Online Program Features

www.MyViverae.com

Consider this website your personal hub for all wellness program tracking tools and resources. You will use the site to do the following:

- Take your Member Health Assessment (MHA) and schedule your onsite Biometric Screening, if available, or download forms to take to your physician to obtain a screening on your own.
- Complete a Health-e Focus™ Supplemental Questionnaire about specific risk factors.
- Track daily or weekly activities for Health-e Challenges™.
- Take a Health-e Beginnings™ Online Course or join a Health-e Steps™ Targeted Program to address specific lifestyle concerns.
- Watch a Health-e Insights™ Webinar and complete a quiz.
- Join VLife™, a virtual network of health professionals, co-workers and supporters. Set objectives, get questions answered, and above all, increase your health by making friends and gaining accountability.
- Get wellness insight and support tools from Viverae Health Professionals that educate, motivate and inspire individuals to make positive health decisions.

Health Center FAQs

What is the Viverae Health Center?
The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed with a variety of highly trained customer care representatives, health professionals and clinicians, including health and exercise specialists, registered nurses and registered dietitians.

How do I contact the Viverae Health Center?
There are two ways to contact the Health Center—via phone or by secure email message.

- To call toll-free, please dial 888-VIVERAE (848-3723).

The Viverae Health Center hours are as follows:

- Monday–Thursday: 8:00 am–8:30 pm EST
- Friday: 8:00 am–7:00 pm EST
- Saturday–Sunday: Closed

What is the general response time for voicemail and secure messaging?
All voicemails and secure messages are returned within one business day.

How do I view my Health Score and what determines my score?
To view your Health Score, log onto www.MyViverae.com and click on the My Health tab. Your Health Score is based on a combination of your answers to the questions asked in the MHA and your Biometric Screening results. A high Health Score can indicate that your health decisions and current health status are on the right track. A low Health Score suggests that you could be at a greater risk of developing certain diseases and health problems.

Will my employer ever see my Protected Health Information?
All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with Colgate University.
Welcome

At Colgate University, we realize that the daily demands of life and work can make it hard to live a healthy lifestyle. We appreciate you as an employee, and to show our dedication we want to provide you with the tools and support you need to be healthy and well.

We have partnered with Viverae to offer you the CU Well program. Whether your goal is to have more energy, lose weight, manage stress or improve your diet, the CU Well program can help you.

We consider CU Well a vital part of our overall employee benefits program. As health care costs continue to rise, we strive to offer competitive health benefits to take care of you and your family. A successful wellness program is a win-win—it means our employees are improving their lives and we are one step closer to managing rising health insurance costs for both you and Colgate University. Read on to find out about all the program features you can look forward to this year.

Health Assessments

The entire wellness program is run on a point system and is simply used for tracking purposes—this ensures that MyViverae is accurately capturing the completion of your health assessments for you! You can view your points at www.MyViverae.com.

<table>
<thead>
<tr>
<th>Enroll™ Program</th>
<th>Point Value / Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Health Assessment (MHA)</td>
<td>50</td>
</tr>
<tr>
<td>Biometric Screening</td>
<td>50</td>
</tr>
<tr>
<td>Enroll™ Goal</td>
<td>100</td>
</tr>
</tbody>
</table>

In the future, we anticipate implementing additional program activities to build upon this points system and to provide you with participation incentives, which may include future savings on your health insurance premiums.

Fact

A healthy diet is one of the keys to a long life, but only half of American adults limit sugary beverages, eat enough whole grains and limit sodium in their diets. Even fewer adults eat the recommended amounts of fish and fruits and vegetables.

How to Register

STEP 1

» Visit www.MyViverae.com
» Click New User Registration
» Full registration requires an email address (obtain an email address if lacking)
» This will take you to a self-registration screen

STEP 2

» Enter your Last Name and Date of Birth (DOB)
» Enter your Identifier: DOB + Last 4 of SSN (MMDDYYYY1234)
» Enter the Registration Code: colgate

Note: An error message indicates that some or all of the information entered in Step 2 is incorrect. If further assistance is needed, please contact the Viverae Health Center at 888-VIVERAE (848-3723).

STEP 3

Ensure that all information is complete and current, including personal and contact information.

» Create a User Name (5-25 characters)
» Create a Password (8-12 characters) using letters (upper and/or lowercase), numerals, and/or special characters (such as @?#$~!&^%)
» Select a Security Question and Answer and then click Save. Registration is complete!

Note: Always click Log Out at end of session to protect your Personal Health Information.

Awareness

Biometric Screening

Biometric Screenings will be offered on campus this year. These screenings provide vital information about your overall health, including cholesterol (total, LDL and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI) and waist measurement. If you are unable to attend a Biometric Screening event, you may fulfill the screening requirement by visiting your physician, visiting a LabCorp facility, or by completing a home screening kit.

To view the next scheduled Biometric Screening for Colgate:

» Log onto www.MyViverae.com
» Under My Program, scroll down to Upcoming Events
» Select the event you would like to attend or choose View All (an alert symbol indicates there are upcoming events available)
» If multiple dates are listed, click on the available date (far right-hand links)
» Select your desired time by checking the appropriate box field (once time has been selected, the option will disappear from the list)
» Click OK to complete the sign-up for your screening

To view the next scheduled Biometric Screening for Colgate:

Contact the Viverae Health Center at 888-VIVERAE (848-3723) with any questions or concerns about the Viverae online screening sign-up process.

Member Health Assessment

The Member Health Assessment (MHA) is a 20-question survey that takes less than 10 minutes to complete. The MHA asks questions about specific lifestyle habits. Upon completion, your Member Health Report will highlight your current risk level for each of the lifestyle habits and give you tips for improving your overall health and well-being. You will complete the MHA in one of three ways:

   » Click Health Assessments
   » Select MHA
   » Click Begin
   » Answer all the questions and click Send
   » A confirmation screen will appear

2. Onsite at a Biometric Screening event

3. By telephone at 888-VIVERAE (848-3723):