

# Wellworks<sup>For You</sup>

## Wellness Program 2012-2013



# Welcome To Your 2012-2013 Wellness Program!

Welcome to your 2012-2013 Wellness Program! [CLIENT NAME] and Wellworks For You are excited to announce the new wellness program for the 2012-2013 benefit year! You will have opportunities to participate in **Wellness Challenges, Onsite Preventative Screenings, Onsite Speakers and More!** Through your participation in various events throughout the year, you will earn points that can reward you with **\$100** at the end of the year. Your new program details are outlined throughout this brochure!

## Who is Wellworks For You?

Wellworks For You is a corporate wellness company that specializes in designing and managing custom wellness programs for organizations. Wellworks will be working side-by-side with [CLIENT NAME] to provide you with the necessary tools to maintain a healthier lifestyle, encourage friendly competition, recognize achievement and track individual progress.



## What is New in 2012-2013?

Your wellness program will consist of various wellness events occurring throughout the benefit year. Each event has a certain point value associated with it (see page 3). As long as you accumulate **100 points** from October 1, 2012 through September 30, 2013, and complete the minimum requirements, **you will earn \$100!**

In order to be eligible for the incentive, you **MUST** complete the General Health Risk Assessment and the onsite Biometrics Screening (or visit your PCP, complete your Annual Preventative Visit and submit a **Proof of Visit** form to your Wellness Coordinator).

## Wellworks For You Visa Debit Card

At the end of the benefit year, if you accumulate 100 points and meet the minimum program requirements, you will earn \$100 which will be deposited on a Wellworks For You Visa Debit Card!

### Card Benefits!

- ✓ \$.05 Cash Back on purchases
- ✓ \$.03/gallon Cash rebate on fuel
- ✓ 1% to 10% Cash Give Back from local merchants
- ✓ Cash Rebates at over 1,000 online retailers
- ✓ Discounts and Coupons on Travel, Entertainment, Prescriptions, Groceries, Restaurants, and more!

### Other Benefits of the Incentive Card:

- ✓ No Service Charges
- ✓ No Minimum Balance Requirement
- ✓ No need to maintain a separate checking account
- ✓ Automatically fund your card from wherever you bank
- ✓ No need to log in each week to transfer money
- ✓ Automatically reload your card based on your selection (**no reload fees**)
- ✓ You can keep your card at a chosen balance or deposit a fixed amount to the card each week (great for kids!)
- ✓ Daily Balance updates by email, text, or both
- ✓ Manage your own Daily and Weekly spending limits
- ✓ Online access to your account



**Please Note:** The card is a Visa branded reloadable debit card and can be used anywhere Visa is accepted. There are no monthly, transaction or reload fees. You do not need to qualify for credit to receive a Visa Debit card. The Rewards card will be initially funded by Wellworks For You and can be linked to your checking account thereafter and used as your own personal debit card. If you earn additional rewards throughout the year, Wellworks will deposit the funds directly to your existing card – you will not be issued a new debit card.

Sample Wellness Program 2012-2013

Sample Wellness Coordinator: Wellness Coordinator | Direct Line: xxx.xxx.xxxx | Email: info@wellworksforyou.com

# Points To Wellness

It's simple - accumulate **100 points** from **October 1, 2012 through September 30, 2013** to earn a prize of **\$100** next year! The chart below outlines all of the different events that will be taking place over the next few months, as well as activities you can participate in on your own!

