

2024



HealthCheck360

# WELLNESS PROGRAM GUIDE

For Hawaii/Chile Employees



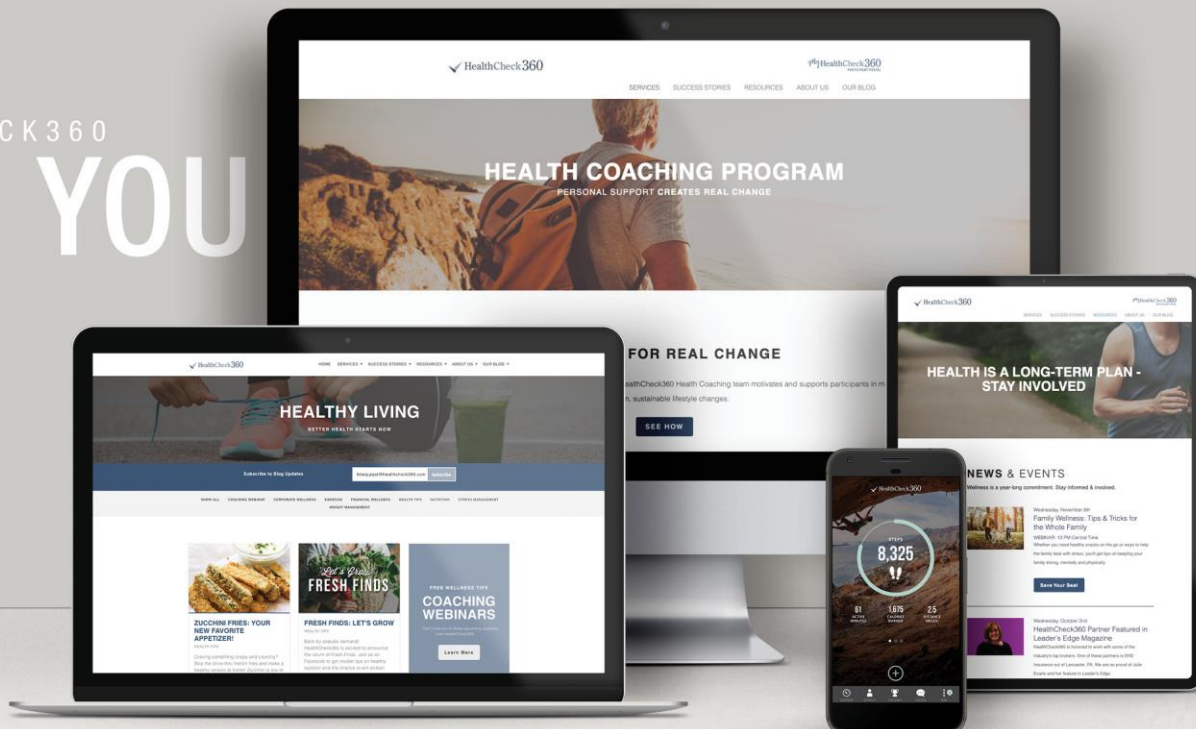


# TABLE OF CONTENTS

Page 1.....	HealthCheck For You
Page 2.....	Create an Account
Page 3.....	Managing Lifestyle Activities
Page 4.....	WellBeats
Page 5.....	Quarterly Challenges
Page 6.....	Challenge Your Coworkers
Page 7.....	Monthly Webinars
Page 8.....	Connect a Tracking Device
Page 9.....	Contacts

*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*

# HEALTHCHECK360 FOR YOU



## HEALTHCHECK360 FOR YOU

HealthCheck360 is your well-being partner, devoted to improving your health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you in your journey to a healthier you.

Check out these great resources available to you!



### MOBILE APP

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go.

Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.



### UNLIMITED HEALTH COACHING

Contact us at 1.866.511.0360 ext. 5099 to speak to a health coach anytime, completely free.



