



2019-2020  
**Wellness Program  
Enrollment Information**

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**Registration begins July 1, 2019**

**GET ENGAGED. BE INSPIRED. DISCOVER WELL-BEING.**

# Live Better Today

At Creighton University, we believe good health and well-being fuel prosperity, and we want to provide you with resources at work to help you achieve both. That's why you're invited to participate in the wellness program. Through this interactive program, called SimplyWell, you can take the first step to achieve well-being. The SimplyWell portal is full of supportive resources to inspire you to optimal health.

## WHO CAN PARTICIPATE?

Beginning July 1, 2019, all benefit-eligible faculty and staff are invited to start the wellness program (regardless of medical plan choice).

### Confidentiality

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Information shared with the *SimplyWell* team will not be disclosed, except in accordance with HIPPA laws. Your Protected Health Information (PHI) will not be shared with your employer.

## AWARENESS

### Member Health Assessment (MHA)

The MHA asks questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA online when prompted during registration.

### Biometric screening

Biometric screenings will be offered on-site in Omaha and Hastings and at Quest Patient Service Centers nationwide. These screenings provide vital information about your overall health, including cholesterol (total, LDL and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI) and waist measurement (optional). If you are unable to attend a biometric screening event, you may fulfill the screening requirement by visiting your physician or going to a Quest Patient Service Center.

### Profile

This section of the site shows you an analysis of your MHA responses and biometric screening results to help you understand your health risks and what you can do to improve your results.

## HOW TO REGISTER VIA COMPUTER

### Step 1

Go to MyCreighton at [doit.creighton.edu/email-accounts/blue-accounts/quick-launch](http://doit.creighton.edu/email-accounts/blue-accounts/quick-launch)

### Step 2

Select the apple icon (*SimplyWell*).

### Step 3

Enter your Creighton Net ID (*NetID@creighton.edu*) and BLUE Password and click **Login**; on the next screen, click **Continue**.

### Step 4

Follow the prompts to complete your registration and to sign up for your health screening.

## HOW TO REGISTER VIA MOBILE DEVICE

### Step 1

Download the mobile app by searching "SimplyWell" in the App Store or Google Play.

### Step 2

Select **Register**.

### Step 3

Enter your information, including your identifier: Date of Birth (mmddyyyy) + the last 4 digits of your Social Security number.

### Step 4

Enter your registration code: **Creighton**

### Step 5

Follow the prompts to complete your registration.

## SYNC YOUR DEVICE

To sync your app or device:

- Select the **Preference** icon in the top-right corner.
- Select **Apps & Devices**.
- Select the **+** icon.
- Follow the prompts to sync your app or device.



As a Jesuit, Catholic university, Creighton is committed to wellness. The Jesuit ideal *cura personalis* especially speaks to our wellness initiatives, which support our mission by working to improve the well-being of our faculty and staff. I am gratified to be able to emphatically state that Creighton is truly dedicated to providing a healthy, wellness-oriented workplace for all.

A handwritten signature in blue ink that reads "Daniel S. Hendrickson". The signature is fluid and cursive, written in a professional style.

Rev. Daniel S. Hendrickson, SJ, President

# Earn Incentives

Engaging in the *SimplyWell* program is how you earn reward opportunities. Some of the many ways you can earn rewards include attending a health screening, participating in wellness challenges and more. *SimplyWell* has something for everyone.

## ENGAGEMENT REWARD

Enroll in *SimplyWell*, complete the Member Health Assessment (MHA) and attend an on-site biometric screening to earn the wellness credit on your medical premiums for 2020.

“I encourage all those that haven’t participated in the ample Wellness opportunities that Creighton provides to do so. For me, it’s been a great way to improve my health and well-being, all while making new friends!”

**Laurie Galeski**

*College of Professional Studies*

## WELLNESS DRAWINGS

After completing your MHA and biometric screening, you can continue to earn points throughout the year. Those that reach the point thresholds listed by the described dates will be entered into prize drawings: 2,500 points by December 31, 2019, 5,000 points by March 31, 2020, and 10,000 points by June 30, 2020.

**Here are the activities that you can participate in to earn points:**

- Member Health Assessment
- Biometric Screening
- Preventive Care Compliance
- Health Metric Bonus
- Lifestyle Outreach
- Articles/Videos
- 250K Step Milestone
- Employer Challenges
- Peer Challenges
- Healthy Events (Creighton-sponsored Wellness Challenges, Healthy Lifestyle Classes, donating blood, attending health/wellness seminars and more)



# 2019 Health Screenings

There are three options for completing your health screening: attend the on-site screening, go to your personal physician or go to a Quest Patient Service Center.

## On-site health screenings include:

Lab work on total, HDL, and LDL cholesterol; triglycerides; and fasting Glucose. You are encouraged to fast 8–10 hours before attending a screening.

## Visiting your own doctor?

Attending an on-campus screening or visiting a Quest Patient Service Center is the easiest way to participate, but if you prefer to visit your own doctor you may do so at your expense. Select this option during the enrollment process and download the form provided. Please follow the instructions on the form.

To count for your 2019 biometric screening, your appointment must be after May 1, 2019.

## Visiting the Quest Patient Service Center?

The third option is to visit a local Quest Patient Service Center to complete your health screening. You'll select this option when signing up for your screening, and it will allow you to select the local location and select the date you'd like to schedule your screening.

## HOW DO I CONTACT THE SIMPLYWELL HEALTH CENTER?

Call toll-free: 1.888.833.5828

## Hours:

Monday–Thursday: 7 a.m.–7:30 p.m. (CT)

Friday: 7 a.m.–6 p.m.

