

WELLNESS PROGRAM ENROLLMENT INFORMATION

ENROLLMENT STARTS SEPTEMBER 9!



DoIT won the 2015 SimplyWell Department Participation Competition, taking home the traveling trophy!

***“When my team is healthier, they are happier,
work together better and are more productive!”***

– Tim Brooks
DoIT VP

At Creighton, we stand within a 500-year strong holistic pedagogy that impacts all parts of our lives. My hope is that every one of us can reach our optimal selves in mind, body, and spirit so that we may best serve students who come here to excel on campus and well beyond. September signals the start of another great Wellness Year of opportunities, and I want to personally invite all members of the Creighton community to take full advantage of all of the resources available on campus.

– Rev. Daniel S. Hendrickon, SJ

Your Health is Important to You, Your Family and to Creighton!

Our Employee Wellness Program provides valuable support through:

- *Tools, targeted programs & incentives*
- *Education & inspiration to take action*

Good health allows you to:

- *Pursue goals & dreams*
- *Develop and share in our mission of education*
- *Support the university in being good stewards of our tuition dollars through reduced health care expenditures*

You're Invited!

We would like to invite all benefit-eligible employees **(whether you elect benefits or not)** to enroll or re-enroll in our annual Wellness Program. Starting **September 9**, you can log on, complete the secure and confidential health questionnaire and sign up for a free health screening (see p. 4.) Early screening participants will be rewarded with a Subway gift card, so don't wait!





HOW DO I ENROLL?

- STEP 1:** Go to **MyCreighton**
<https://my.creighton.edu>
- STEP 2:** Select the apple icon (SimplyWell)
- STEP 3:** Enter your Creighton Net ID and BLUE Password and click **Login**; on the next screen click **Continue**
- STEP 4:** Follow Participant Enrollment Directions – Click **Begin Enrollment** to get started.
- STEP 5:** Attend Your Health Screening

For technical assistance
on the SimplyWell website,
call **1.877.991.9355**

For MyCreighton log in technical assistance,
call **DoIT 402.280.1111**



SimplyWell has been designed, developed and implemented with leading technology to support full compliance with all applicable federal and state privacy laws, including HIPAA. Health professionals from Healthbreak or SimplyWell may contact you regarding programs that may benefit your health. These programs are voluntary.

HEALTH SCREENING DATES & LOCATIONS

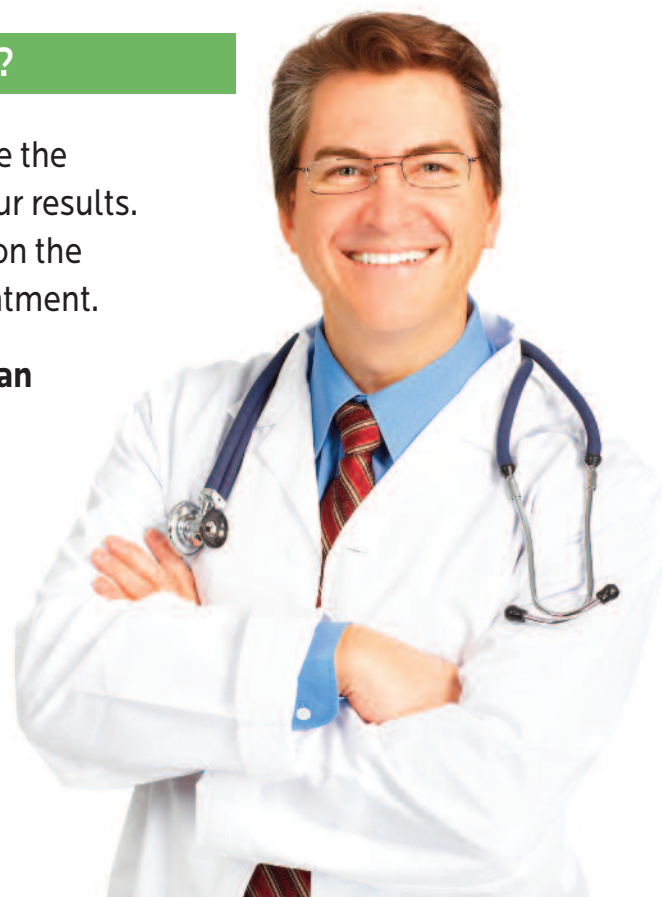
*Location details and specific time slots are available online when registering.
Remember to add this appointment date and time in your calendars!*