### LUNCH & LEARN WEBINARS

Join us the first Wednesday of every month for tips, tricks, and hacks, directly from our health coaches. Register for upcoming webinars on our [blog](#).



### MONTHLY CALENDARS & NEWSLETTERS

Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.



### BLOG ARTICLES

Subscribe to the HealthCheck360 [blog](#) to get recipes, exercises, health tips and more!



### SOCIAL MEDIA

Follow us on Facebook, Twitter, and Instagram for quick tips year-round and the chance to win prizes!



# CREATE AN ACCOUNT

REAL RESULTS FOR REAL PEOPLE.

## WELLNESS MADE EASY

Download the myHealthCheck360 mobile app today!



## EVERYTHING AT YOUR FINGERTIPS

HealthCheck360 provides you access to your wellness program anytime, anywhere with the myHealthCheck360 mobile app. You have everything at your fingertips! Get started with the myHealthCheck360 mobile app by following the steps below.

### CREATE YOUR ACCOUNT

- 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 (find your SSN under 'Private Info' in UKG)**
- Agree to the terms and conditions and click **SIGN UP**.

### LOOKING FOR MORE HOW TO'S ON THE APP?

Visit our [Knowledge Base](#).



### PRO TIP

## CONNECT YOUR DEVICE

Get the most from your myHealthCheck360 experience by connecting a device like FitBit or Garmin, or a tracking app like Apple Health.

### TO CONNECT A DEVICE

- Select the **menu icon (≡)** at the top of your screen.
- Select **Connect Apps & Devices**.
- Find your fitness app or device and select **Connect**.
- Select **OK** and login to your fitness app's account.

See list of connectable devices [HERE](#)

# MANAGING LIFESTYLE ACTIVITIES

REAL RESULTS FOR REAL PEOPLE.

## HOW TO MANAGE A LIFESTYLE ACTIVITY USING LIFESTYLE TILES ON THE MYHEALTHCHECK360 APP

DOWNLOAD THE  
MYHEALTHCHECK360 APP!



- Select **Rewards** at the bottom of your screen.
- Select **+ Add**.
- Select your activity from the drop down menu.
- Type a brief activity description, enter a date, and upload your document if required.
- Select **+ Add** to submit your activity.

If you don't have a mobile device, go to [myHealthCheck360.com](https://myHealthCheck360.com) to submit your activities.

## HOW TO TRACK YOUR HEALTH ON THE MYHEALTHCHECK360 APP

- Select the **plus icon (+)** on your dashboard for most commonly used trackers.
  - For other trackers, select the **menu icon (≡)** at the top of your screen and **Track Health**.
- Select the health category you'd like to track.
- Track your data.
- Select **+ Add** to submit.

If you have questions about the mobile app, check out these quick [how to videos!](#)

*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*

# WELLBEATS

REAL RESULTS FOR REAL PEOPLE.

## NEW IN 2024! WELLBEATS



- 1,000+ fitness, nutrition, and mindfulness classes led by a team of certified, friendly instructors
- 30+ goal-based programs
- 70+ healthy recipes
- Easy-to-use and stream on your personal devices at home or on-the-go
- Track your progress and receive personal recommendations
- Schedule classes in advance and invite others to join
- Download classes to play offline
- Receive automated reminders to keep you on track

### Your Way to Wellness

#### About Wellbeats, Your Virtual Wellness Offering

Access virtual fitness, nutrition, and mindfulness classes with Wellbeats!

No matter your age, level, ability, or interest, you can choose what fits your lifestyle. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, there are a variety of ways to live a healthy life with Wellbeats.

#### How do I get to WellBeats?

Visit the **Wellbeats Wellness Website Portal** Or access the platform through your Benefits Wallet in your myHealthCheck360 account. If you need to reset your password view the Instructional manual **HERE!**

Scan the QR code to access the platform and mobile app:



Dashboard

Track Health

Challenges

My Program

Benefits Wallet



WellBeats

Welcome to WellBeats Wellness!

