

2019 Wellness Guide

# PUTTING THE FOCUS ON YOUR HEALTH

November 19, 2018 – November 15, 2019

YOUR HEALTH



FOCUS



Gwinnett

# BEFORE YOU **GET STARTED** ON YOUR JOURNEY


If you and your covered spouse completed the Biometric Screening and Online Wellness Assessment by **August 31, 2018**, you each earned the \$100 “Get Started” incentive. The “Get Started” incentive will be deposited into your Health Savings Account (HSA) or Health Reimbursement Arrangement (HRA) in 2019.

## **Newly enrolled employee?**

You have 60 days from your benefit effective date to complete a Biometric Screening and the Online Wellness Assessment to receive a prorated “Get Started” incentive and continue to receive the premium reduction of \$60 a month.







Gwinnett County cares about the health of you and your family. When you feel your best, you have more energy for yourself, your family, your work, and your community. Follow the steps in your 2019 wellness program journey to earn up to \$750 in incentives for both you and your covered spouse.

### Step 1

GET A PICTURE  
OF YOUR HEALTH



### Step 2

MAKE A  
WELLNESS PLAN



### Step 3

PUT YOUR PLAN  
INTO ACTION



## Step 1

### Get a picture of your health

#### Biometric Screening

You have three ways to get a Biometric Screening:

- 1. At an onsite screening event.** Schedule your time at [gcbewellbesafe.com](http://gcbewellbesafe.com).
- 2. From your primary care doctor.** Download the Physician Screening Form from [gcbewellbesafe.com](http://gcbewellbesafe.com) and take it with you. Follow instructions on the form and submit to Asset Health.
- 3. At the Wellness Center.** Call 678.377.4080 to schedule your appointment.

#### Newly enrolled employee?

You have 60 days from your benefit effective date to complete a Biometric Screening and the Online Wellness Assessment to continue receiving the premium reduction of **\$60** per month.

#### Online Wellness Assessment

A wellness assessment is a short questionnaire about your health. Take the Online Wellness Assessment at [gcbewellbesafe.com](http://gcbewellbesafe.com).

Accomplish these activities by **March 31, 2019**, to earn the \$60 per month medical premium reduction for 2020. Completing both activities will unlock wellness incentives for 2019.

### What you'll save

**\$** You: \$720 premium reduction in 2020

#### Your information is confidential

Asset Health is our wellness partner and will administer our Wellness Program. No one at Gwinnett County will see your information without your permission.



“FEELING  
GOOD ABOUT  
MY HEALTH”





## Step 2

### Make a wellness plan

You and a wellness coach can use the information from your Biometric Screening and Online Wellness Assessment to set wellness goals. Creating a wellness plan also earns you \$100 in wellness incentives that will be deposited into your HSA/HRA in 2019.

Begin by contacting one of these wellness professionals:

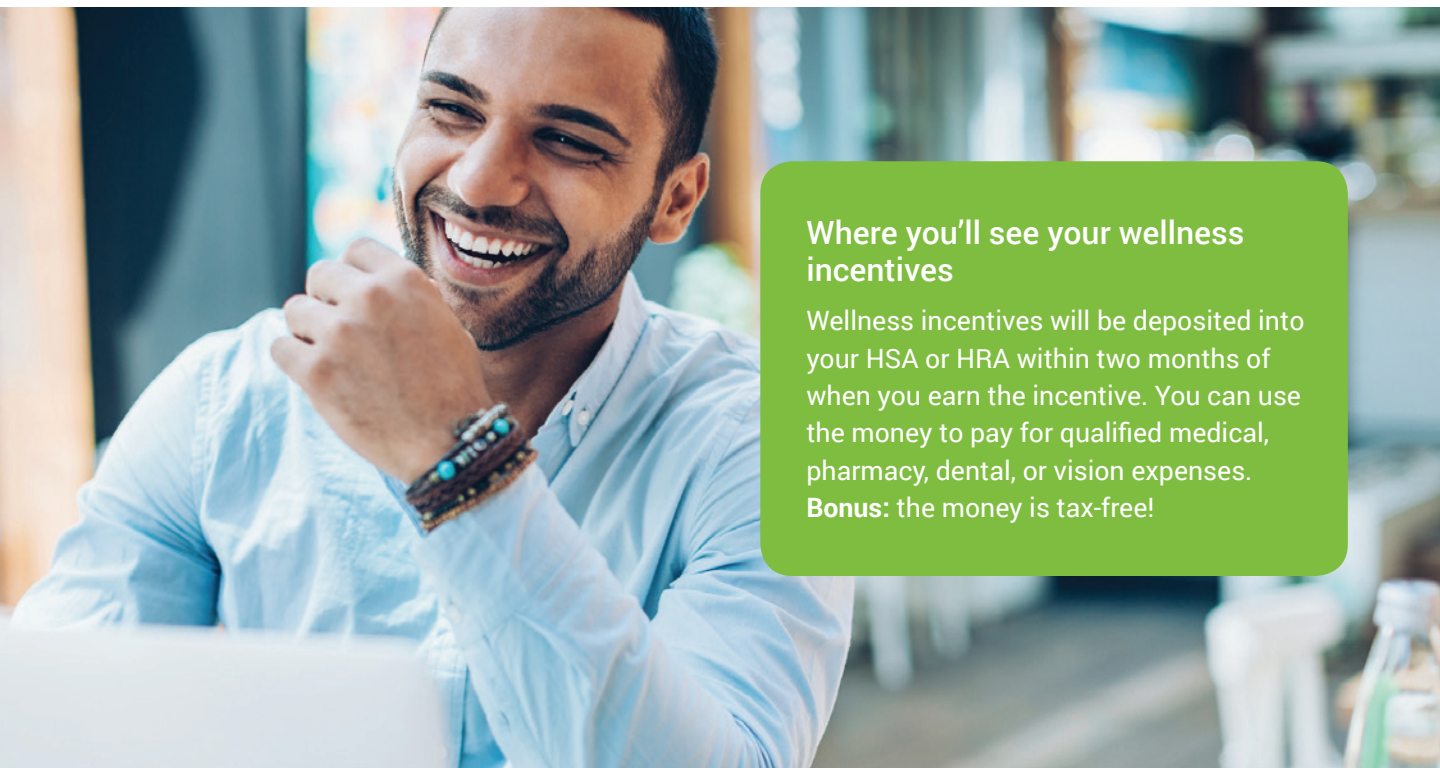
- **Wellness Center Clinician.** Call 678.377.4080 to schedule your appointment.
- **Onsite Wellness Advocate.** Make an appointment online at [gcbewellbesafe.com](https://gcbewellbesafe.com). Select the "Events and Classes" tab.
- **Telephonic Coaching.** Log into [gcbewellbesafe.com](https://gcbewellbesafe.com) to see your coach's contact information and to schedule an appointment.

### What you'll earn



You: \$100

Your Spouse: \$100



#### Where you'll see your wellness incentives

Wellness incentives will be deposited into your HSA or HRA within two months of when you earn the incentive. You can use the money to pay for qualified medical, pharmacy, dental, or vision expenses.

**Bonus:** the money is tax-free!





“ON THE  
PATH TO A  
HEALTHY  
LIFE”



## Step 3

### Put your plan into action

Between November 19, 2018, and November 15, 2019, participate in wellness activities that help you reach your wellness goals. As you participate in these activities, you'll earn points toward your wellness incentives that will be deposited into your HSA/HRA in 2019 after each 10 points you earn. See the next page to learn how you can earn points.

### What you'll earn

**Activate**  
Your first 10 activity points

**Accelerate**  
Next 10 activity points

**Achieve**  
Next 10 activity points

|                    |       |       |       |
|--------------------|-------|-------|-------|
| <b>You</b>         | \$100 | \$150 | \$300 |
| <b>Your Spouse</b> | \$100 | \$150 | \$300 |

Completing the Biometric Screening, Online Wellness Assessment, and your first ten activity points will earn you the "Get Started" incentive in 2020.

### Tools to Track Your Points

Go to [gcbewellbesafe.com](http://gcbewellbesafe.com) to set and track your fitness and nutrition goals and earn your points over a consecutive **five-week period**. You have a **five-day grace period** to log your activity. Once you complete a goal, you can challenge yourself to complete the same goal again or set a new goal.