DATE	TIME	LOCATION
Sept 20	6:30 - 9:15 am	Harper Center, Ballroom
Sept 21	6:30 - 9:15 am	Skutt Student Center, Ballroom
Sept 22	6:30 - 9:15 am	Boyne Building, Room 149A
	4:30 - 6:00 pm	Jelinek Building
Sept 23	6:30 - 9:15 am	CUMC, Becic Dining Room
Sept 27	6:30 - 9:15 am	CUMC, Becic Dining Room
Sept 28	6:30 - 9:15 am	Harper Center, Ballroom
Sept 29	6:30 - 9:15 am	Harper Center, Ballroom
Sept 30	6:30 - 9:15 am	CUMC, Becic Dining Room
Oct 4	6:30 - 9:15 am	Harper Center, Room 3023
Oct 5	6:30 - 9:15 am	CUMC, Becic Dining Room
Oct 6	6:30 - 9:15 am	Harper Center, Ballroom
Oct 7	6:30 - 9:15 am	Skutt Student Center, Ballroom

VISITING YOUR OWN DOCTOR?

While the onsite screenings are fast and easy, you have the option of asking your personal physician to submit your results. The “Lab Results by Medical Provider” form is found on the SimplyWell page where you select a screening appointment.

If you choose this option, **you must visit your physician between June 1 and October 7, 2016, and results must be submitted to SimplyWell by noon on October 7.**



CREIGHTON UNIVERSITY WELLNESS PROGRAM

Program Overview

The Creighton Wellness Program challenges you to improve your health, earn 10,000 points in 12 months and rewards you all along the way! The cornerstone of the wellness program is an online health management program powered by SimplyWell. The SimplyWell platform integrates all of our wellness program offerings into one, point-based program. You log your information and participation, SimplyWell will do the rest.

Here is an overview of program components:

- Online sign-up and registration
- Health Questionnaire
- Onsite health screening
 - Lab work – hemogram (CBC), lipid profile including triglycerides, fasting glucose, Hemoglobin A1c (for those that have a fasting glucose of 117 or above, to help you determine if you are at risk for diabetes)
 - Height & weight (BMI)
 - Blood pressure & pulse
 - Add on lab test options are available for purchase via credit card (your card will not be charged till the tests are run) – (TSH) thyroid stimulating hormone, PSA and Vitamin D level
 - Lab results from a recent physician visit accepted June 1 – October 7 (see page 4 to meet acceptance criteria)
- Tobacco free affidavit* at health screening earns you 2000 wellness points
- Personal Health Score & Online medical record
- Education modules and onsite healthy lifestyle classes, seminars, challenge programs and special events
- Personalized healthy lifestyle coaching sessions via phone
- 24-hour nurse call line
- My Rewards Store, online prize catalog



* You will be asked to sign a tobacco affidavit at the health screening verifying your tobacco status.

Tobacco Users: Did you know that Creighton University offers fully subsidized tobacco education and cessation programs to employees and spouses? For support and education about nicotine addiction and help quitting, go to <http://www.creighton.edu/health/wellness/aculture-ofhealth/tobaccofreeyoupolicy/programoptions>

NEW! HEALTHY LIFESTYLE COACHING PROGRAM

SimplyWell's new Healthy Lifestyle Coaching program is now available to all! National Society of Health Coaches certified nurses will provide the support and encouragement needed to help you set action-oriented goals to reach your best health ever! Participate in three calls to earn 2,000 Wellness Event points during the program year.

Program highlights include:

- Self-schedule your calls
- Set SMART goals with your coach
- Electronic journaling to share with your coach for feedback
- Coaches share evidence-based resources to learn more



Get started with your coaching right after you complete your online health questionnaire and screening!

