



Employee
Wellness



Employee Wellness

A healthier you starts here – mind and body!

Why Wellness?

Healthy, active lifestyles can help reduce the risk of chronic disease and may lower your annual healthcare costs. We care about your total well-being and encourage all employees to engage in our wellness resources at no-cost.

Wellness Program

HealthCheck360

HealthCheck360 is a wellness company devoted to improving health and overall wellbeing. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your wellness screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

Create an 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

Create Your Account: Mobile App

- Download the myHealthCheck360 app
- Click Create An Account and enter your information
- Your company code is AURAA
- Your unique identifier is your last 4 SSN
- Agree to the terms and conditions and click Sign Up

Create Your Account: Desktop Computer

- Log into your myHealthCheck360 account at www.myhealthcheck360.com
- Click Create A New Account and enter your information
- Your company code is AURAA
- Your unique identifier is your last 4 SSN
- Agree to the terms and conditions and click Sign Up



Incentives

AURA is continuing the Employee Wellness Program for all employees covered under the medical plans. Earn incentives for participating in the HealthCheck360 Preventive Screenings and other wellness activities.

Incentives are either; HSA contributions for those that are eligible to contribute to an HSA; or Premium reductions for those that are not eligible to contribute to an HSA.

2023 Maximum Incentives

- Enrolled as Employee Only - \$800
- Enrolled as Employee + One - \$1,300
- Enrolled as Family - \$1,300

Only employees and spouses may receive incentives for participation in the wellness program.

Employees have multiple ways to earn incentives:

Program	Activity	HSA Incentive	Wellness Points
HealthCheck360	Participation (Complete the biometric screenings)	Employee - \$300 Spouse - \$250	75 points
	Outcome (Meet your Health Score Goal)	Employee - \$250 Spouse - \$200	
Cigna Health Coaching Programs	Completions will be reported to AURA by Cigna	Employee - \$150 Spouse - \$75	50 points
Health Coaching	Completions will be reported to Healthcheck360 by WELCOAZ	Employee (3 session max) \$50 per session	5 points
Cigna Health Risk Assessment	Completions will be reported to AURA by Cigna	Employee - \$50 Spouse - \$25	25 points
Annual Medical Preventive Exams	Completions will be reported to AURA by Cigna	Employee - \$200 Spouse - \$100	50 points
Annual Dental Preventive Exam	Completions will be reported to AURA by Cigna	Employee - \$100 Spouse - \$50	50 points

AURA will issue incentives quarterly