## POINTS REQUIRED TO EARN INCENTIVE: 100

YEARLY OBJECTIVES			EVENTS		
PROGRAM	POINT VALUE	DETAILS	PROGRAM/EVENT	POINT VALUE	DETAILS
Complete the General Health Risk Assessment*	20	Must be completed by September 30, 2013	Onsite Speaker(s)	15	Topics: To Be Determined Sign participation sheet
Annual Preventative Exam*	30	Visit your PCP and submit a "Proof of Visit" form to Wellness Coordinator	Onsite Health Coaching	20	Sign participation sheet
Attend Rollout Meeting	5	September 2012	Onsite Preventative Screening	20	Sign participation sheet
CHALLENGES			Onsite Biometrics*	30	Sign participation sheet
PROGRAM/EVENT	POINT VALUE	DETAILS	Race Participation**	25	Minimum distance of 5k
MiniMotivate Challenges	5	5 pts per challenge completed. Limit 1 per year (6 opportunities in 2012-2013)	Completion of a Weight Management Program**	20	Program may be at home, in office, or through physician (example: Weight Watchers, Nutrisystem, etc.)
8 or 12-Week Wellness Challenge	20	Examples of challenges include Biggest Loser, Wellness 500, etc.	Smoking Cessation Program	20	Complete an entire 6-week session

\*The General HRA and Onsite Biometrics **OR** Annual Preventative Exam with Proof of Visit form **MUST** be completed in order to receive the \$100.00

\*\*Participants must provide verification of Program/Event completion. See page 4.

### IMPORTANT!

## Minimum Requirements to Earn Incentive!

In order to qualify for the \$100.00 incentive at the end of the benefit year, you **MUST** complete the **General Health Risk Assessment, Onsite Biometrics (or Annual Preventative Exam with Proof of Visit form)** by **September 30, 2013!** Even if you earn more than 100 points throughout the year by participating in events, if your Health Risk Assessment and Biometrics are not completed by **September 30, 2013**, you will **NOT** be eligible for this year's incentive.

### How to Complete Your Health Risk Assessment

1. Login to your Personal Wellness Website ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com))
2. Click on the "My Health Assessments" tab to access your personal Health Risk Assessments
3. Click on "View My Health Assessments"
4. Click the "General Health Risk Assessment"

Please keep in mind the information entered into your Health Risk Assessments is strictly confidential to you. [CLIENT NAME], Wellworks For You and your health insurance carrier CANNOT see your results.



# Points to Wellness *continued*

## Additional Programs, Events and Activities You Can Complete

- ✓ Race Participation
- ✓ Completion of a Weight Management Program
- ✓ Annual Preventative Exams  
(REQUIRED if you do not participate in the Onsite Biometrics)

Confirmation of participation or completion of an activity may be an explanation of benefits, a registration or participation sheet, weight management program attendance/completion certificate, a Wellworks 'Proof of Visit' form (see below), copy of a receipt or bill, photo of participant completing a race, etc. These may be emailed to your Wellness Coordinator or faxed to her attention by **September 30, 2013**. If you have any questions about qualifying events please do not hesitate to call. We will make every effort to ensure that your commitments toward a healthy lifestyle are rewarded!

The Wellworks For You 'Proof of Visit' form can be found under the Programs and Events page in your Wellness Portal. You can download the PDF, print it out and bring it to your doctor's visit. Fill out the form in its entirety, including checking off the screenings you had done and ensuring both you and your physician sign the form. Please submit the completed form by **September 30, 2013** in order to receive credit.

## What to Expect in 2012-2013

- ✓ Wellness Challenges
- ✓ Onsite Health Coaches
- ✓ Onsite Preventative Screenings
- ✓ Onsite Wellness Speakers
- ✓ Chair Massages
- ✓ Onsite Smoking Cessation Program

Programs and events are announced via email by Wellworks For You each month. Events are also listed on your personal Wellness Portal ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)) under the "Programs and Events" page. See below for instructions on registering for your personal wellness website!

### Register on the Wellness Portal!

Your personal wellness portal contains all of the tools you need to get started on your path to wellness! Once you register, you will have access to **Weekly Recipes and Grocery Lists**, an **Interactive Fitness and Nutrition Planner**, **Health Risk Assessments**, a **Weight Tracker**, **Wellness Calculators** and **MORE!**

### Register Now!

1. Login to [www.wellworksforyou.com](http://www.wellworksforyou.com)
2. Click LOGIN at the top of the page
3. Click the link to create an account as a New Member
4. Enter your COMPANY ID: XXXXXX
5. Create a Username and Password
6. Accept the terms of the Consent Form
7. Enter the required Personal Information

