



APPRISS[®]
Knowledge for good™

2019 WELLNESS PROGRAM

LIVE BETTER TODAY

The 2019 Wellness Program will reward you for making healthy choices. Get the motivation you need to reach personal health goals along with the education and support to make wellness a lifestyle.

Who can participate?

Beginning 1/1/19, all eligible health plan-covered employees and health plan-covered spouses can log on to connect.simplywell.com or the SimplyWell® app to start the program. Download the mobile app by searching “SimplyWell” in the App Store or Google Play.

HOW TO REGISTER

- Visit connect.simplywell.com or the SimplyWell app
- Select **Register**
- Enter your last name and date of birth (DOB)
- Enter your identifier:
 - Employee: Enter your full date of birth plus the last four digits of your SSN. (Ex: DOB = 01/01/1990, SSN = 123456789, Identifier = 010119906789)
 - Spouse: Enter “SP-” before the employee’s date of birth and last four SSN digits. (The spouse of the example employee above would enter: SP-010119906789)
- Enter the registration code: `appriss` (case sensitive)
- Then follow the prompts to complete registration

SYNC YOUR DEVICE

To sync your app or device, visit connect.simplywell.com:

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

Note: If you’re using an Apple Watch, sync your Apple Health app using the SimplyWell mobile app.

GETTING STARTED

Start at connect.simplywell.com or the SimplyWell app to see where your health stands and take action toward a healthy lifestyle.

Member Health Assessment (MHA)

The MHA consists of 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 at connect.simplywell.com or the SimplyWell app.

Biometric Screening

Biometric Screenings will be offered onsite this year. 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. If you are unable to attend a Biometric Screening event, you may fulfill the screening requirement by visiting your physician and completing a physician form or by visiting a Quest Diagnostics® Patient Service Center.

Contact the SimplyWell Health Center at 888-848-3723 with any questions or concerns.

Please note: Depending on your method of testing or location of onsite screening, not all metrics may be included.

Profile

This section of connect.simplywell.com or the SimplyWell app shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and your options to improve your results.

EARNING INCENTIVES

Earn credit for completing program activities in the 2019 Wellness Program and earn rewards. Manage all your program activities at connect.simplywell.com or the SimplyWell app.

Complete your MHA and Biometric Screening within 90 days of becoming eligible for the SimplyWell portal to keep your 2019 Premium Discount.

2019 WELLNESS PROGRAM #5	
AWARENESS	POINTS
Biometric Screening	50
Member Health Assessment (MHA)	50
PROGRAM GOAL #5	100 Points

Complete your Tobacco Free Program within 90 days of your SimplyWell Eligibility date to avoid the 2019 Tobacco Surcharge.

2019 WELLNESS PROGRAM #6	
TOBACCO FREE	POINTS
Report tobacco-free via affidavit OR Complete the Tobacco Reasonable Alternative	50
PROGRAM GOAL #6	50 Points



ADDITIONAL ACTIVITIES

For more activities or support in your wellness program, you have plenty of available resources:

- Register for any Employer Challenges Appriss is hosting
- Learn how to better manage your health with Featured Content, including educational articles and videos
- Participate in or start a Peer Challenge

Challenges

Challenges let you stay involved in the program while managing risk factors or lifestyle changes. Sign up for Employer and Peer Challenges, log activity, and view your status from the **Well-being** section.

FREQUENTLY ASKED QUESTIONS

What is the SimplyWell Health Center?

The Health Center is a health and wellness resource available to all SimplyWell members. It is staffed with a variety of highly trained customer care representatives, including certified Health Coaches..

Is my health information confidential?

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

How do I contact the SimplyWell Health Center?

You can send a secure message to your coach via your wellness website or the SimplyWell app.

Or call toll-free: 888-848-3723

What are the SimplyWell Health Center hours?

- Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- Friday: 7 a.m. – 6 p.m. CT
- Saturday – Sunday: Closed
- Closed holidays