



2018-2019 ACU Wellness Program

October 1, 2018 – September 30, 2019

All medical covered employees and spouses are eligible to participate.

PREMIUM DISCOUNT: Earn the Premium Discount, effective January 1, 2020, by completing the below requirements by September 30, 2019.

MEDICAL COVERED EMPLOYEES

REQUIREMENTS	REWARD	DEADLINE
1 Complete an Annual Exam with Lab Work	\$50/month Employee Premium Discount (\$600 annually)	September 30, 2019
2 - Complete Requirement #1 - Earn 4 additional points by completing wellness activities	Additional \$50/month Employee Premium Discount (additional \$600 annually)	

MEDICAL COVERED SPOUSES

REQUIREMENTS	REWARD	DEADLINE
1 Complete an Annual Exam with lab work	\$50/month Spouse Premium Discount (\$600 annually)	September 30, 2019

PLEASE NOTE:

Employees with a medical covered spouse will have the opportunity to earn an **ADDITIONAL Spouse Premium Discount Reward** (combined discount: up to \$1,800 annually).

Spouse participation in the wellness program is not required in order to earn the Employee Premium Discount Reward.

The Spouse Premium Discount will still be applied if the employee does not meet the employee requirements.

WELLNESS ACTIVITIES

ACTIVITY	POINTS	MAX POINTS
Annual Exam with Lab Work	Required for any Reward (1 pt)	
ACU Recreation & Wellness Center Utilization (Quarterly)	1	4
Community & Charity Event	1	1
Flu Shot	1	1
GPA HealthWatch Coaching Programs	2	2
Health Challenges	1	3
Health Fair (Fall 2019)	1	1
Healthy Me & More	1	1
Monthly Physical Activity	1	12
Monthly Portal Activities	1	3
Preventive Exams	1	3
Wellness Assessment	1	1
Wellness Webinars	1	2

ANNUAL EXAM WITH LAB WORK (Required for any Reward)

You are encouraged to have an annual exam with your healthcare provider each year – this includes a routine checkup **and routine lab work** to provide you a comprehensive analysis of your basic blood levels that are vital to your overall health. Acceptable Exams include: **Annual Physical** or a **Well Woman Exam**. Exams must have a date of service between October 1, 2018 – September 30, 2019. Exams will be verified by GPA Claims Reports and credited once per quarter. You may instead submit a copy of the EOB (*Explanation of Benefits*) from your visit to the GPA Wellness Inbox (information below) to receive credit. You are not required to submit your individual lab results to receive credit.

ACU RECREATION & WELLNESS CENTER UTILIZATION (QUARTERLY)

Earn up to 4 Wellness Points for the year for utilizing the ACU Recreation & Wellness Center! Get in a workout, play basketball, swim laps, and more. Utilize the Recreation Center **20 times per quarter** to receive 1 Wellness Point (per quarter). Your utilization will be verified by your badge and credit will be awarded the month following the end of each quarter.

Q1 (October – December)

Q2 (January – March)

Q3 (April – June)

Q4 (July – September)

COMMUNITY & CHARITY EVENT

Contribute to the wellbeing of the community by participating in a local community or charity event. Self-report your completion online.

FLU SHOT

If you receive your flu shot between October 1, 2018 – September 30, 2019, you will receive credit for this activity. Flu Shots will be verified by GPA Claims Reports and credited once per quarter (during flu season).

GPA HEALTHWATCH COACHING PROGRAMS

Telephonic Coaching is available to all covered individuals. These programs include the *Disease Management* or *Maternity Management* Programs. You must be identified and eligible to participate in the program. Credit will be awarded within 4 weeks of completion in either program. Email mycoach@gpatpa.com for more information or to enroll; you can also view the flyers on the home page of your wellness portal.

HEALTH CHALLENGES

Each challenge encourages you to increase your healthy behaviors. All challenge tracking and details can be found on the *My Challenges* tab.

30 For 30 – Team Challenge (February) Stress Less, Enjoy More (May) Walk This Way – Team Challenge (August)

HEALTH FAIR

Employees are encouraged to attend the ACU Health Fair each fall. Sign in upon arrival – Credit will be awarded within 1-2 weeks of the event.

HEALTHY ME & MORE (Includes NEW Weigh To Wellness Program – Coming in 2019)

These quarterly, online, interactive 8-week video sessions will provide you support to reach your health goals and will be offered twice throughout the year. The new *Weigh To Wellness* Weight Management Program will feature podcasts, live Q&A sessions, and more. Registration information and details will be provided in advance. Credit will be awarded within 2-3 weeks of completion.

MONTHLY PHYSICAL ACTIVITY

Once you have completed and tracked 450 minutes of physical activity for the month, you will receive 1 wellness point for the monthly activity. You can record up to 45 minutes of activity per day. All tracking will be done on the *My Challenges* page. Sync your compatible fitness device to the *Profile* button on the *My Challenges* page, use the online tracking calendar on the *My Challenges* page, or complete the paper *Physical Activity Tracking Form* (found on the home page) each month. Report your physical activity by the last day of each month to receive credit.

MONTHLY PORTAL ACTIVITIES

Monthly activities designed to drive behavior change – Record your activity on the *My Challenges* tab by the end of each month.

PREVENTIVE EXAMS

Acceptable exams include: **Colonoscopy, Mammogram, Skin Exam/Skin Cancer Screening, and Mental Health Screening**. Exams must have a date of service between October 1, 2018 – September 30, 2019. Exams will be verified by GPA Claims Reports and credited once per quarter. You may also submit a copy of the EOB (*Explanation of Benefits*) from your visit to the GPA Wellness Inbox (information below) to receive credit.

WELLNESS ASSESSMENT

This 15-minute questionnaire is an online tool for learning more about your health. All responses and personal health information (PHI) will be stored on a secure site and kept confidential. Click the **My Assessment** section on the *Home Page* or *My Health Tools* tab. Credit will be awarded within 48 hours of completion.

WELLNESS SATISFACTION SURVEY

Complete the survey towards the end of the year to receive credit. Credit will be awarded within 1-2 weeks of completion.

WELLNESS WEBINARS

The monthly webinars are live, 30-minute sessions on various health topics. All upcoming and archived webinars can be found on the *My Webinars* page (within the *My Health Tools* tab). Credit for attending live or watching an archived webinar will be awarded within 48 hours of viewing. **You can only receive credit for 1 webinar per month (live or archived).**

QUESTIONS? Contact your GPA Wellness Coordinator Jessica Hall
wellness@gpatpa.com | Phone: (469) 445-3150 | Fax: (972) 619-2724

The ACU Wellness Program is voluntary and confidential. GPA and ACU are committed to helping you achieve your best health. Rewards for participating in the Wellness Program are available to ACU covered employees and spouses. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your GPA Wellness Coordinator and we will work with you to find a wellness program alternative with the same reward that is right for you in light of your health status.