



**PRESBY'S  
INSPIRED LIFE**

**WELLNESS  
PROGRAM**



Register and take part in our new wellness program from E4 Health



New in 2017: All team members can track wellness points



Don't miss your chance for rewards



24/7 EAP and wellness support: 877-281-1440



**2017 PROGRAM RUNS JANUARY 1  
THROUGH NOVEMBER 30**



## YOUR HEALTH MATTERS



Your well-being is important to you, but it's equally important to your family and to Presby. Our goal

is to support all team members in their quest to achieve physical and mental well-being both in and out of work. One of the ways we work to achieve this goal is by providing valuable support through tools, incentives, education, inspiration, programs designed to address health challenges and a plan of action for maximizing your well-being.

Good health allows you to pursue dreams, better serve your family and ultimately share in our mission of serving others.

We would like to invite you to enroll or re-enroll in our Wellness Program. This program offers all team members an exceptional lineup of wellness offerings, including a free health screening. Enrollment is simple and you can earn great rewards for participation now and throughout the year. This brochure will provide the details you need to get started.

Wishing you the best in good health and happiness,

Judee M. Bavaria



President & CEO  
Presby's Inspired Life

## PROGRAM OVERVIEW

The cornerstone of the wellness program is the new online holistic wellness portal through E4 Health. Program components include:

- Online sign-up and registration
- Health questionnaire
- Access to the **Wellness News You Can Use** section to learn more about your personal wellness
- Free health coaching
- Wellness activities including educational programs and special events

## HOW DO I GET STARTED?

### STEP 1: REGISTER TO CREATE YOUR ACCOUNT

- Log on to <https://presby.wellright.com>.
- See "Register Here"
  - Fill in your first and last name (please use full legal name and no nicknames)
  - Select your gender
  - Fill in your date of birth (mm/dd/yyyy)
  - Click next
- Enter your email address. This is not mandatory but suggested
- Enter your mobile phone and carrier if you wish to receive text messages regarding the wellness program
- Create a unique password
- Click submit

### STEP 2: COMPLETE THE HEALTH QUESTIONNAIRE

- Please allow approximately 10 minutes to complete.
- When complete, make sure to review your results

### STEP 3: EXPLORE THE WEBSITE

- Click on **Wellness News You Can Use** on the home page of the wellness portal. Scroll down on the home page to find this section
- Click on the rewards button on the top bar to familiarize yourself with how to earn points

## **PARTICIPATION IN WELLNESS = POSITIVE HEALTH BENEFITS**

In 2017, the Presby's Wellness from the Heart program is being offered to all team members—including those that are not enrolled on Presby's medical plan. Participation in the wellness program activities can help you not only understand your overall health and wellbeing, but can also lead to make better decisions going forward as to how to take care of yourself and prevent future health risks.

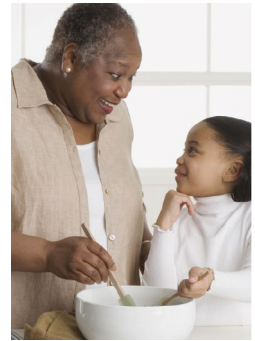
- Program is free of charge and no cost to you
- Program is fun and helps you to be active in taking care of yourself



### **EARN POINTS FOR CHANCES TO WIN EXCITING PRIZES**

Not only do you gain health benefits by participation, but you have an opportunity to be entered into a raffle to earn great prizes.

- The goal is to accumulate a total of 7000 points earned through your participation in various activities (see chart below for requirements).
- By completing your health questionnaire, you automatically earn 3000 points.
- Continue to participate in the activities detailed in the chart below and earn your total of 7000 points for 1 raffle entry.
- Each additional 1000 points you earn over your goal of 7000 earns you 1 additional raffle ticket.



Look for other fun activities to be announced throughout the year.



### **WELLNESS PARTICIPATION DEADLINE FOR ALL ACTIVITIES IS NOVEMBER 30, 2017**

<b>Program Activity</b>	<b>Points Earned</b>
<b>Health questionnaire (required)</b>	<b>3000</b>
<b>Additional wellness activities</b>	
- Wellness coaching with an E4 Wellness Coach	3000 for completion of 3 sessions
- Nutritional counseling	500 per session; max 2000 points
- Education modules	250 per course
- Log gym visits	5 per visit
- Other fun activities to come	To be announced



*Your Wellness Program provider, E4 Health, is committed to upholding the confidentiality of client information and to providing all of its various programs and services in accordance with the relevant requirements of all state and federal laws and regulations, including, as applicable, HIPAA.*

## WELLNESS ACTIVITIES

**HEALTH QUESTIONNAIRE:** A dynamic assessment that provides you the valuable information on health risks and also lets you know areas you are doing well.

**WELLNESS COACHING:** Telephonic coaching connects you with an E4 health coach who can help you identify your wellness goals and formulate a plan of action. Some common goals include weight loss management, increased strength/fitness level, stress management, and smoking cessation. You may start at any time by calling **877-281-1440**. Program length varies based on your individualized wellness needs.

**NUTRITIONAL COUNSELING:** Nutritional counseling is available to you to help with such areas as understanding and improving your diet, breaking weight loss plateaus, improving athletic performance, upping energy, boosting immunity, digestive health, sleep and mood, and transforming skin and hair. On-site appointments are available quarterly. See your Community HR Representative for next available dates.

**EDUCATIONAL MODULES:** Complete through the rewards section on the portal and receive knowledge and points. Quizzes are quick and easy with a short video and a few questions that you will need to answer in order to get credit. You can take as many as you like.

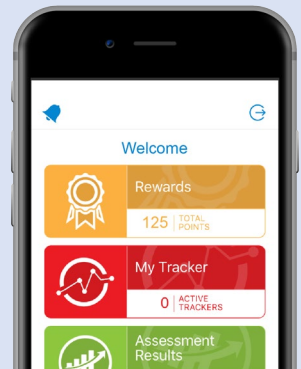
**LOG GYM VISITS:** Visit your gym and earn 5 points per visit. Here are some reasons why you should go to the gym: It's healthy, you will feel better about yourself, it's a great way to relieve stress, it gives you something to do, it helps you live longer, it's social and you can improve your athletic ability.

**OTHER ACTIVITY CHALLENGES, INCLUDING PRESBY'S ONSITE EVENTS:** Throughout the year, Presby will host onsite events, including educational sessions, challenges and more. Look for more information throughout the year on these programs and how you can earn these points!

## MOBILE ACCESS TO YOUR WELLNESS PROGRAM

Access your Wellness Program from an iPhone, Android or any type of tablet. The website is fully responsive. You can also download the mobile app through Apple or Google Apps. Look for the app name **WellSteps** or click on the link for the app on the Presby landing page at <https://presby.wellright.com>.

For assistance with the wellness portal, please email [wellness.support@e4healthcare.com](mailto:wellness.support@e4healthcare.com)



24/7 EAP and Wellness Support: **877-281-1440**

E4 Health Wellness Portal: <https://presby.wellright.com>

Assistance with the Wellness Portal: [wellness.support@e4healthcare.com](mailto:wellness.support@e4healthcare.com)