[gcbewellbesafe.com](http://gcbewellbesafe.com) — it's mobile friendly too!

### Fitness Trackers

You can link certain fitness trackers to [gcbewellbesafe.com](http://gcbewellbesafe.com) to have your data automatically loaded into the system. Compatible trackers include, but aren't limited to:

- Fitbit
- Adidas
- Jawbone Up
- Under Armour

For continuous tracking, reset your goal every five weeks by logging in to [gcbewellbesafe.com](http://gcbewellbesafe.com). The site also has a full list of trackers and instructions on how to link your device.



## Complete activities to earn points

Points add up fast, especially if you already practice healthy habits. See how quickly you can Activate, Accelerate, and Achieve.

### 1 Point Per Activity

Wellness and nutrition goals—earn 1 point per activity when performed 5 days a week for 5 weeks:

- Improve sleep: sleep for 7+ hours per night
- Mindfulness: engage in meditation for at least 10 minutes per day
- Nutrition:
  - 2 servings of fruit per day
  - 2 servings of vegetables per day
  - 8, 8-ounce servings of water per day

Asset Health online courses

Blood donation (once per year)

Immunizations (once per year)

Community volunteer (4 hour minimum, once per year)

Approved employee informational events

Obtain CPR/AED certification or recertification

Attend the wellness fair

Preventive care

- Routine annual exam
- Routine colonoscopy
- Vision exam
- Dermatology exam/screening
- Annual GYN exam
- Routine mammogram
- Dental exam
- Prostate Specific Antigen test

### 3 Points Per Activity

Meet with a Voya Retirement representative

Fitness goals—earn 3 points per activity when performed for 5 weeks:

- Walk 7,500 steps per day, 4 days a week
- 30 minutes of strength training, 3 days a week
- 30 minutes of cardio training, 4 days a week

### 6 Points Per Activity

Asset Health online challenges

Gwinnett County challenges and programs

Tobacco-cessation programs

Weight loss programs (e.g., Weight Watchers, Jenny Craig, etc.)

Wellness coaching (onsite and telephonic)

Serve as a wellness champion

# Setting Goals

To get credit for meeting a goal, you must set up a goal before you begin tracking it. **All goals are five weeks long with a five-day grace period.** Start by taking these five steps:

**Step 1** Log onto **gcbewellbesafe.com** and go to the “Goal Tracking” tab.

**Step 2** Select a category, such as Nutrition, Exercise, Meditation, Sleep.

**Step 3** Click on the orange “Set Goal” button to start your goal.

**Step 4** Follow the guided prompts to set up your goal. Set a start date, provide a goal name, and then submit.

**Step 5** Begin tracking your activity in the newly created goal. You must click “Submit” to finish reporting your activity.

The screenshot displays the 'Goal Tracking' section of the gcbewellbesafe.com website. At the top, there is a navigation bar with links for Home, Activity Tracking, Goal Tracking (selected), Wellness Plan, Events & Classes, Wellness Assessment, Courses, New for 2019, and Why Wall. Below the navigation bar, there is a 'Past Goals' button. The main content area features four category buttons: Nutrition (highlighted in green), Exercise (with a star icon), Meditation, and Sleep. Below these categories, there is a 'Learn More' link and a calendar view showing dates from Monday, October 29 to Sunday, November 4. The tracking interface is organized into three rows: 'FRUITS - Daily goal of 2 servings', 'WATER - Daily goal of 8 servings', and 'VEGETABLES - Daily goal of 2 servings'. Each row includes an icon, a table of input fields for servings, and a 'Submit' button. The 'FRUITS' row shows 3 servings on Monday, 35 on Tuesday and Wednesday, and 3 on Thursday. The 'WATER' row shows 9 servings on Monday, Tuesday, and Wednesday. The 'VEGETABLES' row shows 'Servings' in all input fields. Each row also has a 'Set Goal' button on the right side.



YOUR HEALTH

IN

FOCUS



**Questions?**

Call: 770.822.7932 Email: [benefits@gwinnettcountry.com](mailto:benefits@gwinnettcountry.com)

Log on to: [gcbewellbesafe.com](http://gcbewellbesafe.com)



**Gwinnett**

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# OWN YOUR JOURNEY

Follow these steps to be your healthiest!