  
A Weekly Update  
For The Employees of  
North Central Health Care



# NEWS YOU CAN USE

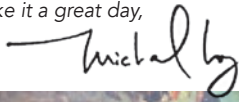
## WEEKLY CONNECTION WITH MICHAEL LOY

### A Video Message to All NCHC Employees

Please take a few minutes to listen to this video message on YouTube.

[https://youtu.be/Dh\\_s5pMN\\_YQ](https://youtu.be/Dh_s5pMN_YQ)

Make it a great day,



**Covid-19 Status Report.. 3**

Staff Cases & Operations

**Masks? No Masks? ..... 3**

When I Am Fully Vaccinated  
Do I Need to Wear A Mask?

**Labor Law Posters ..... 4**

Notices from HR

**HR Insights ..... 8-10**

New Position Postings,  
Retirement, Health & Wellness

**New Employee Perk! ... 11**

**ADMINISTRATOR ON-CALL**  
x4488 or 715.848.4488

In the event of Phone System Outage,  
reference the O:drive "On-Call Information Folder"  
for Schedule and Cell Phone #'s.

**Monday, March 15 –  
Sunday, March 21**

**Jarret Nickel**



## EatStreet's **WORK PERKS PROGRAM**

**LEARN MORE ABOUT  
THIS NEW EMPLOYEE  
BENEFIT ON PAGE 11**

Person-Centered  
**Shout  
out**



**Chad Adams,  
Transportation**

**Why:** Thank you for your  
help with a sign installations  
at Mount View. He carried a  
50 lb bag of salt in a truck  
for me!

**Submitted By:**  
**Jessica Meadows**





## Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick. Report Symptoms and Covid-19 Exposures to Employee Health and Manager

Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Employee Health: 715.848.4396**

### PPE GUIDELINES

**Visitors:** Cloth face covering or surgical masks required. Visitors will be screened using the COVID Screener (Version 3).

**Employees:** Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

#### Employees Working in Direct Patient/Resident Care:

Each patient/resident care area will be designated as being in Standard or Enhanced Precautions. Units on Enhanced Precautions must have it clearly posted on the entrance to the unit.

- o COVID Standard Precautions – Surgical Mask, Gloves and Eye Protection (Face shield, goggles or safety glasses) required.
- o Enhanced Precautions – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

### NCHC COVID-19 WEEKLY CASE REPORT

#### Confidential Employee Report

#### Employee Cases Reported through March 12, 2021

Cases reported below are current active employee cases. All employee cases previously reported that are no longer shown below have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.

Program	Current Active Employee Cases	Date Reported
---------	-------------------------------	---------------

#### New Cases

No new cases reported this week.

#### Previously Reported

All previously reported cases in employees have been cleared to return to work.

**Total Active Employee Cases      0**

### GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

#### Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes.
  - o Visits must be scheduled in advance
  - o Program-established visiting hours.
  - o Visitation limited to designated visiting areas only. No other travel throughout facilities.
  - o Scheduled indoor, window, compassionate care and outdoor visits allowed.
  - o Outdoor visits are weather-permitting.
  - o Screening, masks and social distancing required.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

#### Meetings or Groups

- NCHC in-person meetings and treatment groups allowed. Masks required. 6-foot social distancing or physical barriers between individuals required.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA)
- Group sizes for meetings or treatment limited to 50 people or less. Social distancing required. Meetings or treatment greater than 50 requires Operations Executive/Incident Command approval.

#### HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

### PROGRAM-SPECIFIC OPERATIONAL UPDATES

#### Programs with Operational Changes

Follow General Operational Guidelines (left) in addition to changes below.

- **Adult Day Services – Wausau:** Open and operational. Closed to Residential CBRF clients due to positive case in Heather Street.
- **Aquatic Therapy Center:** Open and operational. Open swim allowed with scheduled, restricted hours to tentatively begin mid-April. Fitt classes: schedules pending.
- **Mount View:** Units on Enhanced Precautions – None. No Patio Visits allowed due to weather.
- **Pine Crest:** Units on Enhanced Precautions – None. No Outdoor Visits allowed due to weather.
- **Residential Services:** Open and operational.  
**Enhanced Precautions** due to Covid exposure: Heather Street.  
**Contact Precautions** due to presence of bed bugs: Forest Street and Jelinek.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

#### Open & Operational

Follow General Operational Guidelines (left).