YOUR POINTS & REWARDS

You can earn up to 10,000 wellness points by tracking your good health efforts in six point areas before **8/31/17**.

6 POINT AREAS

1) Health Questionnaire	500 points
2) Health Screening	500 points
3) Appointments (doctor, dentist)	3,000 points
4) Education Modules	500 points
5) Health Trackers (50 @ 10pts)	500 points
6) Wellness Events	5,000 points

REQUIRED ACTION PLAN POINTS

Challenge Programs (1,000 pts)
Review Your Health Screening Results (250 pts)
Wellness Seminars (250 pts)
Healthy Lifestyle Class (2,000 pts)
Professional Development Program (1,000 pts)
SimplyWell Healthy Lifestyle Coaching Program (completion of 3 calls) (1,000 pts)
Tobacco Free or Cessation Class (2,000 pts)
Health Score of 85 or above or improve by 5 from previous year (2000 pts)

10,000 TOTAL

You can allow points to roll over, **but effective 1/1/17 points earned will cap at a maximum of 80,000 points.** When logged onto SimplyWell, go to the SHOP tab and check out the many options available - you've earned it!

REWARDS

REWARD OPPORTUNITY #1

Get in early! Be one of the first **300** participants to complete your Health Screening to receive a **\$5.00** Subway gift card.



REWARD OPPORTUNITY #2*

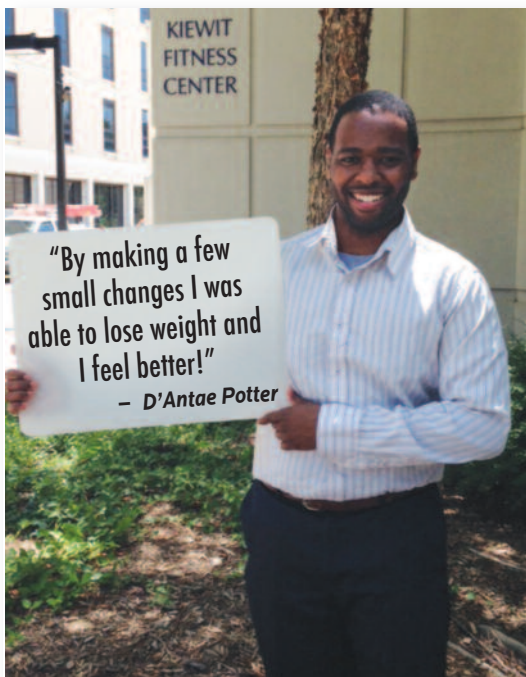
Earn 10,000 points by August 31, 2017 to get **\$100** value to spend in the Reward Store! You can find the Reward Store on the SimplyWell site, by clicking on SHOP (on the top menu), then Reward Store. The online catalog makes shopping easy. It will show you your point balance and allow you to use your points for a variety of products.



**MY REWARDS
STORE**

WELLNESS CODES PRODUCT DISCOUNT

NEW! Wellness Codes offers SimplyWell participants significant discounts on cool wellness products from popular brands like FitBit, Under Armour, T-fal, Garmin and more. In SimplyWell, under the SHOP tab, choose SHOP WELLNESS and click the **Shop now!** Link. Pick your products, pay and wait for your box to arrive at home – easy!



**Know that the IRS does require the University to withhold taxes when the total value of items redeemed in the Reward Store exceeds \$100 in a calendar year. Details are available in the Rewards Store under "Rules".*



CREIGHTON WELLNESS: LIVING IT FROM THE TOP DOWN!

"We'll see what tomorrow brings," he said. "But being on the bike, even on hills, is a good way to clear your head and think. It can also be a good time to socialize and converse with people who are in a special community and striving toward a similar goal. That's really what has been most enjoyable about this so far – meeting people from all over and being part of a shared experience."

– Rev. Daniel S. Hendrickon, SJ,
while participating in the 2016 RAGBRAI



Join us and start living the healthy life you aspire to **NOW!**
GET ENROLLED STARTING SEPTEMBER 9!

