Agenda

- What’s Changing
- Wellness Program Overview
- Information Sources
- HealthCheck360 Program Overview
- Cigna Health Engagement Resources
- Helpful Reminders
- Questions
What’s Changing

- Wellness Council of AZ (WELCOAZ) will be managing
  - Health Coaching – Coach Kelly
  - Virtual Activities
  - Challenges
  - Presentations / Webinar
  - Wellness Program communications via email wellness@aura-astronomy.org

- Cigna will be tracking
  - Preventive Medical Exams
  - Preventive Dental Exams
  - Health Risk Assessment Completions
  - Health Coaching Program Completions

- HealthCheck360 will be managing and tracking
  - Biometric Screenings
  - Point Tracking
Wellness Information Sources

- “AURA Wellness” Emails
- Mycigna.com
- myHealthCheck360.com
- HR Website https://hr.aura-astronomy.org/work-life/mainland-employees
2021 Wellness Program Points

**Earn 3 Points**
- Complete FITGO Bingo line (diagonal or straight)
  - See FITGO Bingo card for activities

**Earn 10 Points**
- Health Coaching Sessions
- Coach Led Activities
- Webinars / Presentations
- Fitness Classes
- Flu Shot

**Earn 25 Points**
- Quarterly Challenges
- Cigna Health Risk Assessment
2021 Wellness Program Points (cont.)

**Earn 50 Points**
- Dental Preventive Exam
- Medical Preventive Exam
- Cigna Health Coaching Program
- Health Fair
- FITGO Bingo Blackout (all squares)

**Earn 75 Points**
- HealthCheck360 Biometric Screening
## Wellness Incentives

Employees have multiple ways to earn incentives:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Incentives (HSA Contribution or Premium Reduction)</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>HealthCheck360</td>
<td>Participation (Complete the biometric screenings)</td>
<td>Employee - $550 Spouse - $350</td>
</tr>
<tr>
<td>Cigna Health Coaching Programs</td>
<td>Completion will be reported to AURA by Cigna</td>
<td>Employee - $150 Spouse - $75</td>
</tr>
<tr>
<td>WELCOAZ Health Coaching</td>
<td>Completion will be reported to HealthCheck360 by WELCOAZ</td>
<td>Employee (3 session max) $50 per session</td>
</tr>
<tr>
<td>Cigna Health Risk Assessment</td>
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<td>Employee - $50 Spouse - $25</td>
</tr>
<tr>
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<tr>
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</table>
2021 Wellness Program Point Incentives

250 Points
- $25 Amazon Gift Card

500 Points
- $50 Amazon Gift Card

600 Points
- $100 Amazon Gift Card

800 Points
- $200 Amazon Gift Card

Reminder: You can check your points on HC360 Lifestyle Rewards
Quarterly FITGO Bingo Cards

1. Fill out your name and location.

Name: __________________________  Location: □ Tucson  □ Kitt Peak  □ Boulder  □ Sunspot

2. Check off and initial each box you complete.

- Food Log – Must be submitted with card to receive incentive

3. Submit the form to wellness@aura-astronomy.org
2021 Quarterly Presentations

- Ways to Boost Happiness in Everyday Life
  - January 27th at 1:00 pm MST

- Fitness at Your Fingertips, Let’s Enjoy the View
  - March 24th at 1:00 pm MST

- How Stress & Nutrition Affect Your Health
  - July 28th at 1:00 pm MST

- Project Zero
  - October 27th at 1:00 pm MST
2021 Challenges

- “Come on Get Happy” Happiness Challenge
  - February 1st – February 28th

- Step Into Cash Challenge
  - March 24th – May 5th

- Jumpstart Your Health Challenge
  - August 1st – September 11th

- Project Zero Challenge
  - October 27th – January 19th
2021 Wellness Program Participation Forms

- Effective 1/1/2021, Cigna will report Preventive Medical and Dental exams to AURA.

- Employees who complete their preventive exam(s) outside of their AURA Medical and or Dental plan should contact benefits@aura-astronomy.org to request an exam verification form.

- Flu Shots need to be reported manually by employees via the Flu Shot Verification Form available on the HR Website.

- Submit all completed forms to WELCOAZ at wellness@aura-astronomy.org.
Health Coaching

Health Coach – Kelly Cuppell

- Available on the 3rd Wednesday of every month from 8:30 am to 1:00 pm
- Virtual Coach Led Activities from 1:00 to 1:30 pm MST

Health Enhancement Support

- Nutrition
- Physical Activity
- Stress Management
- Self-care
- Lifestyle Disease Management
- Coach Led Activities
- Telephonic appointments available

Kelly works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with her will be kept confidential and will not be shared with any management personnel or any other employees.

If you are interested in signing up for health coaching utilize the Acuity website, WELCOAZ scheduling system, [https://welcoaz.as.me/aura](https://welcoaz.as.me/aura)
Virtual Fitness Class

- Weekly Fitness Classes every Tuesday & Thursday 4:00 – 4:30 pm MST via Zoom
- Total Body Workout Classes with Lorey Pro 2/4/2021 – 3/30/2021
- Registration Link embedded in Workout Class Flyer
HEALTHCHECK360 LIFESTYLE REWARDS KICKOFF

Presented By | HealthCheck360

AURA

HealthCheck360
Your Team: Regan Pudlo, Sr. Account Manager

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

All activities will need to be completed and submitted by the November 30, 2021 date.

This is an additional platform through HealthCheck360!
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
NEXT STEPS!