- Adult Day Services – Antigo
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- BHS Adult Hospital
- BHS Youth Hospital
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Units (Adult & Youth)
- Hope House
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation

Program Hours and Operations Online: [www.norcen.org/Covid-19](http://www.norcen.org/Covid-19)





## CDC VACCINE UPDATE

By Tim Holzem, Infection Preventionist, NCHC

I would like to address the recent CDC guidance regarding vaccinated individuals exposed to those with COVID, as well as mask and eye protection use.

### Covid-19 Exposure to Those Who Are Fully Vaccinated

If you haven't heard, the CDC guideline stated recently that if an individual receives their Covid-19 vaccine, are exposed to a COVID positive person and don't have symptoms – they are not required to quarantine.

At NCHC, if employees has been vaccinated and exposed to a person with Covid-19, continue to notify Employee Health as soon as possible regarding the exposure, even if you have been fully vaccinated. 715-848-4396

The fact that the CDC can announce this, is encouraging news showing that the vaccines are working as they intended, as is proof by county positivity rates dropping across the U.S.

Despite that encouraging news, we also want to continue safe practices. The vaccine does protect against infection – but not 100% of the time. The vaccine is much more effective at preventing severe symptoms and is proven that those who have been fully vaccinated can still develop infection – mostly the symptoms are mild, if not being asymptomatic entirely. You can still spread the virus to others, even if you have been vaccinated.

### Mask and Eye Protection

It's still very important to make sure PPE (goggles, masks) are used in care areas and during screening visitors. Also, we all need to make responsible decisions while outside of work by social distancing and refraining from large gatherings. This will help us get out of the woods sooner rather than later.

We have received some questions from clients in our Outpatient programming, who feel that since they have been vaccinated, they no longer need to wear a mask. This is not the case. CDC recommends that everyone, even those who are fully vaccinated, should be wearing a mask in public, and that includes NCHC Outpatient settings. Signs have been placed at entrances to assist with this. But, yes, masks are required, even if you have been fully vaccinated.



# FACE MASKS ARE REQUIRED



**Even if you have been fully vaccinated, a face mask or cloth face coverings is required at this facility.**

  
North Central Health Care  
Person centered. Outcome focused.



### When You've Been Fully Vaccinated

How to Protect Yourself and Others

Updated Mar. 8, 2021

[Print](#)

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

#### What's Changed

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.

#### What Hasn't Changed

For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
  - In public
  - Gathering with unvaccinated people from more than one other household
  - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

#### Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated.

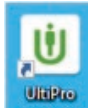




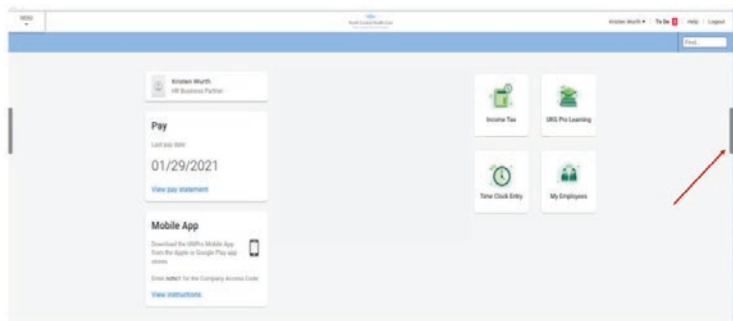
## LABOR LAW POSTERS AVAILABLE FOR EMPLOYEES TO REVIEW

Required federal and state labor law posters are available for employees to review and have been posted by the time clocks throughout the organization. An electronic version of the information on the poster is also available in UltiPro/UKG, which is particularly useful for those employees that do not regularly visit an onsite location.

