

Wellness Initiative

The Conference Wellness Initiative began in January 2015 after the completion of the last of three cohorts within the Duke Clergy Health Initiative, also known as Spirited Life. For the duration of that study, the Conference had been asked not to make any major changes to its health program, especially as it related to wellness, in order to have more fully documented research results. The Board has heard of some of the benefits to the overall group and is committed to the wellness of our plan participants by offering some of the same. In doing so, we have three "tracks" related to our wellness that are currently available for your participation and in earning rewards for doing so!

VIRGIN PULSE ACTIVITY TRACKING

This program has been a great hit in 2015! We currently have 445 participants registered, almost evenly split between genders, and across 5 age categories from 18 to 60+!!! People are starting to find "friends" across the conferences (as at least 49 of us are included in the program) and some general agencies. In finding friends, we are challenging each other personally, and have had one conference challenge resulting in rewards at Conference - both personally and for our Conference offering to benefit our missional churches and networks!

For those of you who haven't yet joined the program, you can join at join.virginpulse.com/wnccumc.

Click the "Join Now" button, complete your information, and you are on your way!! Each quarter, you will be assigned a goal by Virgin Pulse. As you hit that goal for each quarter, you will earn \$30 in rewards for the health miles goal completion. If you earn a quarterly goal in each of the four quarters of the calendar year, you'll receive a bonus reward of \$60 for a total of \$180 possible for the calendar year!!

Challenges will be issued from the Conference and from Virgin Pulse periodically so stay on the watch for those. (Sometimes those emails go into our "junk" email accounts, so check occasionally and "mark not junk" in order to receive in the future into your inbox.)

BIOMETRIC ASSESSMENTS

Now that you are active, we want to you stay aware of your health through your biometric statistics. Therefore, we are offering rewards for a few items related to the knowledge of your own health. These are as follows:

- Completion of a Health Risk Assessment (Reward of \$50):
This assessment is completed online through the Healthgram portal. As you login on www.healthgram.com as a member, you'll be greeted on the first page with the 2015 Wellness Program logo. This will take you to a listing of the various goals and rewards that can be achieved. But also on the greeting page, you should see your portal results alerting you that you need to complete your health risk assessment.
- Completion of your annual physical with your primary care physician (Reward of \$50):
This one should be easy! I know they don't always give us the best news, but it is in trying to keep us healthy!! Just think, this is a wellness visit, no cost to you, AND you get a reward for doing it!! It's a win-win! (Healthgram will track this through your physician's insurance claim.) If you've already been in the last six months, it still counts!
- Completion of a biometric screening with your physician (Reward to participate \$75):
While you are there for your annual physical, have a simple blood test! **You will need a specific form available from the Conference office** (Dale Bryant) {due to computer capture of the data} which has all the parameters needed to be tested - body mass index, blood pressure, fasting glucose, waist circumference, HDL and triglycerides. The form will then be returned to Healthgram for processing.

- Normal Range Results or Improvement therein (future years) on Biometric Results (Reward of \$15 per biometric item):
Normal results (as measured by the recommendation of the American Heart Association) or improvement in the results of the previous year will be rewarded based on each specific item as follows:
 - Body Mass Index less than 25
 - Blood pressure less than 120/80
 - Fasting glucose less than 100
 - Waist circumference less than 38
 - HDL greater than 60
 - Triglycerides less than 150

Additionally, a Health Coach may contact you to review your screening results in order to assist in your knowledge of your own health. They can be helpful in establish an health plan for you, assisting in diet or nutrition options, exercise, stress management, and a number of other items. Remember they are here to help you, not to report to the Conference or District offices! Utilize them to expand your knowledge as needed!

REIMBURSEMENT PROGRAMS

We are also offering two reimbursement programs for your fitness:

- Reimbursement of your gym membership fees based on your attendance patterns
 - Attendance of at least 50 visits per year: reimbursement up to \$100
 - Attendance of 75 visits per year: reimbursement up to \$150
 - Attendance of 100 visits per year: reimbursements up to \$200

For these rewards, you will have to provide proof of attendance (usually attainable from the fitness facility) to the Conference Benefits Group (Dale Bryant or myself), along with proof of membership fee paid.

- Reimbursement of Pfeiffer Clergy Health Initiative program costs of \$700
We realize that our newer clergy persons did not get to participate in the Duke Clergy Health Initiative. However, Pfeiffer University is offering a Clergy Health Initiative which is also a great starting program for your wellness! More information on this program can be found here: <http://www.pfeiffer.edu/clergy-health-institute>. Documentation of fees paid for the program should be submitted to the Conference Benefits Group for reimbursement.

