



Unified for Health

Wellness Incentive Program

2021 - 2022 Program Guide

Earn points for completing wellness activities throughout the year and earn cash incentives.



Ascension



Points and rewards

The Wellness Incentive Program is a voluntary incentive program for benefit-eligible employees.

Beginning July 1, 2021, employees can start earning points through participating in Program-approved activities. It may take 1 to 3 months after hiring to become an eligible user of the portal so please keep a manual record of wellness activities so you can log your information on the PHD as soon as your account is live. All activities must be completed and submitted to Ascension Wisconsin Employer Solutions by June 15, 2022.

The HRA contribution will be posted to your HRA Account by August 1st. If you are not enrolled in the RUSD medical plan, a taxable amount will appear on your paycheck.

Enjoy your journey! If you have any questions, please use contact information below:

Programming questions:

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GOLD

Points: 1,200+
Rewards: \$175

SILVER

Points: 900-1199
Rewards: \$125

BRONZE

Points: 500-899
Rewards: \$75



Welcome to the 2021-2022 Wellness Incentive Program

RUSD supports your health and wellness as part of your cash incentives.

Many of us know that regular physical activity and healthy eating can improve our health. We also can appreciate how stress, time management, access to health and opportunities for health education can impact our physical health and financial wellness.

The Wellness Incentive Program can help you build your own path to wellness with a variety of programs and services. The decisions you make now can have a lasting impact on health, happiness, longevity and vitality. When you participate in the Program, you will be rewarded with cash incentives and opportunities for rewards to celebrate your progress. The HRA contribution will be posted to your HRA Account by August 1st. If you are not enrolled in the RUSD medical plan, a taxable amount will appear on your paycheck.

Logging into the portal

Your Personal Health Dashboard (PHD)

Your activities are tracked and managed through your personal health dashboard at US HealthCenter (www.ushealthcenter.com). You can access your incentive activity completion under the My Health box on the PHD homepage. Auto and self reported activities are updated upon completion. Admin activities can take up to 3-4 business days to show completion status.

Your personal health dashboard can be managed on your phone or tablet through a user-friendly App. Download on the iTunes App Store or Google Play, search for Personal Health Dashboard (US HealthCenter/PredictiMed) and install the App). You may also access the US HealthCenter site and your Personal Health Dashboard from your desktop or laptop.

Logging into your Personal Health Dashboard

1. Go to <https://www.ushealthcenter.com/>
2. **Username:** Employee ID number.
3. **Password:** The first time you log-in, your password will be the same as your username (your employee ID number). However, your employee ID number is case sensitive, so the "E" must be in all CAPS. Upon your first login, you will be prompted to change your password. If you still need assistance? Call 877.322.7398, ext. 2, or email help@ushealthcenterinc.com.
4. Once your username and password are created, you should be at your Personal Health Dashboard.