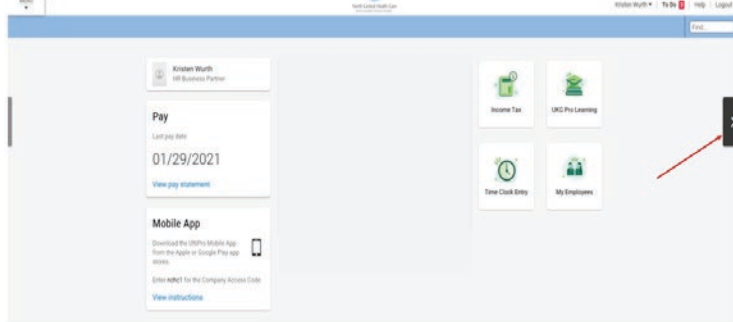
To access the electronic versions, please log into UltiPro:



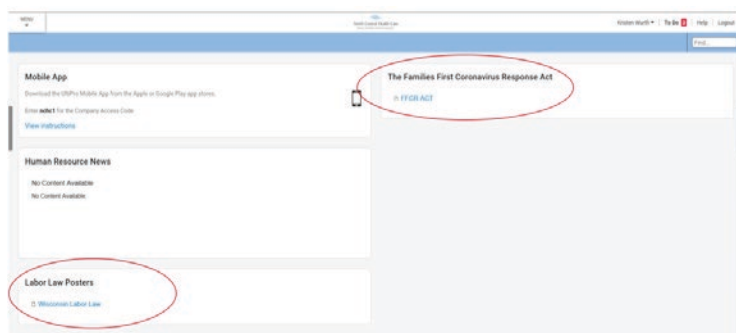
Once logged into UltiPro/UKG, locate the grey bar on the left or right side of screen:



Place your cursor over the grey bar and it will reveal an arrow. Click the arrow to advance the Main page to a secondary screen:



The Wisconsin Labor Law Posters and the Families First Coronavirus Response Act poster are available for viewing by clicking the associated link:



If you have any questions, please contact Human Resources [hresources@norcen.org](mailto:hresources@norcen.org) or 715.848.4419.

## PHOTOS OF THE WEEK



## PINE CREST APPRECIATION

At Pine Crest, the team caught up with some important recognition for the Social Workers, Life Enrichment, Dietary and Maintenance Teams! The team signed wall posters and left notes of praise and thanks and celebrated with a cake. Thank you for all your service!

### Submit A Great Photo From Your Week!

Submit your photo and description to [jmeadows@norcen.org](mailto:jmeadows@norcen.org) or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting.





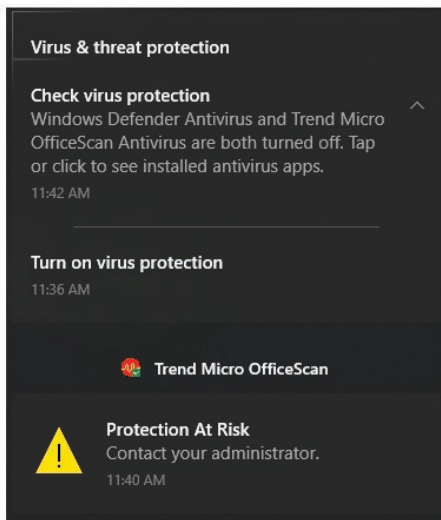
## CCITC NOTICE

### Trend Micro AntiVirus Upgrade

It is important to update and upgrade antivirus software on computers because computers are regularly threatened by new viruses. The anti-virus updates contain the latest files needed to combat new viruses and protect your computer and our network.

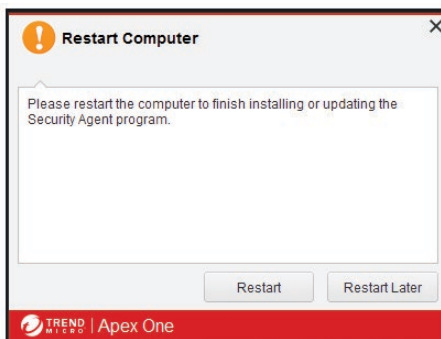
Over the next few weeks, CCITC will be upgrading our anti-virus agent. Users may notice the following popups (below) from their taskbar on their computer. The System will be available during maintenance and there will be minimal impact to using your computer. Users can ignore the pop-ups and continue to work normally. You will need to restart your computer at some point after the first pop-up, either immediately or later.

