

2024



HealthCheck360

# WELLNESS PROGRAM GUIDE

For Cigna Plan Members





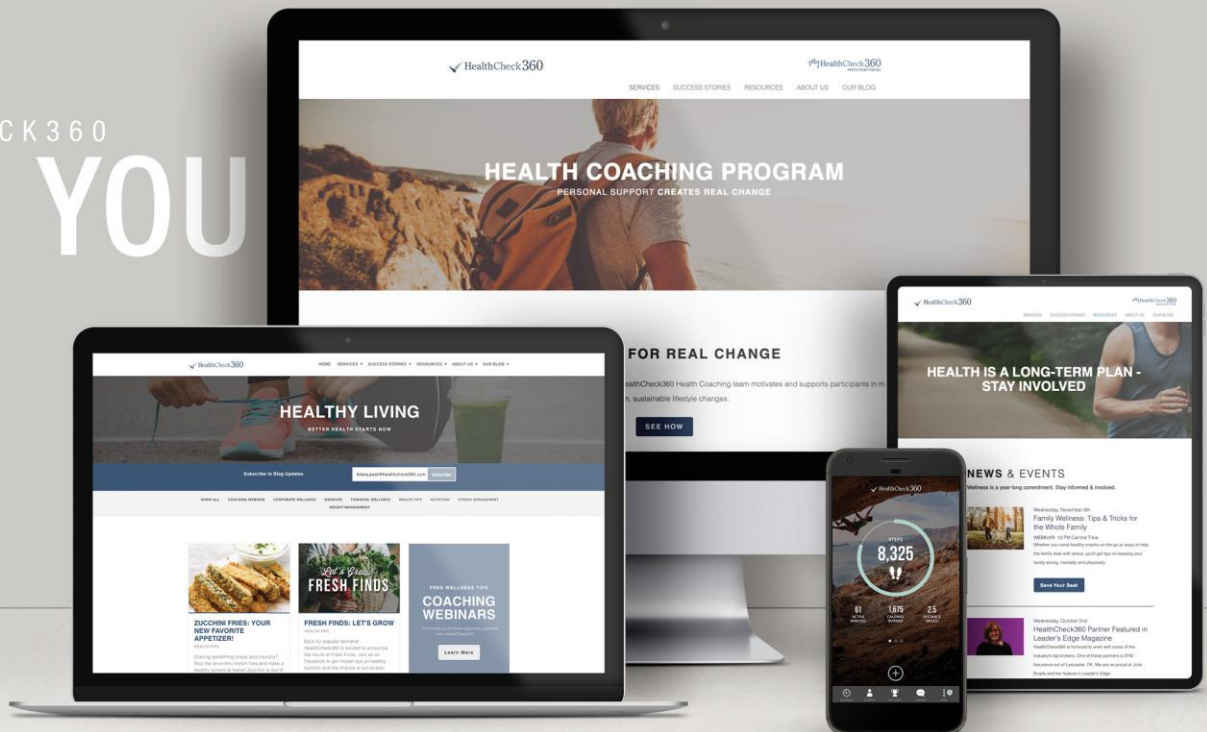
REAL RESULTS FOR REAL PEOPLE.

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*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 A ACCOUNT

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## 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**
- Agree to the terms and conditions and click **SIGN UP**.

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

Visit our [Knowledge Base](#).

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### 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](#)

# HSA CONTRIBUTIONS REDUCTIONS

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## HSA Contributions and Premium Reductions

AURA is continuing the Health and Wellness Program for all employees covered under the Cigna medical plan. Employees were eligible to earn an HSA Contribution or Premium Reduction for the 2024 plan year if they participated in the Healthcheck360 Biometric Screening and/or a Preventative Exam by December 31, 2023. Earning a health score of 75+ or improving your score from the previous screening date by 5+ points, defines your achievement of the outcome requirement.

To view your health score, on the myHealthCheck360 mobile app or myHealthCheck360.com, go to My Program then, Survey and Results to view your score.

HSA Contributions or Premium Reductions will be issued in the first quarter of 2024. Employees who did not complete the required activities by 12/31/2023 and/or do not have an established HSA as of the date HSA Contributions are issued, will have another opportunity in 2024 to participate and earn an incentive for the 2025 plan year. Employees that are HSA eligible will receive an HSA contribution. All others will receive a medical plan premium reduction, based on applicable employee premiums.

