



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 1/1/2019, all eligible health plan-covered employees that are in the SimplyWell System before 8/1/2019 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)
- 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, visiting a Quest Patient Service Center, visiting a LabCorp facility, or by completing an At-Home Test.

Contact the SimplyWell Health Center at 888-848-3723 with any questions or concerns about the SimplyWell online screening sign-up process or wellness program.

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

Complete your MHA, Biometric Screening and an additional 100 points for 200 total points by 10/31/19 to receive your 2020 Premium Discount. If you completed your MHA and Biometric Screening in 2018, then your points have carried over to your 2019 Wellness Program. Continue to earn an extra 100 points to meet the program goal!

Complete the Tobacco-free program by 10/31/19 to avoid the 2020 Tobacco Surcharge.

2019 WELLNESS PROGRAM #1	
AWARENESS	POINTS
Biometric Screening	50
Member Health Assessment (MHA)	50
PREVENTIVE CARE COMPLIANCE	POINTS
Compliant with any three exams during the plan year	40
ACTIVITIES	POINTS
Featured Content: Articles	4 each / 40 max
Featured Content: Videos	4 each / 40 max
Employer Challenges	20 each / 60 max
Peer Challenges	10 each / 30 max
1 Million Steps (250k Step Milestones)	10 each / 40 max
Healthy Events	4 each / 40 max
PROGRAM GOAL	200 Points

2019 WELLNESS PROGRAM #2	
TOBACCO FREE PROGRAM	POINTS
Report tobacco-free via affidavit OR Complete the Tobacco Reasonable Alternative	50
PROGRAM GOAL	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 earn extra points / 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 SimplyWell 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