

CU Well 2021 Program Year Changes

Below are some changes for the CU Well 2021 program due to COVID-19.

The mandatory biometric screening will not be required. Employees who have completed their bio-screen will keep their 50 points. Employees are still required to earn a total of 300 points

Below are some options to receive the 50 points typically earned through the biometric screen events can be earned by:

1. Challenges
 - Creating a personal challenge: 10 points each/ 120 max
 - Join the company challenge: 15 points each/ 30 max
 - Win the promoted healthy habit challenge: 10 points each/ 120 max
2. Journeys
 - a. Complete a Journey 20 points each/ 80 max
 - i. Reducing Stress
 1. Choose a New Attitude, Find Your Focus, Make Time for Play, Stress Less in 10 minutes and Three Ways to Lower Stress
 - ii. Coronavirus (COVID-19)
 1. Build a Solid Routine, Self-Care during COVID
 - iii. Sleeping Well
 1. Calm Your Mind for Sleep, Get Back to Sleep, Plan for Sleep, Set Up Your Room for Sleep, Sleep for Parents
 - iv. And more...

The preventative care screening and health check survey are still required items at 50 points each. All points must be logged in the CU Well online system by November 30, 2021, to be eligible for the incentive.

Reminder all eligible participants will receive \$300 on a flexible spending account in January 2022. Employees hired between September 1, 2021, and October 31, 2021, will receive \$150, by earning a total of 150 points by November 30, 2021.

You do not have to be enrolled in the Colgate University Health Insurance plan or have your own flexible spending account to receive the CU Well Incentive.

To access the challenges, journeys and activities follow these instructions

1. Log on to the website enroll.virginpulse.com
2. Under Home at the top of the page select Rewards
3. Scroll Down to Additional Activities- select any item below to earn the allotted points
 - a. Select Creating a Personal Challenge
 - b. Join the Company Challenge- Next Challenge is in September
 - c. Complete a Journey
 - d. Win the promoted healthy habit challenge

If an employee would still like to complete the biometric screening, you can do so by one of two ways. Visit your primary care physician or a LabCorp.

To download the biometric screening forms, follow these steps

Primary Care Physician

1. Log on to the website enroll.virginpulse.com
2. Under Home at the top of the page select Rewards
3. Under Program Requirements select Complete a Biometric Screening
4. Select Take Me There
5. Select Start Now
6. Select Download Form under Physician Form- print and take this form to your appointment, follow the instructions on the form.

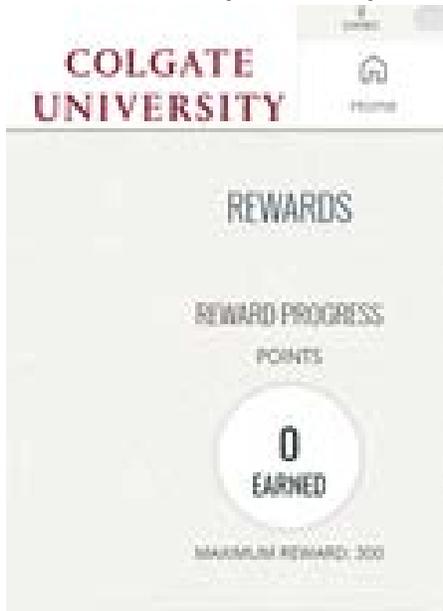
****Employees will be subject to the 20% co-insurance payment through the Colgate University insurance for any lab work ordered to complete the screening**

LabCorp Voucher

1. Follow steps 1-5 above
2. Select Download Form under Labcorp voucher- print and take this form to your Labcorp appointments, follow the instructions on the form
3. Make an appointment at the nearest location by visiting www.labcorp.com/findalab or call 1-888-522-2677
 - a. Offices are located in Oneida, New Hartford, Walgreens in New Hartford, Utica, East Syracuse and Liverpool

****This is of no cost to the employee, you do not even need to bring your insurance card with you**

Note: Employees who decide not to complete the biometric screening will not be able to see the full value of their points completed



This screenshot shows an employee who has earned 0 points

This screenshot shows an employee who has earned 20 points, but those points are locked until the 3 requirements are completed. (This is what employees who do not complete the bioscreen but still earn 300 points will see when they log in)

This screenshot shows an employee who has completed all 3 requirements and earned 300 points