



Online Wellness Program

Q: How to I access the online wellness programs?

A: Upon completion of your health assessment, you will gain access to all six of the online wellness programs via a link to the HealthMedia site. You will also receive an e-mail invitation recommending one or more programs based on the information provided in the health assessment.

Q: What online wellness programs are available?

A: Each program is meant to fit in to your schedule, not the other way around and include:

- The Relax™ program helps you find ways to manage your everyday stress.
- The Balance™* program guides you to make changes that last by focusing on mind, body, and food.
- The Nourish™* program shows you how small changes to your food choices can make a big difference.
- The Overcoming™* Depression program gives you ways to gain control over your depression and see the bright side of life again.
- The Breathe™* program to stop smoking and get support to help reduce cravings, resist relapse and feel healthier.

Q: How many online wellness programs can I participate in?

A: You have the option of participating in one or more programs at any time.

Q: Is there a deadline to complete the online wellness program?

A: The program(s) have a lifespan of 210 from the day the program consultation is completed. There is no “completion” date; however, there are 30-, 90-, and 180- day evaluations to help gauge the impact of the program.





Incentives

- Q:** What do I need to complete in order to earn my incentive?
- A:** Employees will need to complete a biometric screening, take the online health assessment and enroll in an online wellness program in order to earn their incentive.
- Q:** What is the deadline for completing the requirements to earn my incentive?
- A:** The deadline for completing the biometric screening, online health assessment, and online wellness consultation to earn the incentive is September 27, 2013. Pima County will offer the onsite biometric screenings in August and September, 2013 for FY 2013-2014.
- Q:** I recently completed the on-site biometric screening and/or online health assessment with UHC. Am I still eligible for the \$50 gift card incentive?
- A:** The \$50 gift card incentive is only available to employees who complete the 3 Simple Steps requirements which are offered through Aetna. All activities must be completed between July 1, 2013 and September 27, 2013.
- Q:** Does the on-site biometric screening and online health assessment count toward my Healthy Lifestyle Premium Discount?
- A:** Yes, both the biometric screening and online health assessment will give you credit for completing two of the Healthy Lifestyle Premium Discount requirements for FY 2014-2015.