### 2024 HSA Employer Contribution Maximums:

- ✓ Enrolled as **Employee Only**: \$800
- ✓ Enrolled as **Employee & Spouse**: \$1,300

Program	Activity	HSA Incentive
HealthCheck360	Participation (Complete the biometric screenings)	Employee - \$250 Spouse - \$150
	Outcome (Meet your Health Score Goal)	Employee - \$300 Spouse - \$200
Annual Medical Preventive Exams	Completions will be reported to AURA by Cigna	Employee - \$250 Spouse - \$150

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# GARMIN PROGRAM

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## How to Earn a Garmin VivoFit4 Wearable!

This year's program is all about enjoying the journey, and we're here to simplify it for you. Cigna participating employees can score a Garmin VivoFit 4 wearable by completing just 3 activities. Once earned, link your Garmin to your HealthCheck360 profile to seamlessly track your every day activity and earn even more rewards!

### Activities:

1. Register yourself on myhealthcheck360.com
2. Watch the 2024 Wellness Program Kick-Off Meeting presentation (previously recorded)
3. Participate in 1 rewards activity. Participation is defined as:
  - a. Completion of any activity on Wellbeats Platform
  - OR
  - b. Completion of another Wellness Program activity as listed on the 2024 Rewards Schedule

### Instructions for Submission:

Upon successful completion of the 3 activities, participants may submit for a Garmin through the 'Garmin Program' Lifestyle Rewards Tile. Participants will find instructions in the tile directing them to download & complete the Employee Incentive Acceptance Confirmation form before submitting to AURA Benefits at [benefits@aura-astronomy.org](mailto:benefits@aura-astronomy.org). AURA Benefits will confirm receipt of your completed form and notify you of the status of your submission via email.

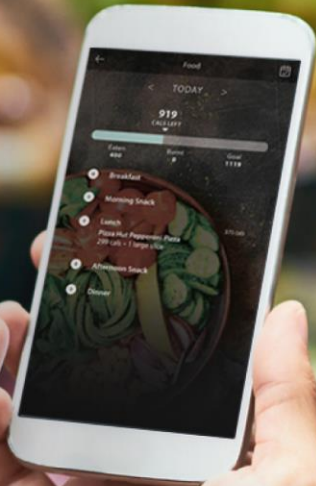


### Rules and Exclusions:

A Garmin, considered a taxable incentive per IRS rules, will have applicable taxes deducted from the following month's payroll upon shipment. Reporting for eligible participants and shipments will occur once monthly. Participants must submit a Lifestyle Rewards Tile and complete and return the acceptance form to AURA Benefits before shipment.

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## QUICK TIP

**THE MYHEALTHCHECK360 APP GIVES YOU FAST ACCESS TO VIEW PROGRESS & EARN REWARDS ANYTIME, ANYWHERE.**



## AURA'S 2024 LIFESTYLE REWARDS

We know when life gets busy, wellness goals end up on the back burner. With the help of Lifestyle Rewards, you can start to make small changes that turn into big health results. With Lifestyle Rewards, you're in the driver's seat, choosing the wellness activities that interest you most. Get the tools, motivation, and support along your unique wellness journey to build healthy habits and achieve your health and wellness goals. Tracking your progress is fast, easy, and fun. Check it out today on your myHealthCheck360 mobile app and start earning your points!



### LOG HEALTHY ACTIVITIES

Create and log into your myHealthCheck360 account. Connect your fitness device or manually log your activity via the health trackers.



### EARN WELLNESS POINTS

Complete wellness activities from the eligible list and track or submit through your myHealthCheck360 account. You earn points for each activity you complete.



### GET REWARDED

Earn 500 points or more per quarter to be eligible for a Tango gift card. Activities will be accepted from 01/01/2024 to 11/15/2024.

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800 Main Street | P.O. Box 1475 | Dubuque, IA 52001 | 1.866.511.0360 | [www.HealthCheck360.com](http://www.HealthCheck360.com)

# WHAT YOU CAN EARN

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Participate in Lifestyle Rewards activities as outlined on the 2024 Rewards Schedule, to earn points towards a Tango gift card! Incentives can be earned monthly, quarterly and annually by meeting the Rewards Points thresholds as outlined below.