Outside of the Pfeiffer reimbursement, all rewards earned will be made available through your Virgin Pulse account. So, even if you don't get involved in the activity program, you will still need to register within the Virgin Pulse program (as above) to obtain your rewards. These can be received in the form of gift cards to various vendors or as a direct deposit into your own bank account. For Virgin Pulse users, you can also redeem your rewards for merchandise on their website. Just think of it as the Virgin Pulse Bank!

Additional documents and information from Healthgram are attached to help you navigate your way through these additional wellness options. Also, for the biometric and gym membership reimbursements, we are utilizing the HealthTrax system through Healthgram which will report when these rewards or items have been completed. This is accessible through the Healthgram portal.

As always, if there are questions about any of these wellness components or their rewards, please don't hesitate to contact your Conference Benefits Group (Dale or myself) at 704-535-2260 or via email.

Instructions for Physician Labs & Online Health Risk Assessment

WNCCUMC and Healthgram are working together to provide you with a wellness program and support so you can make more informed choices regarding your health. . Please complete the following:

Step #1: Complete your online Health Risk Assessment (HRA)

The online Health Risk Assessment is a free, confidential questionnaire administered by Healthgram. It helps you recognize any health risks you may have and provides an action plan to address them. Here's what you need to do:

Subscribers and Spouses **enrolled in the medical plan** will need to log in to www.healthgram.com/HRA.

- Enter your username and password
- If you've never logged in before, click on the "Register Here" link below the login button.
- You will be required to enter your first and last name, date of birth, home ZIP code, and last four digits of your Social Security number.
- You will also be required to provide an e-mail address to register. If you don't already have an e-mail address, Healthgram will provide you with a link to help you set up a free account.
- Once registered, log in and complete your Health Risk Assessment (link located on right side of screen under **ALERTS** section).

Step#2: Screening Information from your doctor

If you have had the required lab work completed within the past 6 months, obtain a copy of the listed lab results below from your doctor's office. You may also make an appointment to have the following labs conducted.

1. Use only a pen with black ink to fill out the biometric form.
2. Write in all capital letters.
3. Fill in the bubbles completely. Do NOT place an "x" or a check mark in the bubbles.
4. Make sure to fill out your FULL NAME (last, middle initial and first), your date of birth and your social security number.
5. Fill out all sections completely and accurately.
6. Send the completed Biometric Form by mail to the following attention. Please keep a copy for your records. Ask your physician to code this visit as a preventative wellness visit for insurance purposes.

We need the following information:

- Name
- DOB
- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Total Cholesterol/HDL Ratio
- Triglycerides
- Glucose
- Blood Pressure
- Height
- Weight

Mail to:

**Attn: Eligibility for WNCCUMC
Healthgram, Inc.
PO Box 11088
Charlotte, NC 28220**

If you have any questions about your Health Risk Assessment or general wellness program question, please call Customer Service at **800-446-5439** or check on Virgin Pulse site for where you are with the WNCCUMC wellness program.

Your personal health records are maintained with complete confidentiality.

YOUR ONLINE HEALTH RISK ASSESSMENT

The first step to taking charge of your health is to be informed. If you're enrolled in medical coverage, check out the new services WNCUMC is offering to help you "be in the know" when it comes to your health. Have these directions handy before going online.

INSTRUCTIONS:

- 1.) Visit www.healthgram.com, click on "Member Login" in the top right hand corner of the home screen. Enter your login information.
- 2.) If you've never logged in before, click "Need to Register."
 - Provide the required information and you'll be taken through the steps to activate your account.
 - You will have to create a user name (your user name will be your email address) and Password.
 - If you do not have an email address, click on the "Need an email account" link to set up a Gmail account (Google email)
 - To change your username and password select the "Profile" link in "My Health Record" after you have logged in.
- 3.) If you have forgotten your password or have trouble logging in, click the link to "Forgot Your Password" in the login section, then enter your first and last name and your member number (social security number). Next, type in your email address and click the "Submit" button at the bottom of the form. You will receive your password within 24 hours.
- 4.) Complete the online Health Risk Assessment (HRA). This is a free, confidential questionnaire administered by Healthgram that should take about 10-15 minutes.
- 5.) Upon completion of your HRA you will be directed to Your Personal Healthgram® Report. This is your personalized health report card and action plan that has been developed especially for you. This information is stored in your personal health record and available to you online. You can also print this report at any time.

