

# Your 2018-2019 Wellness Program is here!

**Welcome to another great year in wellness.** We'll be making the program easy for you to participate in, even if you don't have regular access to a computer! Each year our goal is to bring you programs and activities that engage, educate, and encourage you to make daily choices to improve or maintain a healthy lifestyle. This year isn't any different and we're excited to have several new things coming your way!

## IMPROVE YOUR HEALTH: **Get Active!**

Participate in the following activities and see your progress by logging on to [www.bebetterhealth.net](http://www.bebetterhealth.net).

- Health Survey
- Onsite Health Screening
- Local Wellness Events
- Annual Preventive Exams
- Tracking towards personal wellness goals
- Webinars

## BE REWARDED:

All eligible employees can receive awards in **2020** by completing wellness activities throughout the year.

Award Levels		Requirement	Award
Bronze		Earn <b>850</b> points	Monthly Premium Reduction 1/1/20 – 12/31/20
Silver		Earn <b>1,100</b> points	Travel Blanket
Gold		Earn <b>1,350</b> points	\$30 Amazon Gift card

For assistance with login, please call **(866-748-0957)** or email [supportbbh@ebix.com](mailto:supportbbh@ebix.com).



## Personal Best 4.U. Newsletter:

### \*Now\* on your wellness portal!

Access this 4-page interactive monthly newsletter right from the "Monthly Newsletter" tab.



# Get Started:

## LOG IN/CREATE YOUR PERSONAL ACCOUNT:

**Beginning September 1, 2018**

- Log on to [www.bebetterhealth.net](http://www.bebetterhealth.net)
- Current users are able to enter their username and password from previous years.
- For new users – click the “account setup” link on the main page.
- Fill in the requested information.
- For Organization ID, use **2351**.
- For Member ID, use your Employee ID number found on your Augie ID card (no preceding zeros).
- Select a username and password.
- Once you are in the system, click the links on the left side of the site to find out more about your wellness program.
- For assistance with login, please call **(866-748-0957)** or email [supportbbh@ebix.com](mailto:supportbbh@ebix.com).

## Complete your Health Survey

**Beginning September 1, 2018 – December 31, 2019**

- Login to the site using your username and password
- Click “Take Health Survey” in the upper left-hand corner of the site
- Follow the onscreen instructions – it takes about 15 minutes to complete
- Don’t delay! The sooner you complete your Health Survey, the more time you have to track towards you goals (see next item!).

## Visit the My Plan tab

**September 1, 2018 – December 31, 2019**

- Once you’ve completed your Health Survey, be sure to visit the My Plan tab to participate and review your personalized health goals.
- After tracking towards a goal for at least 6-weeks, you’ll reveal a new goal during the next goal period!

## Complete Wellness Activities

**September 1, 2018 – December 31, 2019**

- Complete preventive exams (annual physical, dental exams, mammogram, etc.) and self-attest to participation on the wellness portal.
- Connect your physical activity tracking device or app to your wellness portal account to earn points for activity challenges as well as personalized physical activity goals. For more information or to connect your device, visit the “Devices” page of your wellness portal at [www.bebetterhealth.net](http://www.bebetterhealth.net).
- Participate in our company-wide programs and challenges throughout the year. These programs come with weekly emails and lots of health content – you don’t want to miss out on the fun!

# Augustana

## Employee Wellness Program

### 2018-19 Program Activities

Award Levels	Points as of December 31, 2019	Award	
Bronze	850	Monthly Premium Reduction - 1/1/20 - 12/31/20	
Silver	1,100	Travel Blanket	
Gold	1,350	\$30 Amazon Gift Card	
STEP 1: Get Started			
Activity	Description	Points	
Health Survey	Complete the online health survey	200	
STEP 2: Earn Points for Programs & Activities			
Activity - Preventive Exams	Description	Per Event	Total
Annual Physical Exam	Recommended once a year	150	150
Dental Checkup	Recommended twice a year	25	50
Vision Exam	Recommended once a year	25	25
Colorectal Cancer Screening	Recommended for those over 50	75	75
Well Woman Exam	Recommended for women	75	75
Mammogram	Recommended for women over 40	75	75
Prostate Screening (PSA)	Recommended for men over 40	75	75
Flu Shot	Recommended once a year	50	50
Activity - Goal Achievement	Description	Per Event	Total
Achievement of Your Wellness Goals	Established on Health Portal (5 points/goal/week)		690
Activity - Community Programs	Description	Per Event	Total
Augie Campus Clean-Up	Participate in Augie campus clean-up.	50	50
Blood Donation	Donate blood or plasma during a local blood drive.	25	25
Community Sponsored Wellness Event	Participate in a community 5k run, cycling tour, golf tournament, or other local wellness event. Earn points for up to four different events.	25	100
Community Sponsored Triathlon, Half Marathon or Marathon	Participate in a triathlon, half marathon, or marathon. Earn points for up to two different events.	75	150
Activity - Wellness Programs & Challenges	Description	Per Event	Total
Flash Fitness	Participate in the Flash Fitness Events. Flash Fitness #1 (Fall) - TBD Flash Fitness #2 (Winter) - TBD Flash Fitness #3 (Spring) - TBD	25	75
Wellbeing Webinars	Participate in wellness webinars that focus on a variety of health/wellness topics. Digital Detox Work Life Balance Popular Diets Digest Holiday Humor	25	100
Augie Active	Participate in monthly physical activity program and earn points for tracking 600 minutes (Points awarded on the 5th of each month).	40	600
moveMore Challenge Registration: 9/3 - 9/22 Runs: 9/17 - 10/27	Ready to jump start your physical activity? Join the moveMore Challenge today. This 6-week challenge rewards you for getting more active - walking running, biking - anything that makes you move more.	75	75
Sleep Health Registration: 11/5 - 11/24 Runs: 11/19 - 12/15	This multi-week program will focus on tips and techniques to improve the quantity and quality of your sleep, for better health and productivity.	75	75
Financial Fitness Registration: 1/7 - 1/26 Runs: 1/21 - 3/2	This program will provide tools and information to help you improve your financial wellbeing and transform your relationship with money and finances.	75	75
Drop It Registration: 3/4 - 3/23 Runs: 3/18 - 5/25	Ready to lose a little extra weight? Over the course of 10 weeks, you will be rewarded for recording your weight on a regular basis. Let's get more active, eat better and achieve our weight goals. We'll have some fun activities planned along the way!	75	75
Food Fight Registration: 6/3 - 6/22 Runs: 6/17 - 7/14	Food Fight puts similar foods in head-to-head matches. In each match, you'll be asked a question. Then click for the answer to learn more about food labels, ingredient lists, and making smart food choices at the supermarket or fast-food drive-through.	75	75
Ultimate Plank Challenge Registration: 7/16 - 8/4 Runs: 7/30 - 8/25	During this challenge, you'll learn to master the plank - a great exercise for working your low back and stomach muscles, commonly referred to as your "core." A strong core is the key to a strong body!	75	75
Self-Care Registration: 9/9 - 9/28 Runs: 9/23 - 10/12	This new self-care program will utilize the Health Answers tab and the A.D.A.M. tools to help employees be better health care consumers.	40	40
No Gym, No Problem Registration: 11/4 - 11/23 Runs: 11/18 - 12/14	This challenge encourages participants to spend four weeks jump-starting their muscle training by focusing on each of the important muscle groups. The exercises are convenient and inexpensive. No equipment needed!	75	75
Activity - Daily Login Points	Description	Per Event	Total
Daily Login	Earn points for logging into the wellness portal	1	50
Surprise	Utilize the wellness portal and earn surprise points	5	40