## Monthly

\*Monthly earnings for exercise activity must be tracked via a connected device. Rewards points are not earned for reaching these activity thresholds - gift cards only.

**\$50.00**

- 150,000 steps OR exercise 500 minutes a month

**\$100.00**

- 240,000 steps OR exercise 600 minutes a month

## Quarterly

\*Quarterly incentives are based on points earned through the successful completion of activities outlined on the 2024 Rewards Schedule. The incentive amount is determined based on the tier with the highest point value achieved

**\$50.00**

- Earn 500+ Points

**\$100.00**

- Earn 600+ Points

**\$200.00**

- Earn 750+ Points

## Annually

\*Annual incentives are based on the total points earned through the successful completion of activities outlined on the 2024 Rewards Schedule. Only activities completed by the program end date 11/15/2024 will be considered for rewards points. Your rank is determined by HC360's Leader board system which is not visible to participants.

**\$1,000.00**

- 1st place

**\$800.00**

- 2nd place

**\$700.00**

- 3rd place

**\$600.00**

- 4th place

**\$500.00**

- 5th place

**\$400.00**

- 6th place

**\$300.00**

- 7th place

**\$200.00**

- 8th place

**\$100.00**

- 9th place

**\$50.00**

- 10th place

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# 2024 LIFESTYLE REWARDS SCHEDULE

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Choose activities from the Rewards Schedule below to earn points towards your Lifestyle Rewards goals. **Activities will be accepted from 01/01/2024 through the 2024 Wellness Program end date of 11/15/2024.**

ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	VALIDATION
Complete 360 Minutes of WellBeats Exercise Videos a Month	200	2,400	Will be uploaded by Healthcheck360 on a monthly basis.
Complete 120 Minutes of WellBeats Exercise Videos a Month	100	1,200	Will be uploaded by Healthcheck360 on a monthly basis.
Attend Live Monthly Healthcheck360 Webinar	50	300	Points will be awarded by Healthcheck360 within the month of the live webinar.
Complete your Flu Shot Verification Form or COVID-19 Vaccination	50	100	Points will be awarded when proof of vaccination is uploaded.
Take Healthcheck360 Survey	50	50	Points will be awarded upon completion of the survey.
Complete your 2024 Annual Physical Exam	200	200	Data will be sent from Cigna to AURA. There is a verification form for use as needed.
Complete your 2024 Annual Dental Exam	100	100	Data will be sent from Cigna to AURA. There is a verification form for use as needed.
Achieve Incentive Level Goal *Score 75+ or improve by 5+ points	100	100	Points will be awarded when biometric results enter the system.
Complete Biometric Screening	200	200	Points will be awarded when biometric results enter the system or when complete Physician Form is uploaded and approved.
Attend a Health Fair (Virtual or In Person)	100	100	Points will be awarded when proof of attendance is submitted.
Complete Scheduled Quarterly Challenge	200	800	Points will be awarded automatically upon completion of the challenge.
Hydration OR Nutrition Tracking	20	180	Track your nutrition OR hydration 3 times per day, one time a week.
Complete Meditation Through WellBeats	20	180	Will be uploaded by Healthcheck360 on a monthly basis

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# 2024 LIFESTYLE REWARDS SCHEDULE

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In addition to meeting the goals associated with lifestyle rewards points, participants can earn a Tango gift card by meeting the activity goals outlined below.

ACTIVITY	GIFT CARD PER ACTIVITY	MAXIMUM REWARD	VALIDATION
Step Count OR Activity/Exercise Duration	\$50/Monthly	\$50/Monthly	Walk 150,000 steps per month OR Exercise 500 minutes per month.
Step Count OR Activity/Exercise Duration	\$100/Monthly	\$100/Monthly	Walk 240,000 steps per month OR Exercise 600 minutes per month.

## Rules:

Step count and exercise activity for Tango gift cards must be tracked/recorded via a personal wearable tracking device. Devices must be connected to your HealthCheck360 profile to upload activity minutes and step count towards this reward goal. Lifestyle Rewards Points are **not** earned by completing these goals, gift cards only.

