

Frequently Asked Questions for 2015-16 Wellness Year

1. Do I have to enroll in CCAP or PPO to participate in Creighton Wellness offerings or SimplyWell?

Any Creighton employee can participate in Wellness Program offerings. An employee must be benefit eligible, regardless if they take Creighton benefits, in order to participate in SimplyWell.

2. Can I reschedule a screening?

If you miss your scheduled screening, you may log back into SimplyWell to change your chosen timeslot.

3. When will my blood work be available?

Your blood work will be uploaded and available in your personal profile within 48 hours after your health screening (results from extra optional lab may take longer).

4. Can I use my own healthcare provider for blood work?

If you have received lab work from a physician between June 1, 2015 and October 16, 2015, you may select the option to obtain results from your physician and download a Lab Results Form when you are selecting a health screening. Or you can contact wellness@creighton.edu or download the form in the Announcement section on your Home for Health page.

Questions: call 1877-991-9355 (option 0) or email info@simplywell.com

You must complete all of the required information prior to providing it to SimplyWell. Here's how to submit:

By Mail:

SimplyWell Account Manager

9140 West Dodge Road

Suite 408

Omaha, NE 68114

Or Fax:

402.552.3355

5. Will I be able to complete the health questionnaire on work time?

The management team is supportive of the wellness initiatives that the University is offering and will allow employees to complete their initial enrollment and health questionnaire on work time.

6. Can I use my home email versus my work email?

Certainly, you may update your email preferences in the Contacts & Securities section in SimplyWell, if you prefer. But, if you delete your email, you will miss occasional important updates regarding this program.

7. Where do I find information on upcoming programs?

All wellness program information is included at the wellness website

<http://www.creighton.edu/health/wellness/home/index.php>

Or call 402.280.5721 or email wellness@creighton.edu

8. Will my manager see my health information?

*Absolutely no. **No individual** at the University will receive any personal or individual health information. Reports provided to the University will be aggregated or in summary format only.*

9. Can I track my appointments, trackers and wellness events on paper and enter once a month or so?

Yes, you have a 90 day period in which to enter your participation information into these categories. The enrollment year runs from September 14, 2015 – August 31, 2016. The information you enter must take place in that timeframe. Call 402-280-5721 with questions.

10. Who is Healthbreak?

Healthbreak is the wellness management company contracted by Creighton. Dawn Obermiller and Amber Benda are placed at Creighton to work with the Wellness Program to design, coordinate and implement wellness programs and activities for the University.

All SimplyWell & Wellness questions can be directed to:

Wellness Program: 280-5721 or wellness@creighton.edu

Or SimplyWell: 1-877-991-9355

All Creighton Health Plan & Financial Benefits questions can be directed to:

280-2709 or benefits@creighton.edu

11. Who is SimplyWell?

SimplyWell is a medically based company which provides solutions that identify risk and disease early and empower participants with the tools to modify personal health risks, stressing the importance of preventive care and individual accountability.