**LIVE BETTER TODAY**

The CU Well Program will reward you for making healthy choices. Get the motivation you need to improve your health, and the education and support to make wellness a lifestyle.

This is your chance to reach personal health goals and learn what improvements you can make to avoid future health problems. This document explains how you can take control of your health today. Have fun!

Who can participate in the program?
Beginning 12/1/2016, all health plan-covered employees are eligible to log on to www.MyViverae.com to start the program.

Is my health information confidential?
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 your employer.

**HOW TO REGISTER**

**Step 1**
» Visit www.MyViverae.com
» Click **New User Registration**
» Enter your last name and date of birth (DOB)
» Enter your identifier: DOB + Last 4 of SSN (MMDDYYYY1234)
» Enter the registration code: colgate

**Step 2**
» 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, then click **Save**

**TEXT MESSAGE REMINDERS**
www.MyViverae.com can text you healthy reminders:
» Complete Member Health Assessment (MHA) and Biometric Screening
» Screening appointment date and time
» Important challenge sign-up dates and Targeted Program deadlines


**GETTING STARTED**

www.MyViverae.com
Start at this site to learn where your health stands. Take action on health risks to develop a healthy lifestyle.

**Member Health Assessment (MHA)**
The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA at www.MyViverae.com.

**Biometric Screening**
Biometric Screenings will be offered on site 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 or by visiting a LabCorp facility.

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

Note: LDL and Triglyceride measurements are excluded from on-site screenings in states that do not test for those results.

**My Health**
This section of www.MyViverae.com shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and what you can do to improve your results.
EARNING POINTS

The CU Well Incentive is run on a point system. You can earn points throughout the year for completing certain program activities. Then, you redeem these points at the end of the year for a cash incentive. Complete the Member Health Assessment, Biometric Screening, and Preventive Care Compliance, plus 50 additional program points between December 1, 2016, and November 30, 2017, to receive a cash incentive of $250 in your December 2017 paycheck. Manage all your program activities and log points at www.MyViverae.com.

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ADDITIONAL ACTIVITIES

For more points or support in your wellness program, you have plenty of available resources. Participating in the CU Well Program allows you to do the following:

- Register for any Employer Challenges Colgate University is hosting
- Take an Online Course or join a Targeted Program to address specific lifestyle concerns
- Watch a Webinar and complete a quiz
- Participate in or start a Peer Challenge

CHALLENGES

Challenges let you earn extra points in the program while managing risk factors or lifestyle changes.

Sign up for Employer and Peer Challenges. Log activity and view your status. View challenge details (past and present) and sign up for new challenges from the Challenges section.

FREQUENTLY ASKED QUESTIONS

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 by a variety of highly trained customer care representatives and health professionals, including clinicians, exercise specialists, and registered nurses and dietitians.

How do I contact the Viverae Health Center?

There are two ways to contact the Health Center: via secure email message or by phone.

- You can send a secure message to your coach by selecting the Inbox link at the top of the screen
- To call toll-free, please dial 888-VIVERAE (848-3723)

The Viverae Health Center hours are as follows:

- Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- Friday: 7 a.m. – 6 p.m. CT
- Saturday – Sunday: Closed
- Closed holidays