HEALTHCHECK360 KICKOFF

October 6\textsuperscript{th}, 2020

Presented By | HealthCheck360
AGENDA

Overview

The HealthCheck360 Process
• Programming
• Biometric Screening
• Health Assessment Survey
• Health Coaching

Next Steps
YOUR HEALTHCHECK360 TEAM

Your Team: Regan Pudlo, Sr. Account Mng.

Headquartered in Dubuque, IA

Founded in 2007 in Dubuque, IA where HQ remains today
• Employees located throughout country
• Privately held

Our Mission
• HealthCheck360 enables individuals, families, corporations and our valued employees to improve their well-being and to live long, happy, and healthy lives by providing innovative wellness programs and health resources
PROMOTING OVERALL WELLBEING & ENGAGEMENT

**PHYSICAL HEALTH**
- Daily Habit Tracking
- Biometrics/HRA
- Health Coaching
- Condition Management
- HealthCheck360 Webinars
- Device Integration
- Wellness Challenges

**SOCIAL & EMOTIONAL HEALTH**
- Volunteering
- Donate Blood/Platelets
- Community Fitness Event (5K, Intramurals, etc.)
- Financial Wellness
- Stress Management Training

**EMPLOYEE ENGAGEMENT**
- Training & Development
- Continuing Education
- Employee Recognition
- Mentorships
- Annual Company Survey

**ENGAGED BENEFITS**
- Primary/Preventative Care
- Dental Visit
- Meet with Enrollment Rep
- EAP Resources
- Receive 401k Match
IT WORKS

4-Year Repeat Migration
45,390 repeat participants

7.3% Increase

16.5% Decrease
WHO IS Eligible TO Participate

Eligibility

• All employees: HealthCheck360 Portal
• Employees & Spouses on the Health Plan: Biometric Screenings

Why Participate?

• Earn HSA contributions/premium reductions and wellness points for engagement in healthy activities
• Employees and covered spouses enrolled on medical can earn up to $700 for Employee Only and $1,000 for Employee plus Spouse annually
• Better understand your health risks for early detection and prevention
• Live a healthier, happier life

Why Participate?
ALL EMPLOYEES- MYHEALTHCHECK360 MOBILE APP

Create and account on your myHealthCheck360 mobile app or online at www.myhealthcheck360.com

- Schedule Health Screenings
- Challenges
- Lifestyle Rewards
- Health results and survey
- FitBit/Garmin/Apple Watch and other Device Integration for each tracking
- Goal-setting tools
- Monthly Newsletter/Webinars
- Healthy recipes, meditation classes and home workouts
- Health Coaching support
LIFESTYLE REWARDS PROGRAM

All employees and spouses have the opportunity to earn the wellness incentive from January 1, 2021– November 30, 2021 by completing the approved activities to your myhealthcheck360 account.

This is an additional platform through HealthCheck360 that will be coming soon!
YOUR PRIVACY IS IMPORTANT TO US!

Completely Confidential

- Results of your individual screening are completely confidential. Your Protected Health Information will not be shared with your employer.
- Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive.
- Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.
Click **More**, then select the **Schedule Screening** button, fill in your personal information and click **Next**

- Legal First Name | Legal Last Name | Unique Identifier
- Date of Birth | Callback Number | Email Address

Select your location and a preferred date and time, and click “Submit”

**Company Code:** AURAA

**Unique ID:** Last 4 SSN

When creating accounts Employees and Spouses will use their own personal last 4 SSN
HEALTH PLAN MEMBERS- BIOMETRIC SCREENING

AT CLINIC

AT HOME

Deadlines

• Register for LabCorp:
  • October 2nd – December 11th

• Order At Home Kits:
  • October 2nd – November 30th
  • Returned in Mail by December 11th
THE DIFFERENCE IS HEALTHCHECK360

AT TIME OF SCREENING
Notification of critical value blood pressure results with the option to seek immediate medical attention.

DURING LAB PROCESSING
Our screening partners or third party provider will provide initial outreach to participants with abnormal lab results.

HEALTHCHECK360
Upon receiving results, HealthCheck360 reviews lab results and identifies those significantly outside of expected ranges. Our clinical team reaches out to review the result with the participant and manage next steps which may include primary care physician follow up or referral to other applicable services.
Log into your myHealthCheck360 app

First time users should create an account
• Your company code is **AURAA**
• Your unique identifier is **your last 4 SSN**
• At the bottom of your screen, click “My Health”

Select “Take Survey”

When creating accounts Employees and Spouses will use their own personal last 4 SSN
Participants will be able to view their individual health report 7-10 business days after their screening.

Outlines results from the screening and a description of each biometric.

Objective and easy to understand.

Directly correlated to present and future cost drivers.
HEALTH COACHING

Everyone has access to health coaches
• Review the results of your Health Risk Assessment
• Ask any questions you may have
• Determine areas of improvement
• Set goals for positive change and provide follow through

High Risk Coaching
• Receive additional support if your score falls into high risk ranges

Critical Coaching
• Anyone with critical lab results will get outreach from our clinical team
  • Coaches are registered nurses, personal trainers, dieticians/nutritionists, etc.
What do participants have to say about HealthCheck360 coaching programs?
“Coach Shelby is an absolute joy. Not only was she informative, she was so accommodating. Her cheerfulness and positive demeanor was not fake; she was truly a genuine person. Shout out to Shelby for being so awesome!

Thank you for being my cheerleader and motivator.”
ALL EMPLOYEES:
Create your myHealthCheck360 account and log in at www.myhealthcheck360.com or Download the App!

Company Code: AURAA
Unique Identifier: Last 4 SSN

HEALTH PLAN MEMBERS:
LabCorps and At Home kits are ready!
• Schedule for a local LabCorp or At Home kit
• Review your deadlines to ensure results are being submitted in time

Complete your Health Assessment Survey
• Surveys are available!
• Answers are not shared with anyone at AURA & do not affect your overall health score
CONNECT WITH HEALTHCHECK360

Have questions or trouble creating your account? Reach out to our HealthCheck360 support team!

1-866-511-0360x5099
Support@HealthCheck360.com