

Preventive Care

**Must be completed before September 30, 2022*

Exams completed October 1, 2022 or after will receive points in 2023

		Points Per	Max Points
Annual Physical - Complete at an HSBT Health and Wellness Clinic or your Primary Care Provider	max 100 pts	100	100
Vision Exam	max 30 pts	30	
Dental Exam	max 30 pts	30	
Mammogram	max 30 pts	30	
Colonoscopy	max 30 pts	30	

Health & Wellness

Schedule appointment through MyWellness

		Points Per	Max Points
Biometric Screening with a Health Coach		30	90
BMI (or 10% improvement from 2021 screening)	18.5-24.9	15	
Total Cholesterol/HDL Ratio	<4.5	15	
Blood Pressure	<140/<90	15	
Blood Glucose	<100	15	
Health Coach session		30	90

Wellness Challenges

			Points Per	Max Points
#1: 01/17/22 - 02/14/22	4 weeks	8,000 average steps/day	15	90
#2: 03/14/22 - 03/28/22	2 weeks	8,500 average steps/day	15	
#3: 04/11/22 - 05/09/22	4 weeks	8,000 average steps/day	15	
#4: 07/04/22 - 07/18/22	2 weeks	8,000 average steps/day	15	
#5: 08/08/22 - 08/22/22	2 weeks	8,500 average steps/day	15	
#6: 09/05/22 - 09/19/22	2 weeks	9,000 average steps/day	15	
#7: 11/07/22 - 11/21/22	2 weeks	8,000 average steps/day	15	

Wellness Learning Modules

	Points Per	Max Points
Wellness Learning Module	points vary per module	60

MyWellness Rewards

Each point equals \$1 in gift cards. Gift cards may only be redeemed in \$30 increments.

You are eligible to earn a maximum of \$150 in gift cards annually by completing any combination of the above activities.

Claim your rewards in your MyWellness account by December 31, 2022.

**Preventive Care must be completed before September 30, 2022
All points must be submitted before November 30, 2022
All gift cards must be claimed on the MyWellness portal by December 31, 2022*

Welcome to myWellness

Welcome to the 2022 myWellness program. You're invited to join our brand new site and app experience starting **January 1!** Get ready to reach your health and wellness goals with the new and improved myWellness portal and app. In order to begin participating, you will need to create a new account by clicking **Sign up** on the left side. *Please note your username and password will not transfer. You will need to create a new account. When registering your email address will be your username.*

Follow the steps below to create your account

[Click here](#) and select **Sign Up**

Enter your email address and click **Submit** (a code will be sent to your email)

Enter the **Activation Code** and click **Submit** (be sure to check junk mail)

Confirm your **Date of Birth** and **Member ID**

*Member ID are the letters **HSB + DOB (00/00/0000) + First and Last Initial**.

Example: John Doe, 1/1/1960; member ID would be HSB01011960JD

Fill in all fields on the Create an Account page, **Agree** to the terms of use, and click the green **Create Account** button

We recommend saving the **portal link** and your password in a safe place so you can easily access your account, track your progress, and stay engaged with your well-being.

Want to Sign Up and Connect through the app?

Follow the Healthy Path app instructions on the next page.

Healthy Path App

The path to wellness is at your fingertips. Search and download the Healthy Path app from the App Store/Google Play Store. Type CHN in the search bar and select MyWellness CHN.

If you haven't created an account yet, follow the prompts below to get started:

Enter your email address and click **Submit** (a code will be sent to your email)

Enter the **Activation Code** and click **Submit** (be sure to check junk mail)

Confirm your **Date of Birth** and **Member ID**

*Member ID are the letters **HSB + DOB (00/00/0000) + First and Last Initial**.

Example: John Doe, 1/1/1960; member ID would be HSB01011960JD

Fill in all fields on the Create an Account page, **Agree** to the terms of use, and click the green **Create Account** button

You will be able to use Face ID with Apple and Touch ID with Apple and Samsung. Download the Healthy Path app to get started today!

Apple and Samsung device users will allow access for device tracking when downloading the app. If this section is missed, select your device health app, click initials in upper right-hand corner, click Apps, click Healthy Path, and turn on step tracking.



