THE HEALTHIER WAY

Our health is our most important asset. Although we get plenty of advice about healthy eating, weight management, and physical activity, we do not always do what we should to maintain or improve our health. Work and family obligations take up the majority of our time, and we often set personal wellness aside.

Our goal at University of Alaska is to help you make informed decisions about your health by providing the tools and resources you need to succeed in achieving a healthier lifestyle. In doing so, we plan to continue to mix in some great programs and provide you extra motivation to maintain or improve your wellness.

University of Alaska is offering all employees and spouses/financially interdependent partners (FIPs) enrolled in the UA Choice health plan an opportunity to earn a rebate up to $600 on their FY21 health care contributions. Please review the details of our 2019 Wellness Program within this guide and help make University of Alaska a healthier place to work.

UNDERSTAND YOUR CURRENT HEALTH

1. Online Health Risk Assessment
2. Biometric Screening & Wellness Visit
3. Tobacco Affidavit
4. Dental Exam
5. Vision Exam
6. Adult Immunization

INCENTIVES & REWARDS

1. Health Care Contribution Rebate
2. High Point Raffle Awards
3. Healthy Way of Life for You

Confidential Health Information

The wellness program is confidential and HIPAA compliant. Protected Health Information (PHI) collected through the biometric screening is managed through a secure Health Management System and is only used to help determine your current health status and provide you with the most effective health improvement strategy. Policies and procedures are in place to properly safeguard and maintain the confidentiality of your PHI. PHI is only used as permitted in accordance with HIPAA laws. Your PHI will not be shared with University of Alaska. In addition, no individual PHI or identifying information is shared with anyone at University of Alaska.
Looking for a fun, easy, healthy way to earn some extra money this year? Look no further than our University of Alaska Wellness Program!

Any employee and spouses/Financially Interdependent Partners (FIPs) enrolled in the UA Choice Health plan are invited to participate in the FY20 University of Alaska Wellness Program. To meet the program requirements, employees and spouses/FIPs are required to complete a total of 7 points by completing the health risk assessment, biometric screening and 5 additional activity points. By reaching the 7-point milestone by the June 30, 2020 deadline, employees and spouses/FIPs will receive a health care contribution rebate up to $600 in FY21.

The pages that follow in this Program Manual explain everything you need to know in order to get started with the program. If you have any questions, please contact 1-877-899-8996 or support@preventioncloud.com. We look forward to another healthy and productive year!

### FY20 PARTICIPATION REQUIREMENTS

<table>
<thead>
<tr>
<th>Required Wellness Activities: 7 Points</th>
<th>See Pg #</th>
<th>Frequency</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment (HRA)</td>
<td>8</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Biometric Screening</td>
<td>9, 10 &amp; 11</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>5 Additional Activity Points *see below</td>
<td>n/a</td>
<td>Ongoing</td>
<td>Points Vary (Need 5 Points)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Additional Activities: 5 Points Required</th>
<th>See Pg #</th>
<th>Frequency</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY19 Biometric Screening (3 out of 5)</td>
<td>n/a</td>
<td>One Time Annually</td>
<td>5</td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>18</td>
<td>Monthly</td>
<td>1 (4 max)</td>
</tr>
<tr>
<td>Tobacco – Free Attestation *tobacco users - tobacco cessation program</td>
<td>13 &amp; 14</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Worksite Health Challenges</td>
<td>18 &amp; 19</td>
<td>Quarterly</td>
<td>1 (2 max)</td>
</tr>
<tr>
<td>Local Wellness or Sporting Events</td>
<td>21 &amp; 22</td>
<td>Ongoing</td>
<td>1</td>
</tr>
<tr>
<td>Online Classes/ Webinars (4 classes = 1 point)</td>
<td>20</td>
<td>Ongoing</td>
<td>1 (4 max)</td>
</tr>
<tr>
<td>Onsite Education Class Attestation</td>
<td>17</td>
<td>Ongoing</td>
<td>1 (4 max)</td>
</tr>
<tr>
<td>Coaching Sessions (2 sessions = 2 points)</td>
<td>17</td>
<td>Ongoing</td>
<td>2 (4 max)</td>
</tr>
<tr>
<td>Dental Exam</td>
<td>15</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Vision Exam</td>
<td>16</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>9</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Annual Wellness Visit</td>
<td>9</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
</tbody>
</table>

**Required Points for FY21 Health Care Rebate up to $600** | **7 Points** | **Deadline: June 30, 2020**

**Required Points for High-Point Raffle:** | **12 Points** | **Deadline: June 30, 2020**
# Wellness Happenings

## FY20

### Employee Wellness Portal
- **Getting Started**
  - Login at [www.preventioncloud.com](http://www.preventioncloud.com)
  - If you have previously logged in, please use your username and password from the previous program year. See page 8 for details.