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# MANAGING LIFESTYLE ACTIVITIES

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LOG YOUR ACTIVITIES, AND  
EARN LIFESTYLE REWARDS  
POINTS FOR BEING  
HEALTHY

DOWNLOAD THE  
MYHEALTHCHECK360 APP!



## HOW TO SUBMIT A LIFESTYLE REWARD ACTIVITY ON 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!](#)

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# WELLBEATS

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## NEW IN 2024



- 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 off line & receive automated reminders to keep you on track.

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



### Your Virtual Wellness Offering

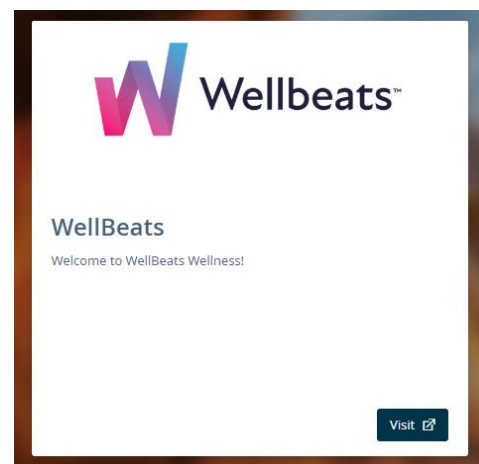
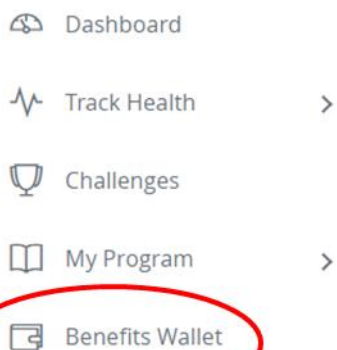
Access virtual fitness, nutrition, and mindfulness classes with Wellbeats! No matter your age, level, ability, or interest, you can choose what fits your lifestyle. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, there are a variety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

**\*Earn Lifestyle Rewards points and Tango gift cards by participating in WellBeats Exercise Videos each month! (see rewards schedule for details)**

### How do I get to WellBeats?

**Be on the lookout for an email from WellBeats with your own individual log-in credentials!**

Once you receive your credentials, access the Benefits Wallet through your myHealthCheck360 account.



# QUARTERLY CHALLENGES

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## 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!

Earn 200 Lifestyle Rewards points for every quarterly challenge you complete! (See pg. 6 for details)

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)

Leader Board Place	Tango Reward	Max. Points per QTR.
1 <sup>st</sup> Place	\$200	200 pts.
2 <sup>nd</sup> Place	\$150	200 pts.
3 <sup>rd</sup> Place	\$100	200 pts.
Not Placed	\$0	200 pts. <small>*to learn your points if you do not place in the top 3, you still must meet the challenge's tracking requirements</small>



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# CHALLENGE YOUR COWORKERS

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## 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



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# MONTHLY HC360 WEBINARS

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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! You will receive an email to register each live, monthly webinar.

**Earn 50 points for watching the live, monthly webinar taking place the first Wednesday of each month at 12pmCST!**

## January

### Fresh Start

Use the new year to reset your well-being goals.

#### WEBINAR:

The Power of SMART Goals

## February

### Heart Health

Unlock a healthier heart through nutrition and mindful movement.

#### WEBINAR: Effective Workouts

Without Equipment

## March

### Nutrition

Discover the essential nutrients your body needs.

#### WEBINAR:

Solving the Protein Puzzle

## April

### Healthy Habits

See how small changes can translate into long-term improvements.

#### WEBINAR:

Intentional Living Made Simple

## May

### Brain Health

Improve your brain health with engaging activities.

#### WEBINAR:

Brainpower Unleashed

## June

### Fueling Your Journey

Learn how to make mindful choices on-the-go.

#### WEBINAR:

Eating Well, Even on the Go

## July

### Exercise

Simple tips to increase your active minutes each day.

#### WEBINAR:

Functional Fitness Demystified

## August

### Sleep Well

Learn how to improve your health through sleep.

#### WEBINAR:

Unlocking Sleep Secrets

## September

### Well-being Myths

Helpful tips and tricks to navigate food and exercise trends.

#### WEBINAR: Navigating Diet Fads: What

Really Works?

## October

### Time Management

Improve time management to boost productivity.