### Initial pop-up you will see:



Users can ignore the pop-ups and continue to work normally.

### Second pop-up you will see which prompts you to restart/reboot.



This can be done immediately or later, but a restart/reboot is required.

Please contact CCITC HelpDesk at 715.261.6710 or x6710 with any questions concerning this maintenance.

## MARCH IS HEALTH INFORMATION TRAINING MONTH

### Snapping Pics Puts Your Job at Risk

For this week's Health Information Training focus we are tackling the theme of "Snapping Pics Puts Your Job at Risk". Taking a photo, video, or even just talking about a resident/client/consumer/patient on your social media outlets puts your job at risk. Assume anything you put online can be seen by anyone, no matter your privacy settings. Even apps that claim your story "disappears" from your phone can be recovered.

If you know of someone that has done this please take a screenshot and submit a SafetyZone occurrence report or reach out to your manager or myself directly.

I highly encourage you to take 2 minutes from your day to watch this video. It speaks volumes for the idea of risk vs. reward in deciding when to take pictures or use social media when it relates to work. <https://livestream.com/accounts/14059632/events/7693424/videos/162165820>



### DO

- Leave your cell phone in a locker while you are on the floor
- Report any suspicious activity via SafetyZone, your manager, or the Privacy Officer
- Keep your social media free and clear from individual stories from work

### DON'T

- Use your cell phone on the floor
- Take a picture of a resident/client/consumer/patient
- Use social media to discuss individual stories from work – good, bad, or indifferent

**Ashley Downing** MBA, RHIA, CPHIMS, CHPS  
Director of Health & Clinical Informatics  
NCHC Privacy Officer

**715.848.4473** (Desk Phone) • 715.846.0064 (Cell Phone)



## **nami** National Alliance on Mental Illness **NORTHWOODS**

For those struggling with mental and emotional challenges, we are here to help. You don't have to navigate these waters on your own.

**Listen • Support • Validate**

**Zoom Meeting: 4th Wednesday of Each Month • 6 - 7 pm**

**For meeting information contact [naminorthwoods@gmail.com](mailto:naminorthwoods@gmail.com)**





## Better Your Balance: Tips and Tricks to Prevent Falls – FREE Virtual Events

March 23 from 6:00-7:00 p.m. (Caregiver Edition)

March 25 from 1:00-2:00 p.m.

### Join us as we learn:

- Why falls happen
- Exercises to build strength & balance
- Tips for safety around the house
- What to do if you or your loved one falls
- Resources in the community to help you and your loved one

### Speakers:

- Physical Therapists and Injury Prevention Coordinators from Aspirus and Marshfield Clinic Health Systems
- Staff from ADRC-Central WI and ADRC-Portage County.

### Brought to you by:



North Central Regional Trauma Advisory Council



Register online at  
[www.adrc-cw.org/falls/](http://www.adrc-cw.org/falls/)  
or call 888-486-9545.

Register for online access until March 24.  
No internet? No worries! Join by phone. Call  
888-486-9545 to register by March 19 to  
ensure you can receive the mailed packet.



Marathon County  
Employees Credit Union



**Offering Loans to Fit All  
Your Financial Needs.**

**Contact Pete Today! 715-261-7685**

**[www.mcecu.org](http://www.mcecu.org) • 715 261-7680**

**400 East Thomas Street • Wausau, WI 54403**



Helping You Turn  
Over a New  
Retirement Leaf

### HAVE QUESTIONS ABOUT YOUR WISCONSIN RETIREMENT BENEFITS?

Schedule a virtual meeting with Shawn  
for a time that works for you!

Meet by phone or video chat.

[https://nc\\_wisconsin.timetap.com/](https://nc_wisconsin.timetap.com/)

### Virtual Book Club



Join others in your community in a virtual book club! We will discuss  
**My Two Elaines**, "Learning, Coping and Surviving as an Alzheimer's  
Caregiver" written by former Wisconsin governor Martin Schreiber.  
Open to all; caregivers, professionals, and community members.