Login questions

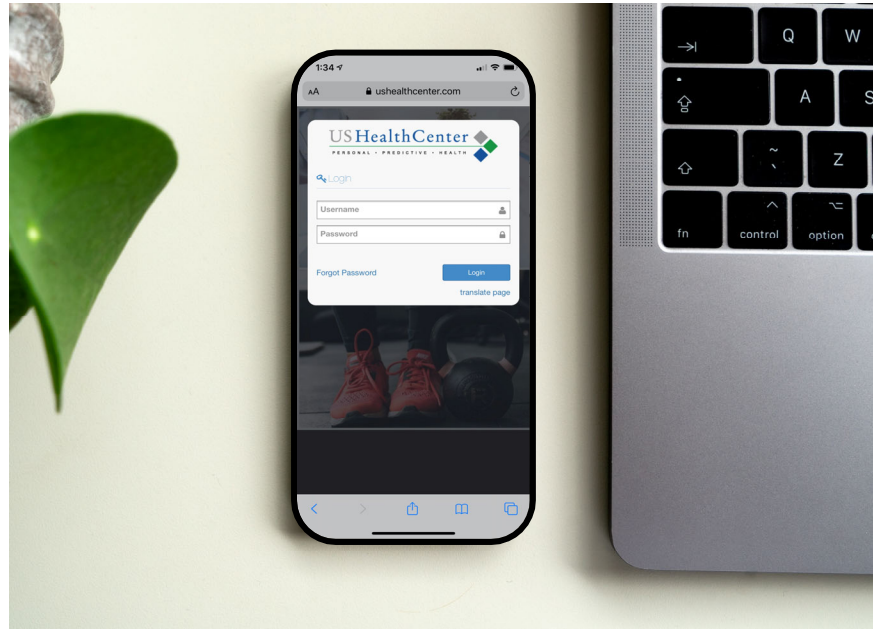
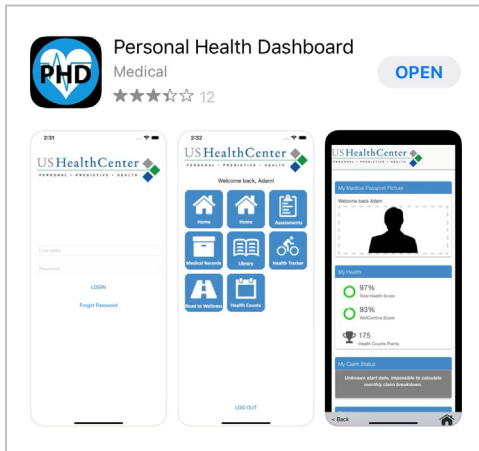
US Health Center
phone: 877-322-7398, ext. 2
email: help@ushealthcenterinc.com

The screenshot shows the top navigation bar of the US HealthCenter portal. The 'Home' link is highlighted with a purple box. Below the navigation bar, a purple arrow points to the 'Health Counts' link, which is also highlighted with a purple box. A purple text box above the arrow reads: 'Click on Health Counts to view your company's incentive program'. Below the navigation bar, there is a red banner for 'Resource Center: Coronavirus Disease (COVID-19)'. Underneath, the 'Health Counts' section is displayed with a blue header. It contains four colored tiles: a blue tile for 'Annual Challenges- Individual' (with a heart icon), a green tile for 'Quarterly Company Challenges' (with a bicycle icon), an orange tile for 'Personal Challenges' (with a document icon), and a red tile for 'Self Monthly Challenges' (with a calendar icon).

Easy access to your PHD

Download the mobile app

Search for Personal Health Dashboard from the App store or Google play.



Take Assessments

Take your Health Risk Assessment or any of our other five health assessments including stress, smoking and your eating profile.

Record Vitals, Steps, and Workouts or Sync your Fitbit to your PHD

Easily record your vitals, steps and workouts with over 500 workouts to choose from or sync your Fitbit directly to your PHD.

Schedule Appointments and Track Wellness Points

Schedule your appointments and receive text notifications right to your smart phone. Easily track your wellness points too.

Easily View Reports

View reports including your Personal Assessment Report, Stress and Diet & Activity Reports. Also view your Individual WellCentive Report here.

Do your Road to Wellness Modules Do your Road to Wellness modules including:

- Diet and nutrition
- Smoking Cessation
- Stress
- Fitness

View Extensive Library

Access our video library, anatomy references, disease and medical condition library and self help library.

Tracking your progress

Submitting activity verification

The reporting type will vary based on the activity. Details regarding reporting will be included in the program descriptions in the next section.