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

• Begin participating in wellness activities
CONNECT WITH HEALTHCHECK360

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

1-866-511-0360x5099
Support@HealthCheck360.com
## Support your health

<table>
<thead>
<tr>
<th>Your Health First</th>
<th>Health Advisor</th>
<th>Lifestyle Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Condition Support</td>
<td>Health Coaching</td>
<td>Tobacco</td>
</tr>
<tr>
<td>Medication adherence</td>
<td>Gaps in Care</td>
<td>Stress</td>
</tr>
<tr>
<td>Risk factor management</td>
<td>Treatment Decision Support</td>
<td>Weight</td>
</tr>
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<td>Lifestyle issues</td>
<td></td>
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Your Health First

Designed to deliver value:
- Medical savings
- Productivity improvements
- Value-based coaching

Dedicated Health Advocate:
- 1 to 1 relationship
- Supports total health needs

Chronic population support:
- Holistic support for those with a chronic condition
- Condition Management
  - Asthma
  - CAD, angina, AMI, heart disease
  - Heart failure
  - COPD
  - Diabetes type 1 & 2
  - Metabolic syndrome
  - Peripheral arterial disease
  - Low back pain
  - Osteoarthritis
  - Depression, anxiety, bi-polar
- Medication adherence
- Lifestyle issues
- Pre-/post-admission
- Treatment decision support
- Gaps in care
# Lifestyle Management Programs

<table>
<thead>
<tr>
<th>Stress</th>
<th>Tobacco</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Addresses emotional and physical symptoms</strong></td>
<td><strong>Targets physical, emotional and social addiction</strong></td>
<td><strong>Focus on emotions and sensations:</strong></td>
</tr>
<tr>
<td>Multi-faceted approach:</td>
<td>Uses strategies proven to double quit rate success:</td>
<td>✓ Awareness of behavioral eating patterns</td>
</tr>
<tr>
<td>✓ Job/personal relationships and stress</td>
<td>✓ Counseling/Education</td>
<td>✓ Small changes in healthy eating, activity and body image lead to sustainable weight loss</td>
</tr>
<tr>
<td>✓ Work/life balance and time management</td>
<td>✓ Social support</td>
<td>✓ Nicotine replacement therapy</td>
</tr>
<tr>
<td>✓ Physical activity, Nutrition and sleep</td>
<td>✓ Nicotine replacement therapy</td>
<td></td>
</tr>
</tbody>
</table>

### Phone
- Welcome letter and workbook
- Program is tailored to meet individual’s needs
- Free home delivery of over-the-counter nicotine replacement therapy
- Condition-specific educational materials (as appropriate)
- Post-graduation follow-up calls

### Online
- 24/7 access to:
  - Resources
  - Tools
  - Trackers
- Free home delivery of over-the-counter nicotine replacement therapy
- Personalized program
**Health & Wellness Coaching**

Health Assessment identifies data about:
- High cholesterol
- High blood pressure
- Weight management
- Nutrition and exercise
- Pre-diabetes*

Customers receive pro-active outreach phone call based on degree of risk.

**Treatment Decision Support**

Claims and medical imaging data identify conditions needing support:
- Low back pain
- Coronary artery disease
- Hip osteoarthritis
- Knee osteoarthritis
- Breast cancer
- Prostate cancer
- Benign uterine conditions

Customers receive proactive outreach phone call based on decision window to help them understand the alternatives and select the best treatment for his/her unique situation.

**Gaps-in-Care Coaching**

Gaps-in-Care engine report identifies gap in medication compliance for:
- High cholesterol
- High blood pressure

Customers receive pro-active outreach phone call.
Enroll 1\textsuperscript{st} Trimester: $150  
Enroll 2\textsuperscript{nd} Trimester: $75

**Standard Maternity**
- Infertility and preconception education
- Extensive assessment with maternity specialist
- Early identification of high risk
- Pregnancy education kit
- Ongoing outreach and assessment
- Coaching to promote healthy behaviors and appropriate medical interventions
- Early referral of baby to NICU
- Postpartum depression screening

**Maternity Case Management**
- Complex, high-risk pregnancy management
- Referral of babies to NICU case management
- Care coordination with evidence-based guidelines

Healthy Pregnancies, Healthy Babies™
Omada Diabetes Prevention Program

Omada® is a personalized program that helps you reach your health goals through sustainable lifestyle change. Get the support and technology you need to lose weight and take control of your health, one step at a time.

- EAT HEALTHIER - Learn the fundamentals of making smart food choices.
- INCREASE ACTIVITY - Discover easy ways to move more and boost your energy.
- OVERCOME CHALLENGES - Gain skills that allow you to break barriers to change.
- STAY HEALTHY FOR LIFE - Set and reach your evolving goals with strategies and support.

Register on the myCigna® website
We make it simple to stay engaged
Get all your health and wellness information in one place.
Incentive Program Goals

- Health assessment completion - 25 points
- Preventive care (validated by claim) - 50 points
- Preventive dental exam (validated by claim) - 50 points
- Pre-diabetic digital coaching - 50 points
- Online coaching- My Health Assistant - 50 points

Due to federal regulations, if an eligible member is unable to participate in any of the program events, activities or goals due to a disability or other reason, they may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards.
Complete the Health Assessment, get your Wellness Score and learn about options to improve your health.
Helpful Reminders

- You do not need to sign up for the Wellness Program
  - All you need to do is participate in wellness activities!
- Attendance will be taken by WELCOAZ for all Wellness Events
- Watch for monthly Wellness Happenings emails from “AURA Wellness”
  - wellness@aura-astronomy.org
- All program materials are available on the AURA HR Website
- All completed FITGO Bingo Cards and Wellness Program participation forms should be e-mailed to wellness@aura-astronomy.org to obtain points for the Wellness Program
- Points can be viewed in the HealthCheck360 member portal
Questions?