Visit

*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*



# QUARTERLY CHALLENGES

REAL RESULTS FOR REAL PEOPLE.

## REGISTER AND PARTICIPATE IN A QUARTERLY CHALLENGE

### WELLNESS MADE EASY

If you haven't already, download the myHealthcheck360 mobile app!



Hosted 1 time a quarter these fun challenges will run 2-8 weeks long keeping you engaged and on track toward your wellness goals!

1. Log into your myHealthCheck360 app
2. Select the **menu icon** (≡) in the upper left hand corner
3. Select **Challenges**
4. Select **Join Challenge** (and join your team)

For more information, contact [support@healthcheck360.com](mailto:support@healthcheck360.com)



*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*

# CHALLENGE YOUR COWORKERS

REAL RESULTS FOR REAL PEOPLE.

## WELLNESS MADE FUN

Create some friendly competition and stay on track with your health goals by inviting your friends to a wellness challenge!

Create your own custom challenge or use our preset challenges.

## CREATE YOUR OWN CHALLENGE ON THE MYHEALTHCHECK360 APP

- Select the **menu icon** (≡) at the top of your screen and **Challenges**
- Select **Create a Challenge** under **My Challenges**
- On the next screen, enter the details for your challenge
- To invite peers to join your challenge, **you must be friends on myHealthCheck360**.

## ADD A FRIEND IN MYHEALTHCHECK360 ON THE MYHEALTHCHECK360 APP

- Select the **menu icon** (≡) at the top of your screen
- Select **My Account**
- Select **Friends**
- Select **Add Friend**
- Type in their username or email to add them



*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*



# MONTHLY WEBINARS

REAL RESULTS FOR REAL PEOPLE.

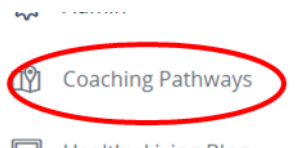
## MONTHLY HEALTHCHECK360 WEBINARS

Coach-approved, tried and true tips are ready for you on our monthly webinars. Join for great information on what you want to know about staying healthy!

<b>January</b> <b>Fresh Start</b> Use the new year to reset your well-being goals. <b>WEBINAR:</b> The Power of SMART Goals	<b>February</b> <b>Heart Health</b> Unlock a healthier heart through nutrition and mindful movement. <b>WEBINAR:</b> Effective Workouts Without Equipment	<b>March</b> <b>Nutrition</b> Discover the essential nutrients your body needs. <b>WEBINAR:</b> Solving the Protein Puzzle	<b>April</b> <b>Healthy Habits</b> See how small changes can translate into long-term improvements. <b>WEBINAR:</b> Intentional Living Made Simple
<b>May</b> <b>Brain Health</b> Improve your brain health with engaging activities. <b>WEBINAR:</b> Brainpower Unleashed	<b>June</b> <b>Fueling Your Journey</b> Learn how to make mindful choices on-the-go. <b>WEBINAR:</b> Eating Well, Even on the Go	<b>July</b> <b>Exercise</b> Simple tips to increase your active minutes each day. <b>WEBINAR:</b> Functional Fitness Demystified	<b>August</b> <b>Sleep Well</b> Learn how to improve your health through sleep. <b>WEBINAR:</b> Unlocking Sleep Secrets
<b>September</b> <b>Well-being Myths</b> Helpful tips and tricks to navigate food and exercise trends. <b>WEBINAR:</b> Navigating Diet Fads: What Really Works?	<b>October</b> <b>Time Management</b> Improve time management to boost productivity. <b>WEBINAR:</b> Building a Balanced Life	<b>November</b> <b>Building Resiliency</b> Learn how to cultivate inner strength and bounce back from challenges. <b>WEBINAR:</b> Emotional Eating: Breaking the Cycle	<b>December</b> <b>Prioritizing Your Health</b> Live a long and healthy life with actionable well-being tips. <b>WEBINAR:</b> Personalizing Your Wellness Journey

Where can I find the webinars?

