

## Activities to Earn Points

The health management program is run on a point system. You will earn points throughout the year for completing certain program activities. Then, you redeem these points at the end of the year for incentives or rewards. If you earn 200 points before 8/31/17, you will be eligible to continue receiving \$20 per month off your monthly health insurance premium.

Arlington ISD Program	
ASSESSMENTS	POINTS
Biometric Screening (Required)	50
Member Health Assessment (Required)	50
PREVENTIVE CARE COMPLIANCE	POINTS
Preventive Care Compliance (Required)	50
PROGRAM ACTIVITIES	POINTS / MAX
Employer Challenges	15 each / 45 max
Online Courses	10 each / 30 max
Webinars	5 each / 30 max
Questionnaires	5 each / 45 max
Targeted Programs	15 each / 45 max
Healthy Events	5 each / 15 max
<b>Arlington ISD GOAL</b>	<b>200</b>



## Frequently Asked Questions

### What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed with a variety of highly trained customer care representatives, health professionals, and clinicians, including health and exercise specialists and registered nurses and dietitians.

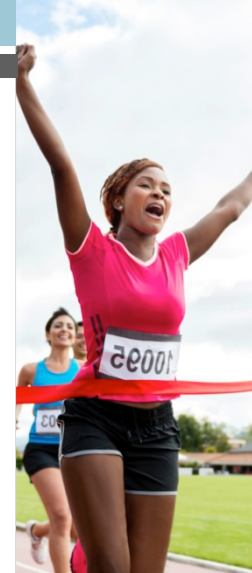
### How do I contact the Viverae Health Center?

There are two ways to contact the Health Center: via phone or by secure email message.

- You can send a secure message to your coach by selecting the **Inbox** link at the top of the screen
- To call toll-free, please dial 888-VIVERAE (848-3723)

The Viverae Health Center hours are as follows:

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



## HEALTH MANAGEMENT PROGRAM

2016-2017



## Welcome

The daily demands of life and work can make it hard to live a healthy lifestyle. Arlington ISD appreciates you and wants to provide the tools and support you need to be healthy and well. We have partnered with Viverae, a leading provider of health management services, to bring you the latest health and wellness content, educational programs, and an online community to keep you motivated.

The Arlington ISD Wellness program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress, or to improve your diet, the Arlington ISD Wellness program can help you.

### Who can participate in the program?

Beginning 9/1/2016, all health plan-covered employees are eligible to participate in the Member Health Assessment (MHA) and Biometric Screening, and may log on to the Arlington ISD website to take part in all the available wellness activities.

### 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 Viverae team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

## How to Register

### Step 1

- » Visit [www.aisdwellnessprogram.com](http://www.aisdwellnessprogram.com)
- » Click **Sign Up**
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: Full 9 digit SSN
- » Enter the registration code: Arlingtonisd

### Step 2

- » Create a user name (5 – 25 characters)
- » Create a password (8 – 12 characters) using letters (upper and/or lowercase), numerals and/or special characters (such as @\$%&#)
- » Select a security question and answer, then click **Save**

## Getting Started

[www.aisdwellnessprogram.com](http://www.aisdwellnessprogram.com)

You will use the site as your personal hub to manage all your program activities and view your points.

### Member Health Assessment

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 at [www.aisdwellnessprogram.com](http://www.aisdwellnessprogram.com).

### Biometric Screening

Biometric Screenings will be offered on site 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 LabCorp facility, or by completing a home screening kit.

Contact the Viverae Health Center at 888-VIVERAE (848-3723) with any questions or concerns about the Viverae online screening sign-up process.

**Please note:** LDL and Triglyceride measurements are excluded from on-site screenings in states that do not test for those results.

### MyHealth

An analysis of your MHA responses and Biometric Screening results will help you understand your risks and what you can do to improve your results. This is accessible in the MyHealth section of the MyViverae portal.

## Additional Activities

For more points or support in your health management program, you have plenty of available resources. Participating in the Arlington ISD Wellness program allows you to do the following:

- Register for any Employer Challenges Arlington ISD is hosting
- Take an Online Course or join a Targeted Program to address specific lifestyle concerns
- Watch a Webinar and complete a quiz

## Participate in a Challenge

In addition to core point-earning activities, you will have opportunities throughout the year to take on more focused Challenges and earn points. These Challenges run anywhere between four and 12 weeks and focus on specific risk factors or lifestyle changes.

Sign up for Employer and Peer Challenges on your homepage under the Challenges section.

Sign up for your screening online at [www.aisdwellnessprogram.com](http://www.aisdwellnessprogram.com).

You can also log activity, view your status, view challenge details (past and present), and sign up for new Challenges from the Challenges section.

