

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 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.



North Central Health Care
Person centered. Outcome focused.

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. 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 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 SO 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

**Contact Aspirus Business Health-Wellness if you have any questions or need help.
844.309.1269 | wellness@aspirus.org**