



Faculty/Staff Health Activity Tracker FAQ Sheet

Did you know? You can earn an additional \$120 off your health care premium in 2017 by using the Health Activity Tracker.

Who is eligible? All faculty and staff who completed the health evaluation in the Fall.

Where Do I Start? Go to the HealthWorks website, link is available at the UD Faculty Staff Wellness Program website. Log in with the passwords you set up in the Fall. Click on Health Activity Tracker which is on the home page. You can also view the video that was created over viewing the program. This is available at the UD Faculty/Staff Wellness Program website or you can request the link from the wellness program coordinator.

How does it work? You earn points participating in activities such as annual physicals, wellness challenges, exercise classes, lunch and learns, preventative exams and more. Earn 120 points and receive the discount.

What's in it for me? The program was created so more employees across a large campus can participate in earning incentive points by working on goals to improve their health and well being.

When does the discount take effect? If you earn a total of 120 points between October 1, 2015 to September 30, 2016, you will earn additional \$120.00 reduction off your health care premium beginning in January 2017.

I haven't gotten started yet, is it too late? Absolutely not! It is not very difficult to earn 120 points as you can earn 40 points for your annual physical, 20 points for preventative exams such as dental, mammograms and eye exams. Some have earned their 120 points within a few months!

Can I participate if I did not do the health tracker? No, your first step each Fall is to complete the health evaluation first and then you can participate. In the meantime, you can still sign up for any wellness programming events such as wellness challenges, lunch and learns and activity classes.

Is there a time frame of when I have to email UDpoints@cincyhealthworks.com my request for points? As long as you request points by Sept 30th, 2016 you'll be fine. Some have chosen to first review the health activity tracker and determine what items they'd work on to earn points and keep the appropriate verification and details in a folder. Then they will submit all their information at one time vs. emailing numerous times to UDpoints@cincyhealthworks.com

Do I have to sign up for the health activity tracker? No, if you completed your health evaluation. Log into the same website, Healthworks portal and put in your password. You will see a tab for the health activity tracker on the home page that describes what you can earn points for. In addition, your Fall Health Evaluation results are located at this website.

How do I request points? You simply email Healthworks at UDpoints@cincyhealthworks.com. The health activity tracker is a document that simply explains the program and how many points you can earn. It will also explain what documents are necessary to verify participation. In addition you will see your points accumulate in the “user points” column and there will be a grand total at the end of the document.

How do I verify appointment with a doctor or for preventative exams? There is a verification document available to you to download on the health activity tracker link. You can use this form to obtain a signature when you go to any appointment. However, if you have another way to verify such as a receipt that can also be used. (or having the provider sign a hand written note at the visit if you forget the verification form) We suggest keeping this word document in your purse or vehicle throughout the year and you can turn it in once you have obtained all your medical appointments

What if I forgot my password? On the **Healthworks portal**, there is a ‘forgot my password’ button that you can click in order to receive an email to reset your forgotten password.

I see I can obtain 10 points per month for attending the gym 8 times. How do I obtain a computerized report of my attendance at the Rec Plex?

To receive a report of your campus recreation usage over a specified data range, please visit the Rec Plex main office on Monday – Friday from 9:00 am to 5:00 pm. Individuals must present a photo ID at time of request and will receive a hard copy of their usage history over the provided time frame. Please note that usage records can only be released to the individual. Finally, you can plan to just visit once a year and obtain a report for 3 specific months for your maximum points of 30 per year in this category.

What do I use the “other” category for? You can decide. Perhaps you want to get more points for gym attendance. You can request 2 added months. Or, you may swim once a week which does not meet the 8x per month requirement – you can request 10 points for swimming weekly at your swim club. This category can be used two times per year.

How do I know I have received my points? You must give HealthWorks 7 business days to update your health activity tracker. Your points will show up under the user column on the far right side of your health activity tracker. A grand total will appear at the bottom.

For more questions please contact the wellness coordinator at 229-2743.