Community Hospital Wellness Program 2018-19 FAQ

• When is Community Hospital’s Wellness Program year?
  October 1, 2018 – September 30, 2019

• When are the annual health screenings?
  October 15 – November 2, 2018

• What is the MHA?
  The MHA, or Member Health Assessment, asks questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. Your MHA will be available in the portal when the program year begins on October 1, 2018. (Complete by November 2, 2018)

• What is a health metric?
  A simplified method based upon the following 4 metrics: Body Mass Index (BMI), Blood Pressure, Total Cholesterol, and Fasting Glucose. Each metric is defined and outlined in the wellness portal.

• What are the new health metric standards?
  BMI < 25 (Determined by height and weight measurement)
  Total Cholesterol < 200 mg/dL
  Blood Pressure: Systolic < 120 mmHg & Diastolic < 80 mmHg
  Glucose: ≤100 fasting

• How do I earn the health metric points?
  1) Meeting the health metric standard
  2) Make any improvement from the prior year
  3) Complete the Reasonable Alternative Standard (RAS) for each metric which was not passed or improved

• How will a member know if they improved their health metrics?
  If you previously participated in the health screenings, your data will be loaded into your member profile. The new health screening biometrics will be computed and you will either pass the metric or the system will look back to the most recent result to see if there was any improvement.

• What are the options for the Reasonable Alternative (RAS)?
  You can complete Healthwise content specific to each Health Metric that is not passed or improved in. Healthwise content may be a combination of 5 articles and videos with information specific to each Health Metric and is available in the wellness portal.

• How do I sync a device?
  Once logged into the portal, select the Preferences icon in the top right corner. Select Apps & Devices, select the “+” icon, follow the prompts to sync your app or device.
  *Note: if you’re using an Apple Watch, sync your Apple Health app using the mobile app.
• **Where do I find the tobacco affidavit?**
  Once logged into the portal, hover over the Profile menu and click Resources. On the left hand side, select Tobacco Affidavit. Select the option that applies to you and click Save.

• **What if I use tobacco?**
  After you complete the Tobacco Affidavit you will be prompted to complete the Tobacco RAS. Once you complete the program you will earn your points.

• **What are the Employer Challenges that I can participate in this year?**

  **Weigh 2 Win Challenge:** 12 week challenge designed to encourage safe, long-term weight management. Sign up begins= 1/1/19   Challenge runs= 1/14/19 – 4/7/19

  Here is how the challenge works= Award yourself one challenge point for reporting a weekly weigh-in and one additional point for maintaining or losing weight during the week.

  Follow these challenge requirements: Weigh in during the first and last week of the challenge. If possible, use the same scale for weekly weigh-ins throughout the challenge.

  Weekly max challenge points= 2   Goal: Reach 15 challenge points by the end of the challenge.

  **Gift a Greeting Challenge:** 4 week challenge designed to encourage daily stress relief by sharing greetings and compliments. Sign up begins= 5/1/19   Challenge runs= 5/6/19 – 6/2/19

  Here is how the challenge works= Award yourself one challenge point for each compliment or greeting you share throughout the day.

  Daily max challenge points= 2   Goal: Reach 30 challenge points by the end of the four-week challenge.

  **Be Active Challenge:** 4 week challenge designed to encourage lifestyle activity habits. Sign-up begins= 6/1/19   Challenge runs= 6/10/19 – 7/7/19

  Here is how the challenge works= Award yourself one challenge point for each day you do any of the following: take the stairs instead of an elevator, skip the drive-thru window, park farther away than normal, and accumulate at least 30 minutes of physical activity.

  Daily max challenge points= 1   Goal: Reach 20 challenge points by the end of the four-week challenge.

• **What is a Peer Challenge and how do I start one?**
  Create a custom challenge and get some friendly competition going between you and one or more co-workers. On the homepage, scroll down the page and under the Let’s Go tile, click Create a Peer Challenge. Select the challenge you want, create a name, enter your goal and start date. Or select Well-being in the mobile app. Invite your co-workers by typing their name to find them. Click Next and the challenge is on!

• **Who can I contact if I have more questions about the Community Hospital Wellness Program?**
  If you have further questions about the wellness program, please contact Lana Birch, Wellness Coordinator for Community Hospital, lbirch@gjhosp.org or (970) 263-2637.