On the left-hand side of your main myHealthcheck360 dashboard, select Coaching Pathways:



Find the registration for each monthly webinar [HERE!](#)

*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*

## CONNECT A DEVICE

REAL RESULTS FOR REAL PEOPLE.

### CONNECT YOUR TRACKING DEVICE

#### WELLNESS MADE EASY

Download the myHealthCheck360  
mobile app today!



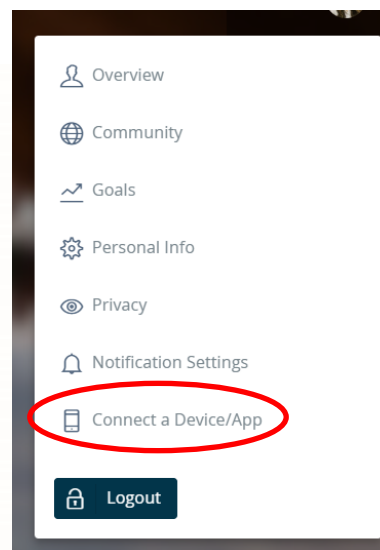
Tracking is easy on your myHealthCheck360 account!  
Follow the instructions below to start syncing your  
wearable device today.

- Log into your myHealthCheck360 account
- Select **MORE** at the bottom of your screen
  - Select **Connect Apps and Devices**
  - Find your device and select **Connect**
    - Log into your account and follow the instructions
- You will get a confirmation that your device is connected

#### HAVE QUESTIONS?

Visit our [Knowledge Base](#)!

Contact HealthCheck360 Support:



*Incentives, sponsored by Cigna, through the Wellness Program, offers rewards for Cigna participating employees only. These rewards are taxable income per IRS regulations, with applicable taxes deducted from the following month's payroll after receiving the incentive.*

# CONTACTS

REAL RESULTS FOR REAL PEOPLE.

## CONTACT US

Have questions? We're here to support and guide you every step of the way.  
Contact us today for more information.

### HEALTHCHECK360 PLATFORM AND USER SUPPORT

P: 866.511.0360

E: [support@healthcheck360.com](mailto:support@healthcheck360.com)

### FREE HEALTH COACHING

P: 866.511.0360 ext. 5099

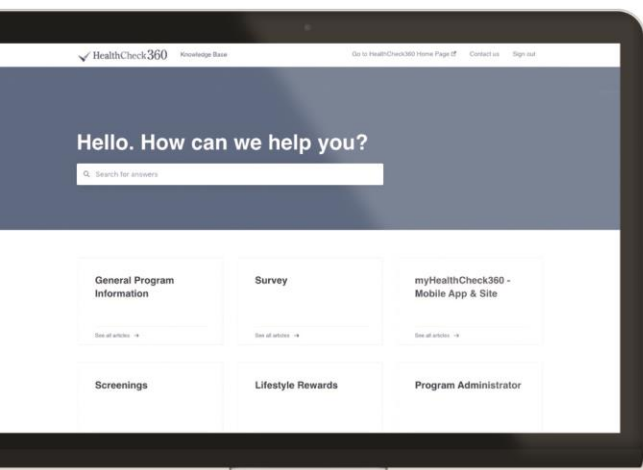
E: [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com)

### CLIENT CONTACT INFORMATION

2024 Aura Wellness Program Support

[benefits@aura-astronomy.org](mailto:benefits@aura-astronomy.org)

<https://hr.aura-astronomy.org/wellness-by-location/>



### WANT MORE?

Check out the HealthCheck360 Knowledge Base for everything you need to know about the myHealthCheck360 mobile app and online portal.

### CHECK IT OUT NOW

[WWW.HEALTHCHECK360.COM/KNOWLEDGE](http://WWW.HEALTHCHECK360.COM/KNOWLEDGE)