

Code You Wellness Incentive Program Checklist

You (and your spouse on the Centura Health Medical Plan) can earn up to \$1,000 each in wellness incentives by March 31, 2016. The incentives will be applied towards your FY17 Medical Plan premiums (beginning July 1, 2016). This checklist will guide you through the process.

Task	Complete	Description																												
Create a CaféWell account	<input type="checkbox"/> Done <input type="checkbox"/> N/A	If you do not have a log in, visit CafeWell.com/code/wellbeing and create a user name and password. Forgot your password? Contact Code You at 1-888-280-6069.																												
Schedule a biometric screening	<input type="checkbox"/> Done <input type="checkbox"/> N/A	Biometric screenings will no longer be offered at Centura Health Laboratories. To complete biometric screenings this year, you will need to: <ul style="list-style-type: none"> Schedule an annual wellness visit and biometric screening labs with a health care provider and earn an additional \$50 incentive (as part of the maximum \$1,000 available); or Schedule to attend an onsite biometric screening in October or November (register on CafeWell.com/code/wellbeing). 																												
Attend your scheduled biometric screening	<input type="checkbox"/> Done <input type="checkbox"/> N/A	You will need to be fasting for your appointment. (No food for 8 hours, drink plenty of water and take any prescribed medications.) If you complete your screening with a health care provider, you will need to bring your Health Screening Results form from CafeWell.com/code/wellbeing for your provider to complete. <i>Note: lab results may not be available the day of your appointment - please work with your health care provider to populate the Health Screening Results form.</i>																												
Submit your biometric screening results	<input type="checkbox"/> Done <input type="checkbox"/> N/A	If you attended an onsite biometric screening, your results will automatically populate in CaféWell within 14 business days. If your health care provider performed your biometric screening and labs, submit your completed and signed Health Screening Results form by March 31, 2016 .																												
Review your biometric screening results and, if needed, complete a Reasonable Alternative Program by March 31, 2016.	<input type="checkbox"/> Done <input type="checkbox"/> N/A	Compare your results with the Wellness Incentive Program biometric target ranges: <table border="1" data-bbox="430 1155 1523 1522"> <thead> <tr> <th>Target Range</th> <th>Your Result</th> <th>Incentive</th> <th>Target Met?</th> </tr> </thead> <tbody> <tr> <td>BMI ≥ 18.5-≤ 27.5 (or 2 points lower than last year) or waist circumference ≤ 40 men; ≤ 35 women</td> <td></td> <td>\$50</td> <td><input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> <tr> <td>Blood Pressure $\leq 140/90$</td> <td></td> <td>\$50</td> <td><input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> <tr> <td>Glucose ≤ 125 or A1C $\leq 5.7\%$</td> <td></td> <td>\$50</td> <td><input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> <tr> <td>HDL ≥ 40 for males; ≥ 50 for females</td> <td></td> <td>\$25</td> <td><input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> <tr> <td>Triglycerides ≤ 200</td> <td></td> <td>\$25</td> <td><input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> <tr> <td>Tobacco free</td> <td></td> <td>\$600</td> <td><input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> </tbody> </table> If you do not meet the biometric target ranges or show improvement of two points or more for BMI, complete a Reasonable Alternative Program by March 31, 2016 to earn the full wellness incentive. Visit CafeWell.com/code/wellbeing for information on how to get started.	Target Range	Your Result	Incentive	Target Met?	BMI ≥ 18.5 - ≤ 27.5 (or 2 points lower than last year) or waist circumference ≤ 40 men; ≤ 35 women		\$50	<input type="checkbox"/> Yes <input type="checkbox"/> No	Blood Pressure $\leq 140/90$		\$50	<input type="checkbox"/> Yes <input type="checkbox"/> No	Glucose ≤ 125 or A1C $\leq 5.7\%$		\$50	<input type="checkbox"/> Yes <input type="checkbox"/> No	HDL ≥ 40 for males; ≥ 50 for females		\$25	<input type="checkbox"/> Yes <input type="checkbox"/> No	Triglycerides ≤ 200		\$25	<input type="checkbox"/> Yes <input type="checkbox"/> No	Tobacco free		\$600	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Complete the Online Health Assessment	<input type="checkbox"/> Done <input type="checkbox"/> N/A	The Online Health Assessment must be completed by March 31, 2016 to be eligible for any wellness incentive dollars. You may access the assessment at CafeWell.com/code/wellbeing .																												

For help navigating CaféWell or for questions about the Code You Wellness Incentive Program, call the Centura Health Wellness Incentive Program Helpline at 1-888-280-6069 6069 (Monday through Thursday from 7 a.m. to 6 p.m., and Friday from 7 a.m. to 5 p.m. (MDT)).

Your WELLNESS. *Your* WELLBEING.

