



Your Journey Starts Here.

2023-2024 Wellness Program Guide



Your Wellness Program Starts Soon!

September 1, 2023 – August 31, 2024

CHC Wellbeing and Sheet Metal Workers Local 71 Healthcare Fund know the importance of a healthy lifestyle. When you focus on your entire wellbeing, you reach your true potential. That is why we are partnering to bring you a program that will reward you for your healthy lifestyle choices. How does the program work? Your participation in healthy activities will earn you points that will be tracked through CHC's member portal. Keep reading to learn more about your wellness program!



Silver*

Earn 550 points to receive a \$75 Visa gift card!



Gold

Earn 800 points to receive an additional \$50 Visa gift card!

If you are unable to achieve the standards for the reward under this program due to a medical condition, you may request a Reasonable Alternative Standard (RAS) through your portal. Submit your request within 30 days of your screening. If you are unable to submit the request through your portal, please call CHC at 866-373-4242.

You must complete and submit your RAS form by August 31, 2024.

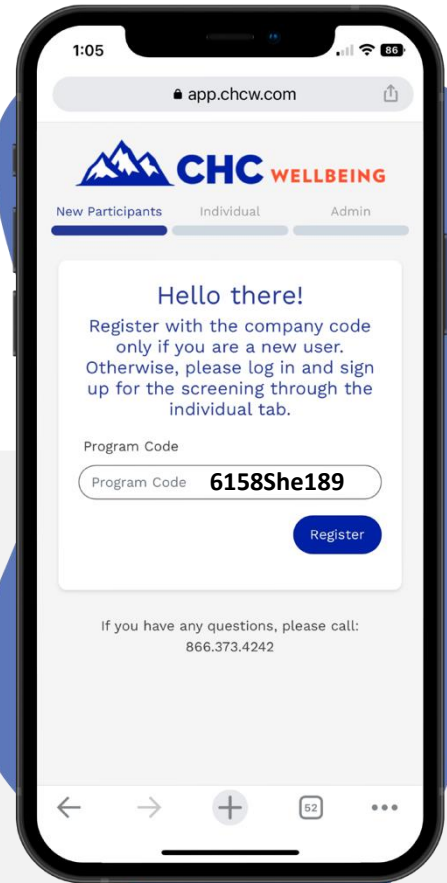
To register for your wellness program, go to app.chcw.com.

New Members

1. Enter your program code **6158She189** under the “New Participants” tab and select “Register”.
2. Complete your registration by creating a CHC user profile to begin your journey!

Returning Members

1. Enter your username & password under "Individual Login" and select "Log in."
2. Select the “Join a Wellness Program” card under “Today’s Activities.”
3. Enter in program code **6158She189**.



FORGOT YOUR LOGIN? Select “Forgot username/password” on the CHC login page. On the next screen, select whether you would like to retrieve your username or reset your password.

If you need help during the registration process or if you have any questions about your program, call 866-373-4242.

ELIGIBILITY REQUIREMENTS

These activities must be completed to earn any reward level incentive

Activity	Description	Points per Activity	Max Points	Frequency
Wellness Screening	Complete the wellness screening in order to be eligible to participate in the rewards program	250	250	Once between 9/1/2023 - 11/30/2023
Complete the Health & Lifestyle Survey	Complete the Health & Lifestyle Survey in order to be eligible to participate in the rewards program	250	250	Once between 9/1/2023 - 11/30/2023
Send Results to Physician	Provide physician name and fax number during registration in order to be eligible to participate in the rewards program	50	50	Once between 9/1/2023 - 8/31/2024

WELLNESS PROGRAM ACTIVITIES

Program	Requirement	Points per Activity	Max Points	Frequency
Complete a Preventive Service	Annual physical, dental, mammogram, colonoscopy, well woman/man, skin cancer screening, bone density testing. Exams must be dated between 9/1/2023 - 8/31/2024.	100	200	Twice between 9/1/2023 - 8/31/2024
Complete a Session with a Health Coach	Engage with a health coach	100	100	Once between 9/1/2023 - 8/31/2024
Receive a Flu Shot	Receive a flu vaccine and submit proof of completion on your CHC portal	75	75	Once between 9/1/2023 - 8/31/2024
Select Your Wellbeing Interests	Select at least one wellbeing interest on your CHC portal	25	25	Once between 9/1/2023 - 8/31/2024
Log 600-Minutes of Physical Activity	Average 600-minutes of physical activity in the CHC Activity Tracker per month	75	900	Once per month

WELLNESS PROGRAM ACTIVITIES CONTINUED

Program	Requirement	Points per Activity	Max Points	Frequency
E-Learning	Complete an e-Learning course	50	600	Once per month
WorkWell Webinar	View a CHC webinar in your CHC portal	50	600	Once per month
CHC Financial Wellbeing Webinar	Visit the Financial Wellbeing Center through your CHC portal and view a webinar. Select Topics from the menu bar in the Financial Wellbeing Center and go to the Live Webinars page to view a full list of options. Credit will be issued within 3-days.	50	600	Once per month
CHC Mindfulness	View a CHC mindfulness video	50	600	Once per month



Healthy Resources

E-LEARNING COURSES & WEBINARS

There are over 500 topics to choose from, such as back pain, cholesterol management, depression, diabetes, eating healthy and hundreds more! You will be required to answer questions at certain points during the course to ensure comprehension.

MINDFULNESS LIBRARY

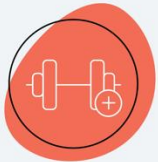
The Mindfulness Library offers a curriculum for becoming more aware, dealing effectively with stress and increasing emotional IQ. You must answer one quiz question at the end of the video to earn points.

FINANCIAL WELLBEING

Financial wellbeing is the practice of taking the frustration and fear out of your finances by using mindful tools and developing skills to achieve your goals. The platform includes articles, calculators, courses and videos covering all your must-knows about money and finances.

Health Trackers

Track various aspects of your health using the trackers on your dashboard. Follow your weekly or monthly progress towards your health goals through the individual tracker pages. Trackers are for your personal use and points are not awarded.



ACTIVITY TRACKER

Log your activity daily



NUTRITION TRACKER

Log your nutrition daily



HYDRATION TRACKER

Log your hydration daily



SLEEP TRACKER

Log your sleep daily



HABIT BUILDER

The habit builder allows you to set personal habits and mark them off every time you successfully do the habit.

Please note: Habits will be marked as 'complete' and points will be awarded when 80% or more of the habit has been completed. Even if you have already been awarded points, you will still have the ability to work on a habit if the deadline has not passed.



DID YOU KNOW? You can log the health data you are tracking with an outside app or device by simply linking the app or device to your CHC portal. Learn how to link apps and devices on the next page!