**When: Mondays, April 12th - May 3rd, 2021**

**Time: 9:30am - 10:30am**

**Where: By phone or virtually via Microsoft Teams**

**Facilitated by Dementia Care Specialists: Carley Prochaska,  
Scott Seeger, Carrie Esselman**

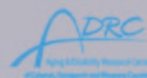
For questions or to register, please contact:

Carley Prochaska, Dementia Care Specialist

Phone: (715) 346-1401

Email: [prochasc@co.portage.wi.us](mailto:prochasc@co.portage.wi.us)

Registration is required; space is limited!





Prevent common infection prevention mistakes!

## Disinfect commonly touched items frequently!

University researchers found that **TV remotes** are the worst carriers of bacteria in hospital rooms, worse even than toilet handles. Remotes spread *Staphylococcus*, which contributes to the **90,000 annual deaths** from infection in hospitals.

### Did you Know...

The average keyboard contains **more bacteria than a toilet seat.**

There is fecal matter on **10% of credit cards.**

There is fecal matter on **16% of cell phones.**

**It is against NCHC policy to have your cell phone in resident care areas.**



North Central Health Care  
Person centered. Outcome focused.



NCHC VISION

# Lives Enriched and Fulfilled.







## HRinsights

### Position Posting

**Title:** Crisis Services Operations Manager

**Status:** Full Time **Location:** BHS, Wausau

**To apply or learn more:** <http://bit.ly/CrisisOps>

The Crisis Services Operations Manager is responsible for the day-to-day operations of Crisis Services (Crisis CBRF and the Crisis Center) including supervision of the care and/or services provided to residents and patients, ensuring standards of care and regulations are met.

### Position Posting

**Title:** Court Liaison

**Status:** Full Time **Location:** Crisis, Wausau

**To apply or learn more:** <http://bit.ly/CourtLia>

The Court Liaison acts as liaison between North Central Health Care and the local court systems to ensure a continual positive working relationship, by coordinating the involuntary commitment process for mental health and/or alcohol/drug clients and provides statistical collection and reporting to the agency.

### Refer A Friend or Colleague!

**Text "Refer" to 715.598.3663**



**Referring Someone for a Job is As Simple As Sending a Text!**

### Here's your chance to earn

**You could earn the following REFERRAL BONUS...**

When your recruit joins the NCHC Team and after you have both met the referral requirements.\*



### Position Posting

**Title:** Emergency Preparedness Coordinator

**Status:** Full Time **Location:** Operations, Wausau

**To apply or learn more:** <https://bit.ly/3vj8S7E>

The Emergency Preparedness Coordinator is responsible for performing and initiating all activities in support of the environment of care and emergency management for NCHC. The Emergency Preparedness Coordinator must be effective and efficient with compliance of local, state, and federal regulations and agencies, as well as coordinate operational plans that build upon safety and risk initiatives to assure NCHC is a provider of a fully integrated continuum of care, delivery quality, innovative services in a fiscally responsive manner. The Emergency Preparedness Coordinator is also a liaison to Marathon County Facilities Capital Management.

## The Suggestion Box

Employees can provide feedback, suggestions, tips, tricks and new ideas all through this new online opportunity!

[www.norcen.org/SuggestionBox](http://www.norcen.org/SuggestionBox)

We embrace our employees' innovative spirit and commitment to our Core Values of Continuous Improvement and Partnership! The Suggestion Box a way for North Central Health Care Employees to provide feedback, suggestions, tips, tricks and new ideas. Employees can submit anonymously or leave their name and contact information for follow up - all submitted online!

Submit your feedback using the form provided at our website. Provide your contact information only if you would prefer someone to follow-up with you directly. You may also submit anonymously, however it may delay the follow-up. Be sure to provide enough information so that we can follow up with you if needed or get your suggestions to a specific program or leader.





## Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



### Healthy Eating Tips for Vegetarians

While there are many reasons people choose a vegetarian eating style, a well-planned vegetarian diet can be healthy, taste great and may provide health benefits in the prevention and treatment of certain diseases.



#### What is a vegetarian diet?

There are several types of vegetarians, but most follow a vegetarian diet that excludes meat, poultry and seafood. Some may choose a plant-based diet that also excludes eggs and dairy, such as milk, yogurt and cheese.