Uploading forms

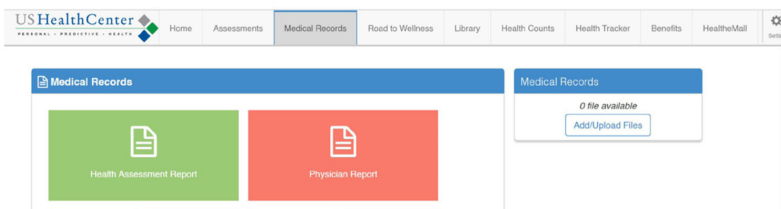
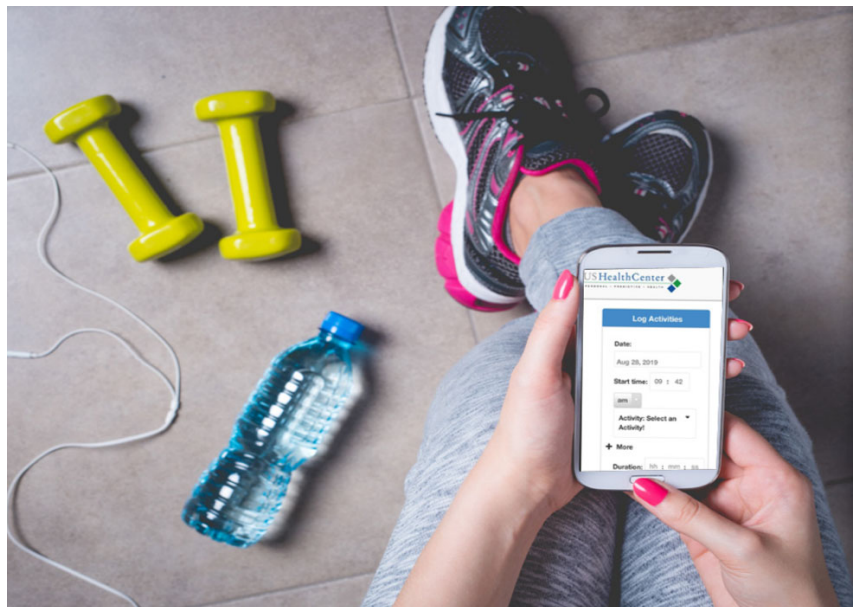
Uploading forms directly onto your PHD is an easy and convenient way to securely store your health documents. Allowable formats include: PDF, JPG, PNG, TIF, and BMP.

Login to **your Personal Health Dashboard**:
ushealthcenter.com

Click on the **Medical Records Tab > Add/Upload Files** button.

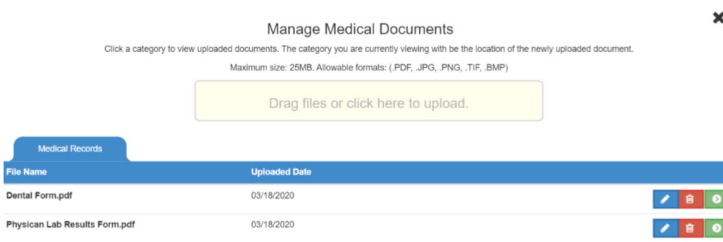
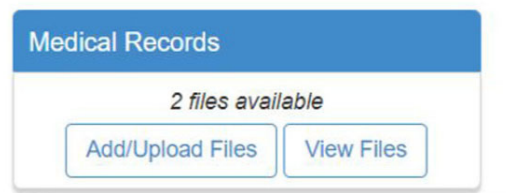
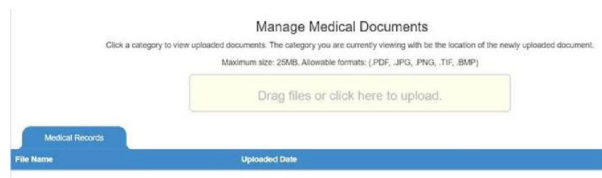
From there you may drag your file into the box or click and upload from your computer.

Your Medical Records container will automatically update indicating the number of uploaded files:



Once you've uploaded your forms you are always able to:

- Edit the file name
- Delete the form
- View the form



Fitness Tracker

Device connection

Your Fitness Tracker allows you to manually or automatically download your steps or activity. You can also view a graph with a summary of all of your activity as well as your daily goals and your best day summary. Adjust the dates to create a custom graph. Simply go to the Health Tracker tab > Fitness tile to view your progress at anytime. The list of connectable devices include:



Fitbit
Sync minutes & steps

- You will need to have a Fitbit Wearable and a Fitbit account already established before you connect your device.
- Data will automatically sync to the PHD once you are connected. Syncing occurs every 10 minutes.



Garmin
Sync minutes & steps

- You will need to have a Garmin wearable and a Garmin account already established before you connect your device.
- Data will automatically sync to the PHD once you are connected. Syncing occurs every 10 minutes.