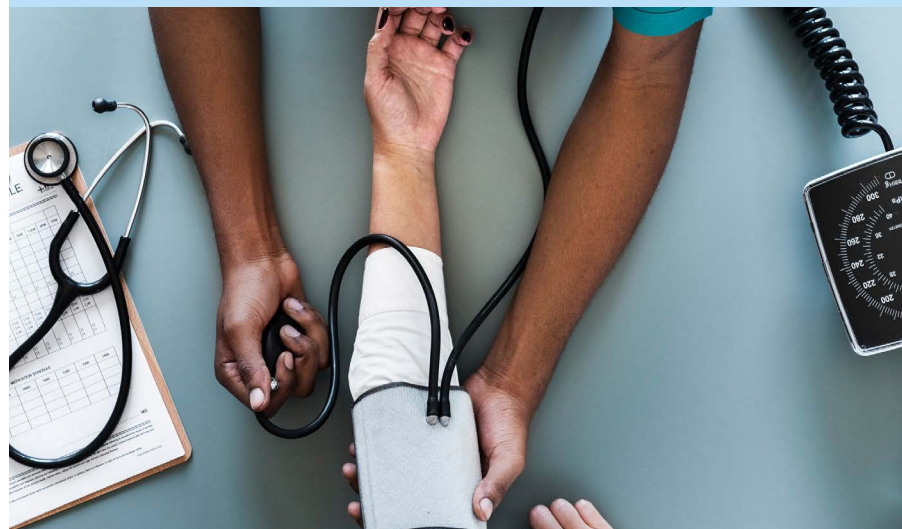
**Questions?** Contact the Wellness Team at [wellness@creighton.edu](mailto:wellness@creighton.edu) or 402.280.5721.

## ON-SITE BIOMETRIC HEALTH SCREENING SCHEDULE

Your biometric screening needs to be scheduled at least two weeks prior to your screening date. Please be mindful and good stewards of the resources available for this program and schedule an appointment that you're confident you can attend. Creighton is charged for all no-show appointments.

To schedule your screening, log in to the portal. On the homepage, scroll down and click on **Biometric Screening**. You'll be directed to the Quest website where you can choose an on-site screening, the Quest Patient Service Center or Physician Results Form. Please contact the Wellness Team at [wellness@creighton.edu](mailto:wellness@creighton.edu) if you need to reschedule your appointment.

<b>July 25</b>	7–10:30 a.m.	CUMC Bergan 11661 A and B
<b>July 31</b>	7–10:30 a.m.	Skutt Ballroom
<b>August 13</b>	7–10:30 a.m.	CUMC Bergan 11661 A and B
<b>August 14</b>	4–6 p.m.	Facilities Building: 1006 N. 20th Street
<b>August 21</b>	7–10:30 a.m.	Skutt Ballroom
<b>August 22</b>	7–10:30 a.m.	Skutt Ballroom
<b>August 28</b>	7–10:30 a.m.	Harper 3023
<b>August 29</b>	7–10:30 a.m.	Harper 3023
<b>September 5</b>	7–10:30 a.m.	CUMC Bergan 11661 A and B
<b>September 10</b>	8–10:00 a.m.	Hastings Campus
<b>September 10</b>	7–10:30 a.m.	Harper 3023
<b>September 11</b>	7–10:30 a.m.	Harper 3023
<b>September 17</b>	7–10:30 a.m.	Skutt Ballroom
<b>September 18</b>	7–10:30 a.m.	Skutt Ballroom
<b>September 25</b>	7–10:30 a.m.	Skutt Ballroom
<b>September 26</b>	7–10:30 a.m.	Skutt Ballroom



# Components of Wellness

In the Jesuit tradition of *cura personalis*, caring for the whole person, we are committed to overall health—physical, emotional, financial, environmental, intellectual and spiritual—of each faculty and staff member. Wellness has many components, and Creighton has resources available in each area. You can take a look at some of them below, or visit [creighton.edu/hr/wellness](http://creighton.edu/hr/wellness) for the latest events and updates.

## Physical

- [Campus Recreation](#)
- [Creighton's Cardiovascular and Diabetes Mellitus Risk Reduction Programs](#)
- [Creighton's on-site pharmacy](#)
- [Dental services at the College of Dentistry](#)
- [Office ergonomics information](#)
- [Real Appeal weight loss program](#)
- [UHC virtual visits](#)

## Emotional

- [Bereavement Ministry](#)
- [Employee Assistance Program](#)
- [Flexible work schedule](#)
- [Magellan Healthcare well-being resources](#)
- [Massage therapy at Kiewit Fitness Center](#)
- [Parental leave benefits](#)
- [Violence Intervention and Prevention](#)

## Spiritual

- [Creighton Online Ministries](#)
- [Daily mass and reconciliation](#)
- [Ignatian Formation and Ministries](#)
- [Mission and Ministry](#)
- [Paid volunteer time off](#)



## Intellectual

- [Faculty Council](#)
- [Faculty development opportunities through the Teaching and Learning Center](#)
- [Green Dot Bystander Intervention Training](#)
- [Professional development for employees](#)
- [Professional development for managers](#)
- [Staff Advisory Council](#)
- [Tuition remission](#)
- [University Libraries](#)

## Financial

- [Employee Emergency Fund](#)
- [Financial planning with Principal Milestones](#)
- [High School Tuition Discount Program](#)
- [On-campus credit union](#)
- [Principal Retire Secure 1:1 Financial Education](#)

## Environmental

- [CreightonAlert](#)
- [Ignatian Community Garden](#)
- [POM safety device](#)
- [Public Safety presentations](#)
- [Sustainability resources](#)