#### WEBINAR: Building a Balanced Life

## November

### Building Resiliency

Learn how to cultivate inner strength and bounce back from challenges.

#### WEBINAR: Emotional Eating:

Breaking the Cycle

## December

### Prioritizing Your Health

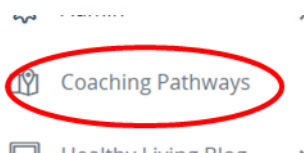
Live a long and healthy life with actionable well-being tips.

#### WEBINAR: 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!](#)

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## How to Earn a Tango Gift Card

Below are the different ways you can earn a Tango gift card through the AURA Wellness Program:

1. Place in the top 3 for one of our quarterly challenges
2. Earn at least 500 Lifestyle Rewards points each quarter
3. Place in the top 5 of annual Lifestyle Rewards point earners for 2024
4. Steps OR Activity/Exercise Duration Tracking
  - a. Track 150,000 steps per month OR 500 minutes of activity per month (\$50 per month)
  - b. Track 240,000 steps per month OR 600 minutes of activity per month (\$100 per month)

## Receiving Your Tango Gift Card

You will receive an email from Tango (noreply@tangocard.com) with a link to the gift card catalog. Click the URL, to see a list of available gift cards. Your balance will be listed at the top of the screen. Search the catalog for your preferred gift card and check-out when ready. Your e-card will be sent via email following confirmation.

## Using your Rewards Balance

There is no limit to the number of gift cards you can obtain, as long as you stay within your designated balance.

## Tango Expiration Dates

There is no expiration on your e-card unless you choose to redeem a Visa gift card.

## Redeeming a Visa Gift Card

After check-out, you will receive an email with a link to the VISA pre-paid site. You will have 4 months to redeem your Visa gift card before this link expires. Once you select the Visa Pre-paid link, you can choose to redeem an e-card or a physical card (\$3 will be deducted from your balance if physical card selected). You will have 7 months to use your gift card wherever Visa Debit is accepted.

## Have More Questions?

For general questions regarding using your Tango gift card, please contact:  
Tango Customer Service at [cs@tangocard.com](mailto:cs@tangocard.com).

# CONNECT YOUR TRACKING DEVICE

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## CONNECT YOUR TRACKING DEVICE

### WELLNESS MADE EASY

Download the myHealthCheck360  
mobile app today!



### HAVE QUESTIONS?

Visit our [Knowledge Base](#)!

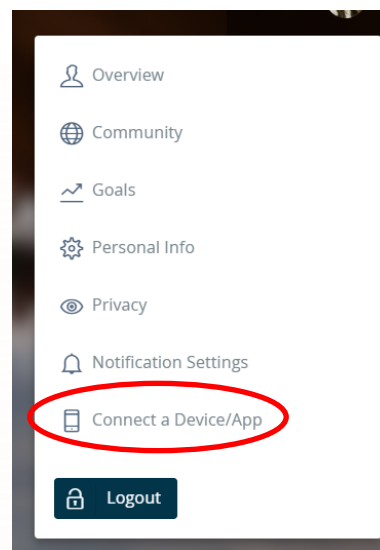
### Contact HealthCheck360 Support

P: 866.511.0360

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

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



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# CONTACTS

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## 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

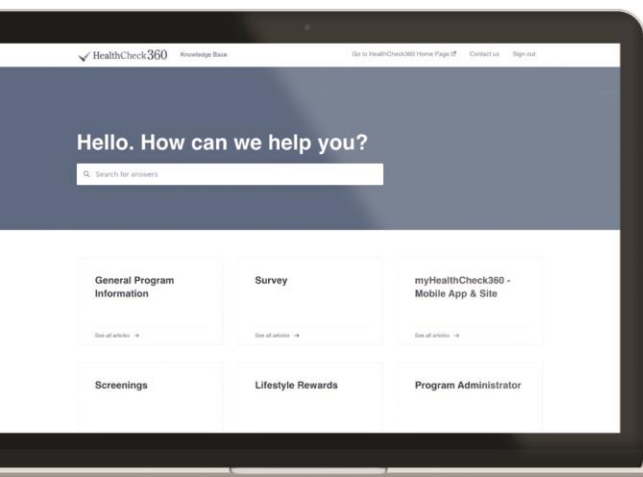
E: [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com)

### 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)