Well-planned vegetarian diets are appropriate for individuals of all ages including infants, children, teens and pregnant and breastfeeding women, as well as adults.

#### Are there health benefits?

Vegetarians often have lower cholesterol levels, blood pressure and rates of hypertension and Type 2 diabetes than non-vegetarians. Vegetarians also tend to have a healthier weight and lower overall cancer rates. These health benefits may result from higher intakes of fruits, vegetables, whole grains, nuts and dietary fiber along with lower intakes of saturated fats.

#### Food Groups for Vegetarians

These food groups may look familiar. They are the same food groups featured in USDA's MyPlate.

- **Fruits:** Eat a wide variety of colorful fruits, including fresh, frozen, canned and dried with no added sugars. Fruit supplies dietary fiber, vitamins and minerals.
- **Vegetables:** Choose vegetables in a variety of colors, especially orange, red and dark-green for their vitamins, minerals and fiber. Vegetables such as broccoli, bok choy and collard greens provide calcium. When choosing frozen or canned vegetables, look for products with lower amounts of sodium.
- **Grains:** Eat more whole grains in place of refined ones. Some grains, such as quinoa and millet are higher in protein. Many ready-to-eat cereals are fortified with iron and even vitamin B12. Replace white rice, pasta and breads with whole-grain options.
- **Proteins:** Variety, again, is important in this food group. Beans, peas and lentils contribute iron, zinc, dietary fiber and protein. Unsalted nuts, seeds and soy products are also great choices.
- **Dairy:** Milk, yogurt and cheese are rich in calcium and most are fortified with vitamin D. Choose low-fat or fat-free options. Calcium-fortified soy milk is also part of this group.

## WELLNESS CORNER

Submitted by Sherry Gatewood, PA



### Employee Health & Wellness Center Notice

**Sherry Gatewood will be unavailable from 3/19 to 3/26.** The Employee Health & Wellness Center will still be open for any support, occupational health, blood pressure checks, etc. that the support team can provide, as well as scheduling appts for when Sherry returns. Patients can also schedule a video visit with our back up provider.

### Healthful Vegetarian Meal and Snack Ideas

A healthy vegetarian eating style depends on variety and thoughtful planning. Many cultures offer vegetarian selections.

#### Breakfast

- Oatmeal or millet made with low-fat or fat-free milk or soy milk with nuts and dried fruit.
- Whole-grain toast topped with mashed avocado, a glass of low-sodium tomato juice and a piece of fruit.
- Brown rice with black beans, salsa, cooked plantain and a poached egg.

#### Lunch

- Veggie burger with low-fat cheese and mushrooms, or falafel in a whole wheat pita with cucumber, tomato, lettuce and onion.
- A bowl with your choice of leafy greens, cut-up vegetables, beans or tofu, fruit, nuts and cooked grains.
- Polenta with sautéed greens and roasted peppers.
- Chili made with beans and textured vegetable protein plus shredded low-fat cheese and cornbread.

#### Dinner

- Whole-grain pasta with tomato sauce and vegetables, such as mushrooms, tomatoes, eggplant, peppers, onions and garbanzo beans.
- Lentil stew with flatbread and a side salad.
- Tacos or burritos filled with beans, textured vegetable protein, tofu or tempeh.
- Tofu or edamame and vegetable stir-fry with brown rice.
- Baked potato topped with vegetarian chili and low-fat cheese.

#### Snacks

- Hummus, carrot sticks and pita wedges.
- Half a whole wheat bagel with nut butter and fruit.
- Yogurt layered with crunchy whole-grain cereal and sliced fruit.
- A cup of vegetable soup and whole grain crackers.



## RETIREMENT NEWS

### Congratulations Sharon Uttech

Sharon Uttech, Cook at Pine Crest, has announced her retirement on April 16, 2021. Sharon has worked at Pine Crest for 26 years. Thank you for your many years of service and commitment to our residents. Enjoy your retirement.



**AOD**  
PARTNERSHIP

MARATHON COUNTY ALCOHOL AND OTHER DRUG PARTNERSHIP COUNCIL, INC.

