



2018-2019 WELLNESS PROGRAM

LIVE BETTER TODAY

The Arlington ISD 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 9/1/2018, all employees who opted into Wellness are eligible to log on to www.aisdwellnessprogram.com or the Viverae app to start the program. Download the mobile app by searching “Viverae” in the App Store or Google Play.

HOW TO REGISTER

- Visit www.aisdwellnessprogram.com or the Viverae app
- Select **Register**
- Enter your last name and date of birth (DOB)
- Enter your identifier: Full 9-digit SSN
- Enter the registration code: arlingtonisd
- Then follow prompts to complete registration

SYNC YOUR DEVICE

- To sync your app or device, visit www.aisdwellnessprogram.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: Sync your Apple

GETTING STARTED

Start at www.aisdwellnessprogram.com or the Viverae 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 www.aisdwellnessprogram.com or the Viverae app.

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 or a LabCorp facility.

FREQUENTLY ASKED QUESTIONS

What is the Viverae Health Center?

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

How do I contact the Viverae Health Center?

- Call toll-free: 888-VIVERAE (848-3723)
- Monday – Thursday: 7am – 7:30pm CT
 - Friday: 7am – 6pm CT
 - Saturday – Sunday: Closed
 - Closed Holidays