Connect an App (device)

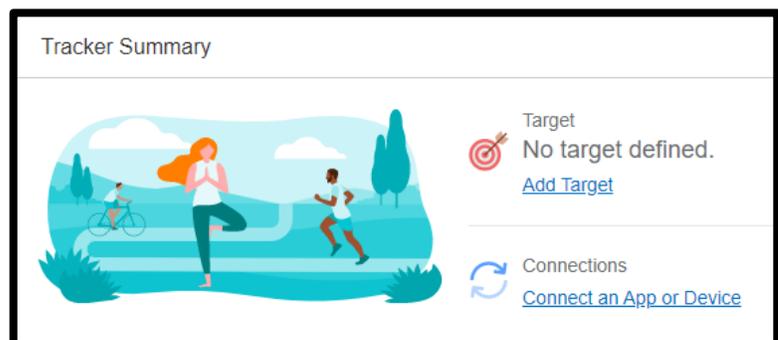
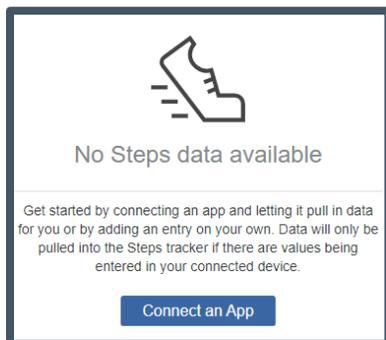
Recording your physical activity is a great way to track your progress as you achieve your health and wellness goals! Follow the steps below to get started:

Visit the [portal link](#) and **Sign in**

Select **Your Health** from the top of the screen

Select **Health Trackers** on the left side of the screen

Select **Steps** -or- select **Physical Activity** on the left side of the screen



Select **Connect an App or Device**

Select any available app, follow your device's instructions to connect, select **Connect**

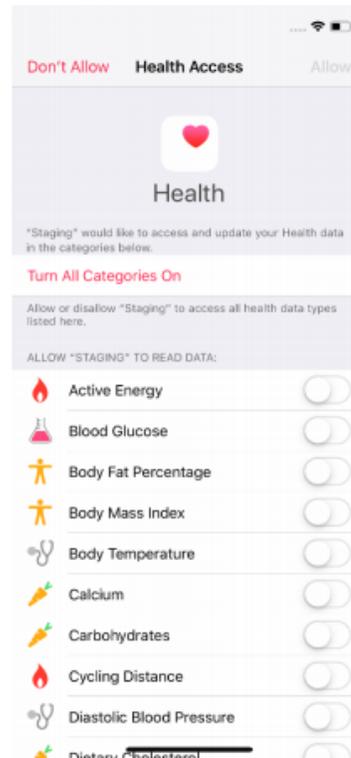
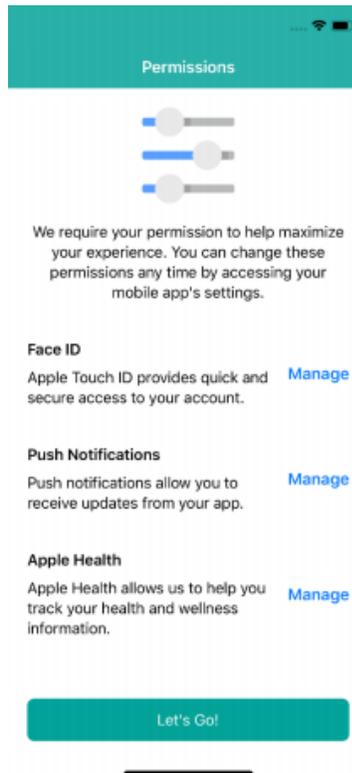
*To connect an Apple or Samsung device to your account, the connection must be complete through the **Healthy Path app** on your mobile device. Scroll down to view **Apple/Samsung Device connection**.*

You can also set a physical activity goal under the Tracker Summary at the top of the page by selecting **Add Target**.

Connect an Apple Device

To connect an Apple device or Apple's health app to your account, the connection must be complete through the Healthy Path App on your mobile device.

1. Search and download the Healthy Path app from the App Store/Google Play Store
2. Type CHN in the search bar and select MyWellness CHN
3. Upon your first time signing into your Well-being account on the app, you will be prompted to allow permissions to your Apple Health data. First click on "Manage"
4. Turn all categories on to begin receiving data to your Well-being account and allow up to 24 hours for Apple Health data to appear
5. Not sure if you did step 3 to manage data? You can click the settings icon in the top right of the app, click app settings, click Apple Health, and click *Turn All Categories On*



New portal features

Get ready to experience your NEW **myWellness portal!** The new layout features a more functional homepage, allowing you to focus on what really matters: supporting your health and well-being.