## Next AOD Partnership

**What Works to Prevent Underage Drinking**  
**Tuesday, April 6 from 11am-1pm (central)**  
**via Zoom**

Join us for the data, the trends, the effects and what we can do to in our homes, our organizations and our communities to reduce the impact. More details coming soon!



Presented by Dr. Ralph Hingson, Director of Prevention & Epidemiology Research for the National Institute of

Alcohol Abuse & Alcoholism (NIAAA)

**Register today for this free event!**

<http://bit.ly/3tfleLi>

Note: 1.5 CEUs included



## MARCH IS NATIONAL NUTRITION MONTH

Visit the Well-Being Program Available to All NCHC Staff!

Our Well-Being Program includes a login to the ManageWell portal where staff can participate in fun challenges and interesting self discovery tools. All while earning points that get you rewards along the way! Don't know about the ManageWell portal? Details are available below with how you can earn dollars for your HSA or prizes for you and your spouse participating - even if you are not on the NCHC Health Insurance plan!

**HEALTH PURSUIT:** This online activity is designed to be a fun, learning game show-style activity to help you better connect the dots between lifestyle choices and good health. Successfully completing this activity is answering at least 80% of the questions correctly. This can earn you 10 Well-Being points.

## Health Pursuit

WHAT DO YOU KNOW ABOUT GOOD HEALTH?



Test your knowledge and have fun learning with the new wellness game—Health Pursuit.

Modeled after 1970's television game shows, **Health Pursuit** is a fun, learning activity to help you better connect the dots between lifestyle choices and good health.

Play to win...better health!



ManageWell  
Participate through your employee portal.

[www.managewell.com](http://www.managewell.com)



ManageWell®

## North Central Health Care Well-Being Program 2021

For All Employees and Health Plan Enrolled Spouses!

### Earn Incentives for Taking Care of You!

Employees enrolled in an HSA Health Plan will earn an additional \$350 HSA contribution for 2022 for completing Steps 1 - 4. Employees enrolled in the Traditional Health Plan will earn a \$350 Medical Flexible Spending Account contribution for 2022 for completing Steps 1 - 4.

Spouses enrolled in an HSA Health Plan will earn an additional \$150 HSA contribution for 2022 for completing Steps 1 - 4. Spouses enrolled in the Traditional Health Plan will earn a \$150 Medical Flexible Spending Account contribution for 2022 for completing Steps 1 - 4.

Employees not on the health plan will be entered into a drawing for prizes for completing Steps 1 - 4 below.



Follow these **4 easy steps** on your personal online well-being portal to earn rewards!

#### Step 1

Register at [www.managewell.com](http://www.managewell.com) to begin the program. Learn how to register by following #1-7 on the next page.

#### Step 2

Sign up and complete a biometric screening before **February 26, 2021\***. Learn more on the next page under #8a-b.

#### Step 3

Complete the online health assessment before **March 12, 2021\*** after your biometric screening results have been uploaded into your account (You will receive an email notification when this is ready.)

#### Step 4

Earn 100 points by **October 31, 2021** by completing a variety of well-being activities shown on the next page.  
\* New hires have until October 31, 2021 to complete all 4 steps.

### How to Register for The Aspirus Well-Being Portal

Aspirus Business Health-Wellness is excited to partner with North Central Health Care to provide you with access to a new resource, [www.managewell.com](http://www.managewell.com). This website features valuable health programs and tools as well as a central location for storing and tracking your well-being efforts.

To participate in the Well-Being program, go to the website [www.managewell.com](http://www.managewell.com) or download the ManageWell 2.0 App and follow the instructions below to register. Contact Aspirus Business Health-Wellness if you have any questions.

