

WELLNESS PROGRAM

LIVE BETTER TODAY

The 2019-20 CU Well Program will reward you for making healthy choices. Get the motivation you need to reach personal health goals along with the education and support to make wellness a lifestyle.

Who can participate?

Beginning 12/1/19, all benefit-eligible employees are eligible to log on to connect.simplywell.com or the SimplyWell® app to start the program. Download the mobile app by searching “SimplyWell” in the App Store or Google Play.

HOW TO REGISTER

- Visit connect.simplywell.com or the SimplyWell app
- Select **Register**
- Enter your last name and date of birth (DOB)
- Enter your identifier: DOB + Last 4 of SSN (MMDDYYYY1234)
- Enter the registration code: colgate
- Then follow the prompts to complete registration

SYNC YOUR DEVICE

To sync your app or device, visit connect.simplywell.com:

- Select the **Preferences** icon in the top right corner
- Select **Apps & Devices**
- Select the “+” icon
- Follow the prompts to sync your app or device

Note: If you’re using an Apple Watch, sync your Apple Health app using the SimplyWell mobile app.

GETTING STARTED

Start at connect.simplywell.com or the SimplyWell app to see where your health stands and take action toward 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 connect.simplywell.com or the SimplyWell app.

Biometric Screening

Biometric Screenings will be offered onsite 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 Lab Center.

Contact the SimplyWell Health Center at 888-848-3723 with any questions or concerns about the wellness program.

Please note: Depending on your method of testing or location of onsite screening, not all metrics may be included.

Profile

This section of connect.simplywell.com or the SimplyWell app shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and your options to improve your results.

EARNING INCENTIVES

Earn credit for completing program activities in 2019-20 CU Well Program and earn rewards. Manage all your program activities at connect.simplywell.com or the SimplyWell app. Colgate will offer an enhanced wellness incentive starting with the 2020 program. Employees will be able to earn \$300 in an employer paid flexible spending account.

The payment will be deposited into a flex account on 1/1/2021 for employees that complete an MHA, Biometric Screening, Preventive Care Services and earn a total of 200 points between 12/1/19 and 11/30/20.

All benefit-eligible employees hired between 9/1/20 and 10/31/20 must complete the MHA and earn a total of 100 points by 11/30/20 to earn \$150 flexible spending account reward.

The employer paid flexible spending incentive will not be taxed and can be used on out-of-pocket medical, dental, and vision expenses for you and your dependents. The payment will be in addition to any employee flex election and the flex debit card can be used at the time of purchase.

2019-20 CU Well Program	
ASSESSMENTS	POINTS
Biometric Screening (<i>complete by 10/31/20</i>)	50
Member Health Assessment (MHA)	50
OUTCOMES	POINTS
High Health Score (> 80)	20
Moderate Health Score (70 – 79.9)	10 each / 20 max
Low Health Score (< 70)	5 each / 20 max
TOBACCO-FREE	POINTS
Tobacco-Free Affidavit OR Tobacco Reasonable Alternative Content	20
PREVENTIVE CARE COMPLIANCE	POINTS
Compliant with any three exams during the plan year	50
COACHING	POINTS
Low Health Score	10 each / 40 max
Moderate Health Score	20 each / 40 max
High Health Score	40
ACTIVITIES	POINTS
Featured Content: Articles	10 each / 50 max
Featured Content: Videos	10 each / 30 max
Employer Challenges	15 each / 45 max
Peer Challenges	10 each / 30 max
1 Million Steps	20 each / 40 max
Healthy Events	5 each / 15 max
PROGRAM GOAL	200

ADDITIONAL ACTIVITIES

For more activities or support in your wellness program, you have plenty of available resources:

- Register for any Employer Challenges Colgate University is hosting
- Learn how to better manage your health with Featured Content, including educational articles and videos
- Participate in or start a Peer Challenge

Challenges

Challenges let you earn extra points and stay involved in the program while managing risk factors or lifestyle changes. Sign up for Employer and Peer Challenges, log activity, and view your status from the **Well-being** section.

FREQUENTLY ASKED QUESTIONS

What is the SimplyWell Health Center?

The SimplyWell Health Center is a health and wellness resource available to all SimplyWell members. It is staffed with a variety of highly trained customer care representatives, including certified Health Coaches.

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 SimplyWell team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

How do I contact the SimplyWell Health Center?

You can send a secure message to your coach via your wellness website or the SimplyWell app. Or call toll-free: 888-848-3723

What are the SimplyWell Health Center hours?

- Monday – Thursday: 7:00 a.m. – 7:30 p.m. CT
- Friday: 7:00 a.m. – 6:00 p.m. CT
- Saturday – Sunday: Closed
- Closed holidays