Apple Watch
Sync steps only

- You will need to have an Apple Watch and a Fitbit account already established to use one of the apps that syncs with the PHD.
- You will need to manually sync through a third party app called MyFitnessSync every 1-4 days. You may also connect to Fitbit through the Apple Health App. Once you sync your app your PHD tracker will update within 30 minutes.



Mobile Phone
Sync steps only

- You will need to have a Smart Mobile Phone and a Fitbit account already established to use MobileTrack to track your steps.
- Low-power step sensors inside your phone track your steps through MobileTrack and sends the data to the Fitbit app. Syncing occurs every 10 minutes.

No Tracker Device? Log manually

You can manually enter your activity on your PHD in the Fitness Tracker found in the Health Tracker tab. Choose from over 150 different activities. Enter your duration and intensity and click save.

How far back will my history sync?

Fitbit and Garmin data will begin showing up from the date you first sync your device with an active account to the US HealthCenter site. If your device disconnects from your account, you have 45 days to sync or data enter the steps for the missed dates. *Steps will not track for synced or manual entry after 45 days.* We recommend logging in frequently (every 1-4 days) to review your data to ensure your account is syncing properly.

Fitness Tracker



Connecting your device

Step 1: Establish an account

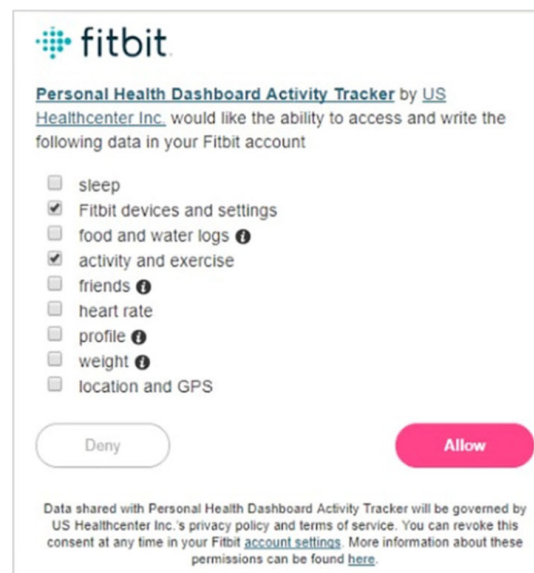
- **Fitbit:** Establish an account with Fitbit
- **Garmin:** Establish an account with Garmin
- **Apple Watch:** Establish an account with Fitbit. (Fitbit device not required, but a Fitbit account is required)
- **Mobile Phone:** Establish an account with Fitbit. When asked which tracker you're setting up, choose "No Fitbit Yet?" and follow the MobileTrack instructions. If you already have a Fitbit account, log into the app and tap or click the account icon. Choose the option for setting up a new device and follow the MobileTrack instructions.

Step 2: For Apple Watch Only - Download 3rd Party App

Download **MyFitnessSync App** from your App store and follow the instructions to connect your watch. In order to sync your Apple Watch with USHC, you must purchase the App. Cost \$5.99

Step 3: Connect your device

- Login to your Personal Health Dashboard
- Click on the **Health Tracker** tab
- Click on the **Fitbit** or **Garmin** tile to connect. (**NOTE:** If you are using an Apple watch or MobileTrack, you must connect using the Fitbit tile to give permission to add your data through the 3rd party app).
- You will be directed to the device site and prompted to login to your Fitbit or Garmin account.
- Once you have logged in, you will be prompted to share your device data. You must allow **Devices and Settings** and **Activity and Exercise** at a minimum. (See example to the right)



Troubleshoot your tracker connection

Step 1:

Make sure to sync your device. Do you see your up to date information in your fitbit/Garmin account on the fitbit/Garmin mobile app or website (fitbit.com or connect.garmin.com)? Wait 10 minutes after a sync is completed before logging into your USHC dashboard and check again.

Step 2:

Still have an issue?

Try to disconnect and reconnect your fitbit or Garmin account. Also, verify the correct Fitbit/Garmin account is linked to your PHD (if you have multiple accounts).

Step 3:

Still have an issue?

Call or email the US HealthCenter helpdesk for assistance at

Toll Free: 877-322-7398 x 2
Email: help@ushealthcenterinc.com