1. Click "Sign up".
2. Enter your Unique, employer provided ID. This Unique ID is "NCHC", followed by your employee ID number. An example is: NCHC012345. Covered Spouse/Domestic Partner will add 50 after this (for significant other).
3. Enter your date of birth (month, day, year), confirm your timezone and select "Continue".
4. Confirm your name.
5. Read through and accept "Terms".
6. Enter a unique and valid email address and password. Remember these for the next time you log in to the website.
7. Select "Continue" to read through "Notice Regarding Wellness Program", select "Continue to Your Portal" and it will take you to your Home/Dashboard page.
8. Choose one of these options to complete your biometric screening by the deadline on previous page. Please make sure to read all the details under the option you choose below on its corresponding activity page on your well-being portal.
  - a. To Use the Biometric Screening Voucher - Go to the "Biometric Screening Voucher" activity page and follow directions to print a voucher and schedule at the NCHC Employee Health & Wellness Center or another Aspirus Business Health location.
  - b. To Submit your Results from a Provider - Go to "Submit Biometric Screening Results from your Primary Care Provider (PCP)" activity page and follow directions if you have had this completed with your provider since 11/1/2019. We do not automatically get the results from your Aspirus provider, it is your responsibility to submit them to Aspirus Business Health-Wellness before deadline on previous page.

### Well-Being Activities

Activity	Point Value	Bonus for NCHC Employee Health & Wellness Center Completed Service
Health Coaching (includes Care Management) (can earn up to 2 times)	15/session	
Preventative Visit with Primary Care Provider	20	15
Physical Activity Challenge	10	
Stress Less Challenge	10	
Monthly Online Educational Activity	5/month	
Online Tracker for Physical Activity Track 75 minutes of activity per week Track 150 minutes of activity per week	1/week 2/week	
Online 5-A-Day Fruit & Veggie Nutrition Tracker Track 5 servings of Fruits & Veggies per day for 3 days per week Track 5 servings of Fruits & Veggies per day for 7 days per week	1/week 2/week	
Health Pursuit Online Activity	10	
Flu Shot	5	
Mini-Challenges	5/challenge	
NCHC Sponsored Events (events added throughout the year)	5 -20/event	
Early Bird Biometrics completed prior to December 31, 2020	15	

More information can be found on the Aspirus Well-Being Portal at [www.managewell.com](http://www.managewell.com)

Contact Aspirus Business Health-Wellness if you have any questions or need help.  
844.309.1269 | [wellness@aspirus.org](mailto:wellness@aspirus.org)



North Central Health Care  
Person centered. Outcome focused.



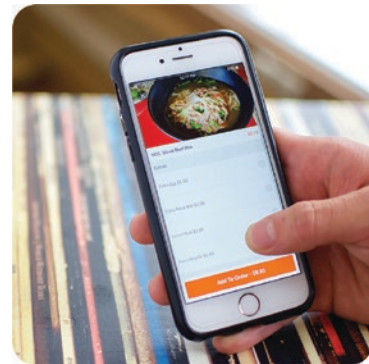
### New NCHC Employee Perk to Use Anywhere in United States!

EatStreet is widely available in Wausau Area and has pending networks in Merrill, Antigo and Tomahawk areas. Great thing is you can use the app anywhere you travel to, work or live! Order from a hotel, from work, at home or on vacation and get FREE delivery until March of 2022! Visit <https://1.shortstack.com/qWg2Kg> to sign up or visit the NCHC Intranet Employee Discount page for details!

# EatStreet's WORK PERKS PROGRAM

We've partnered with EatStreet to give our employees **Free Delivery for a year!**

You can get Free Delivery to any address in EatStreet's delivery service areas, not just at the office or at home. Whether you're looking for a quick bite for lunch or treating yourself to something special on the weekend, you can support your favorite local restaurants!



## GET STARTED

Register for the program by submitting your EatStreet account information on this [online form](#). Once you have submitted the form, allow up to 3 days for the promotion to be applied to your EatStreet account. <https://1.shortstack.com/qWg2Kg>

### HOW TO CREATE AN EATSTREET ACCOUNT

- Download and open the EatStreet App available for [iOS](#) and [Android](#)
- Tap the "Account" tab
- Tap "Create an Account"
- Enter your email, create a password, and tap "Sign Up"
- You can also make your account online at [EatStreet.com](https://EatStreet.com) by clicking "Sign In" and following the prompts from there.

## GET FREE DELIVERY

Enter your address and check out the list of restaurants available to your location. Any restaurant with the green car icon is eligible for Free Delivery.



Your Free Delivery will automatically be applied on all orders at checkout.

\* You may need to wait 5-10 minutes and refresh the page after creating your account for the promotion to be applied for the first time.