

2021-2022 CEBCO/Healthworks Wellness Program



Geauga County sponsors an employee wellness program to help improve your overall health and awareness. The Wellness Program runs August 13, 2021 through August 12, 2022. This is a voluntary program that has many perks! HealthWorks is the online program we use to record your activities that lead to completion of the program. All the Information you need to know about the program, how it works and what the requirements are to complete the program follows this letter.

As an incentive to participate in this program, the Geauga County Commissioners offer a reduced healthcare rate to all participants (known as “Wellness Rates”) who complete the program. Other drawings and prize-incentives occur at random times throughout the year when available.

- **Current employees must complete this Wellness Program to stay on the Wellness Rates in 2023.**
- New employees joining healthcare are automatically placed on Wellness Rates. Those that join before May 1, 2022, need to complete the program in order to continue on the Wellness Rates for the following year 2023. One must be on our healthcare to log into HealthWorks site.
- New employees joining our healthcare *after* May 1, 2022 are not required to complete the current year wellness program due to lack of time to complete it by August.
- Watch for my monthly Health & Wellness Newsletter with healthcare updates, changes, wellness program announcements, activities, health tips and more. If you do not receive this newsletter, please contact your department’s HR person to ensure you do.

Feel free to contact me if you have any questions.

Kelly

Kelly Bidlack, Human Resources Specialist
Geauga County Commissioners
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440-279-1671

HealthWorks Log-in

Website: <https://portal.healthworksdata.com>

User Name: Your Email Address

First Time User Password: APPLE as the temporary password and will be prompted to change it upon log-in.

For Programming issues, contact Healthworks via email: CEBCOwellness@cincyhealthworks.com or call and leave a message at: 513-751-1288.

For questions and help navigating the website, contact Kelly: 440-279-1671 or kbidlack@co.geauga.oh.us

2021-2022 CEBCO WELLNESS PROGRAM
SECTION 1: CORE ACTIVITIES (Complete ALL Three)
Required for Employees (Spouse Participation is Welcome).

CORE ACTIVITY	COMPLETION INFORMATION	MARKED IF
Annual Screening or Bloodwork	Complete between 8/13/2021 and 8/11/2022 by making an onsite appointment, using the lab option, or going to your doctor. Credit provided upon completion.	
Health Risk Assessment	Complete the Health Risk Assessment; available online via the HealthWorks' portal. Credit provided upon completion.	
Annual Routine Check-Up or Physical	Complete an annual routine check-up with your doctor between 8/13/2021 and 8/11/2022. Self-report.	
SECTION 1 STATUS:		

SECTION 2: LIFESTYLE HABITS (Complete a minimum of Two)
Required for Employees (Spouse Participation is Welcome).

LIFESTYLE HABITS	COMPLETION INFORMATION	MARKED IF COMPLETE
Preventive Care	Complete any one of the following screenings/exams: flu shot, dental exam, eye exam, mammogram, prostate screen, bone density screen, pelvic exam and/or pap smear, skin cancer screen, breast exam, colonoscopy or Cologuard, hearing exam, shingles vaccine, covid vaccine, and pneumonia vaccine. Self-report.	
Personal Health Score	A Personal Health Score (PHS) is populated following a screening. Review this information under 'My Wellness' on the homepage. Self-report.	
Challenge	Participate in at least one (of four) Wellable challenges (via portal, online). Credit provided upon completion.	
Health Coaching	Talk to a Healthworks Health Coach (min 3 sessions). Credit provided upon completion.	
Lifestyle Management	Participate in a program designed to improve any aspect(s) of health (focus on sleep, stress, exercise, nutrition, mental health, managing/preventing chronic disease, tobacco and/or financial wellbeing). Includes but not limited to DPP (Lark via Anthem), Quit Line or working with a nutritionist, a personal trainer, or a counselor. Self-report.	
Movement	Workout on your own (min 4 days a week for a month). Self-report.	
Workshop	Complete a HealthWorks workshop (via portal, online). Credit provided upon completion.	
Sports	Participate in any sports league or activity. Self-report.	
TOTAL COMPLETED:		

SECTION 3: LOCAL/COMMUNITY (Complete a minimum of Two)		
Required for Employees (Spouse Participation is Welcome).		
WELLNESS ACTIVITY	COMPLETION INFORMATION	MARKED IF
Community Challenge	Participate in the Geauga County Employee “Walk the Parks Challenge” or another Walk, Run or Bike Event. Self-report.	
Education Session	Attend one in-person or virtual Education Session sponsored by Geauga County Wellness, including but not limited to Lunch n Learns, First Aid/CPR Class, Nutri-	
Volunteer/Donate	Volunteer your time & talent and/or donate for a Community Event or Organization. Self-report.	
County/Community Health Fair	Attend the Geauga County Employee Health & Wellness Expo or another Health Fair in the Community. Self-report.	
Activity	Participate in Fitness Classes (a minimum of 4 classes in one month). Self-report.	
TOTAL COMPLETED:		

NOTE: Sections 1, 2 & 3: Check off Activities as completed on your HealthWorks portal. Employees must complete specified number of items listed in each section. Once all requirements are checked, status will say COMPLETED!

NOTE: Self-Reports – Participant will enter date of completion.

NOTE: RAS/Waiver – If it is medically inadvisable for a member to participate in any aspect of this program, which may be required to earn an incentive, contact HealthWorks at (513) 751-1288 or at CEBCOwellness@cincyhealthworks.com. A waiver is the reasonable alternative standard (RAS) that will waive the screening + physical if completed by the member’s physician and returned to HealthWorks no later than 8/12/22. RAS/waiver form must be requested a week prior to the deadline. Those with a processed RAS/waiver will still need to complete the HRA and any remaining section(s) of the program that apply to them.

NOTE: Personal Health Score – This will be provided with lab results as an informational piece.

NOTE: Screenings – Those that elect the onsite or lab option will need to do nothing further (HealthWorks will automatically receive results and make them available to the participant). Those that elect the physician option will need to have their physician’s office complete the PCP form; forms not completed in full will not be processed.

The wellness program provided by CEBCO (County Employee Benefit Consortium of Ohio) in partnership with HealthWorks is a voluntary program available to all employees and spouses enrolled in the CEBCO medical plan. The program is administered according to federal rules permitting plan-sponsored wellness programs to seek to improve health and prevent disease of insured members. The program is compliant with the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act (HIPAA), as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or “HRA” that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for glucose, kidney function, liver function, cholesterol, and a complete blood count, among others. You are not required to complete the HRA or to participate in the biometric screening or any other activity offered through the wellness program. Should you choose to participate, the information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health status and any potential risks. It may also be used to offer you services through the wellness program, such as health coaching. You are highly encouraged to share your results and any concerns with your primary care physician. HealthWorks is required by law to maintain privacy and security of all personal health information; it is never shared with your plan sponsor (CEBCO), your insurance carrier (Anthem) or your employer.