Screening (offered October 15 - November 2, 2018).
2. Complete the online Member Health Assessment (MHA) by November 2, 2018.
3. HEALTH METRIC points achieved will go towards the 10,000 point total.
4. Earn a total of 10,000 points in the wellness portal by August 31, 2019.
   ○ Points are earned by completing the required health screening, online MHA, achieving targeted health metrics, preventive care compliance, being tobacco free, participating in the portal challenges and logging healthy events.
5. Receive an additional $200! Payout will be distributed in October 2019 (incentive is taxable).

*All incentive money earned is taxable. Recipients of the wellness incentive must be employed at the time the incentive is disbursed. If an employee leaves the organization prior to the wellness incentive being disbursed, they forfeit any amount of the wellness incentive they were eligible for.
How Do I Get Started?

STEP 1: From any computer, go to www.YourCommunityHospital.com, hover over the “Employer Groups” tab, and then select “Community Hospital” from the drop down menu. Select “Click here” to login to the CHP Wellness Portal.

NEW this year! Download the “Viverae” app to your mobile device.

STEP 2: Register with the NEW Simplywell portal and login. The register link is located on the bottom left of the login page.

To register, you will need:

• Last Name
• Date of Birth (mm/dd/yyyy)
• Identifier: Employees= CH + your four digit employee number (Ex: CH1234) Insured Spouses= CHS + the employee’s four digit employee number (Ex: CHS1234)
• Registration Code: CommunityHospital (case sensitive)

Having trouble with registration? Please call 1-888-848-3723.

STEP 3: Register for a health screening time by clicking the “bell” icon on the right hand side of the toolbar and selecting a date and time. You will receive an email confirmation once you have successfully registered.

Please fast for 8-12 hours prior to your screening. DO NOT EAT. You may drink water or black coffee (no cream or sweeteners). If you have diabetes and are hypoglycemic, follow your doctor’s instructions regarding fasting. Fasting blood draw includes glucose, lipid panel and hemogram. PSA and TSH are available for those who meet screening guidelines.

STEP 4: Complete the Member Health Assessment (MHA). This is located on the homepage. Please allow approximately 15 minutes to complete.

For questions regarding the wellness program and/or health screenings, please contact Lana Birch at (970) 263-2637 or lbirch@gjhosp.org.

For questions regarding insurance plans and/or benefits, please contact Human Resources at (970) 644-3040 or hr@gjhosp.org.