The new website also features:

- Health Trackers – Seamlessly sync your favorite device, such as Fitbit health trackers, and connect Apple’s Health app through the Healthy Path app
- To-do Activities – Check out your new one-stop shop to view personal goals and activities
- Wellness Assessment – The new wellness assessment evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health AND complete through the app
- Wellness Advisor – Discover areas of risk based on your wellness assessment, and use the wellness advisor to view recommended goals and activities to improve your well-being

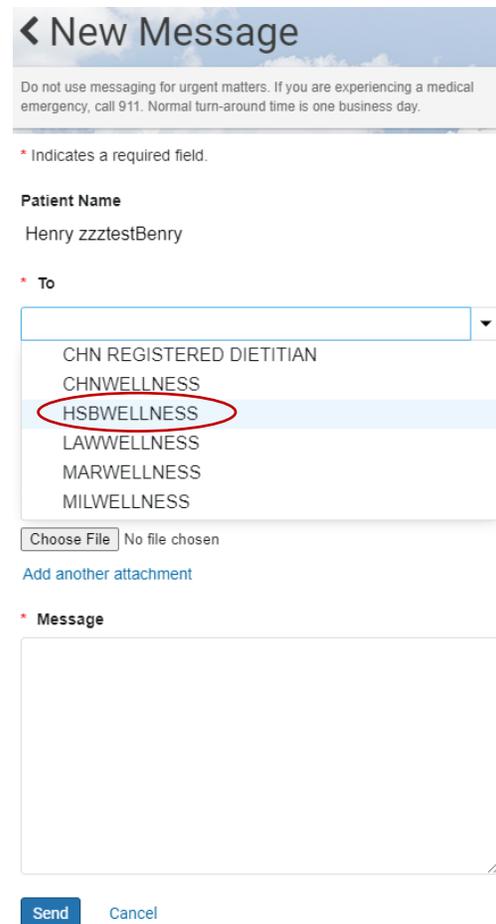
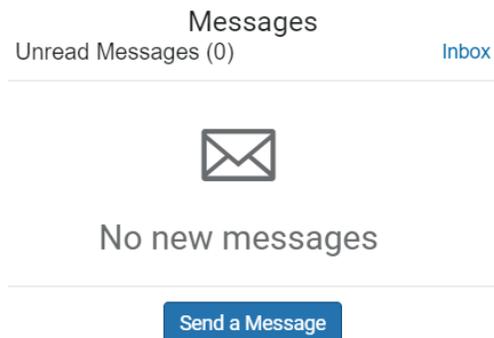


Message the Health Coach

Messaging the Health Coach can be done through a browser or through the Healthy Path app. Follow the instructions below on how to message the Health Coach.

1. Login to myWellness via browser or app
2. Scroll down and find *Messages* on the bottom right side
3. Click the blue box *Send a Message*
4. To start a message, click the dropdown arrow and select **HSBWELLNESS**
5. Type a message and hit *Send*
6. Your message will be sent to an HSBT health coach

*Please note messaging is confidential and HIPAA compliant



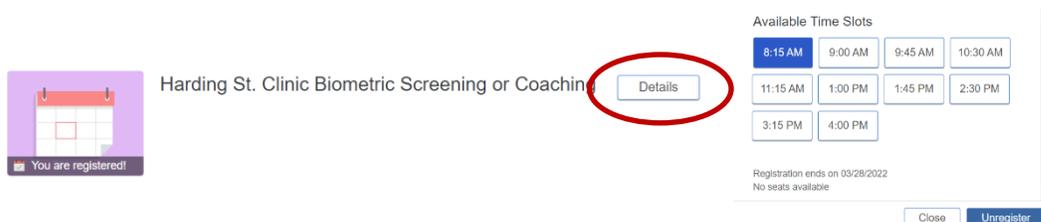
Schedule your Health Screening or Health Coach Session

1. Log in to your MyWellness portal at mywellness.ecommunity.com
2. Click **Events** in the top bar. This will take you to the Event Registration page
3. Click Available Events and scroll through to choose your preferred appointment by location or category
4. Select details and then scroll down to view appointments
5. Select your choice of time and click **Register**
6. Add your appointment to your Outlook calendar by clicking the **blue button** (shown below) **Set an alert.** *If you miss your appointment, it may be difficult to reschedule as spots fill up.*

To Cancel an Appointment & Reschedule

Please give 48 hours notice of cancelation by unregistering your previous appointment time.

You may only schedule one screening appointment at a time. If you need to change your appointment after you have registered, click **Events**, and click **Registered Events**. Select the event you wish to cancel by clicking **Details**, click your registered time, and then click unregister. Be sure to register for a new slot.



Available Time Slots

8:15 AM	9:00 AM	9:45 AM	10:30 AM
11:15 AM	1:00 PM	1:45 PM	2:30 PM
3:15 PM	4:00 PM		

Registration ends on 03/28/2022
No seats available

Close Unregister

Please direct all questions to Jody Allen, JAllen@eCommunity.com.