### Health Risk Assessment
- **Know your Numbers**
  - Complete Your Health Risk Assessment (HRA)
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Biometric Screening
- **Know your Numbers**
  - Complete Your Annual Biometric Screening
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Additional Activities
- **Better – for - you**
  - Complete 5 Points worth of additional wellness activities listed below
    - **Due Date:** June 30, 2020
    - **Points:** 5

### Worksite Challenge
- **Better- for - you**
  - Worksite Challenges
    - ABC of Healthy Eating Challenge – October 3 to October 28
    - Maintain Don't Gain Challenge – November 20 to January 7
    - Walking Challenge – March 3 to May 4
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Onsite Classes
- **Better- for - you**
  - TBD
  - **Due Date:** June 30, 2020
  - **Points:** 1

### Onsite Classes / Webinars
- **Better- for - you**
  - 16 webinars recordings will be available. See page 20 for the list (4=1 point)
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Local Wellness or Sporting Events
- **Better- for - you**
  - Complete a Local Wellness or Sporting Event
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Coaching Sessions
- **Better- for - you**
  - Complete 2 Coaching Sessions
    - **Due Date:** June 30, 2020
    - **Points:** 2

### 150,000 Activity Points
- **Better- for - you**
  - Complete 150,000 steps each month
    - **Due Date:** September 1 - June 30
    - **Points:** 1

### Tobacco Affidavit
- **Know your Numbers**
  - Complete Your Online Tobacco Affidavit or Complete the “Minus Tobacco” Cessation Program
  - **Due Date:** June 30, 2020
  - **Points:** 1

### FY19 Biometric Screening
- **Know your Numbers**
  - Complete Your 2019 Biometric Screening ( 3 out of 5)
    - **Due Date:** April 30, 2019
    - **Points:** 5

### Annual Wellness Exam
- **Know your Numbers**
  - Complete Your Wellness Exam
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Adult Immunization Attestation
- **Know your Numbers**
  - Complete Your Adult Immunization Attestation
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Dental Exam
- **Know your Numbers**
  - Complete Your Dental Exam
    - **Due Date:** June 30, 2020
    - **Points:** 1

### Vision Exam
- **Know your Numbers**
  - Complete Your Vision Exam
    - **Due Date:** June 30, 2020
    - **Points:** 1
INCENTIVES & REWARDS ELIGIBILITY

Who has to meet the requirements?
Participation in the program is completely optional; however, any employee and spouses/FIPs enrolled in the UA Choice health plan are eligible to earn a rebate of up to $600 on their FY21 health care contribution that completes all FY20 Wellness Program Requirements by June 30, 2020.

Who can participate?
All employees and spouses/FIPs enrolled in UA Choice Health Plan can participate in any part of the wellness program, including webinars, challenges, and fitness activities.

New Hires
New hires will have 90 days from date of benefit eligibility to complete the biometric screening and health risk assessment required activities to receive the prorated rebate in FY20. New hires that continue to participate and complete the 5 additional activities by June 30, 2020 will receive the full rebate for FY21.
HEALTHY LIVING REWARDS
YOUR REWARD!

Two Levels of Healthy Living Rewards

**LEVEL 1**
7 Points

Up to $600 Health Care Contribution Rebate
(used for FY21 plan year benefits)

**LEVEL 2**
12 Points

High Point Raffle

Deadline: June 30, 2020

Program Rules

Employees must be actively employed at the time of rebate payment and raffle to receive their incentives. You can view your point total directly on the home page dashboard of the Wellness Portal. Participants that accumulate 12 points will be eligible for an additional incentive.

All points will be reset for the next program year on July 1, 2020.
All Employees & Spouses/FIPs Have an Account Already Created:
Using your computer or mobile device, go to PreventionCloud.com

FOLLOW THESE INSTRUCTIONS:
All employees and spouses/FIPs have their own unique account.

Username:
FIRSTNAMELASTNAMEBirthyear

EX. Full Name: John Smith Jr.
Username: JOHNSMITHJR1972

EX. Full Name: John Doe II
Username: JOHNDOEII1970

* Do not use spaces or any type of symbols in your username.

Password:
Birthdate (MMDDYYYY)

If you have logged in previously please make sure to use your existing password.

Once logged in, you will be prompted to change your password. You will use that password every time you login. If you forget your password click on forgot password.

*Single Sign-On (SSO) using your UA credentials will be coming in Fall of 2019.

Please direct any questions or concerns to support@preventioncloud.com
HEALTH RISK ASSESSMENT (HRA)

From The Wellness Dashboard:

Click on Health Risk Assessment under the billboard ➔ Start completing the assessment! ➔ Takes 7 minutes or less to complete!

The HRA is an annual requirement.

WELCOME TO YOUR FY20 WELLNESS PROGRAM!

Employees and spouses/FIPs* (Financially Interdependent Partners) enrolled in the UA Choice health plan are eligible to earn a rebate of up to $600 on their FY21 health care contribution by completing the Health Risk Assessment, biometric screening and 5 additional activity points by June 30, 2020.

For questions, please contact support@preventioncloud.com.

Please contact support@preventioncloud.com for technical support
BIOMETRIC SCREENING
(PHYSICIAN VISIT PACKET, LAB VOUCHER, ONSITE)

PHYSICIAN VISIT PACKET OPTION:
From The Wellness Dashboard:

Click on “Biometric Screening” under the billboard → Click on HIPAA Release Online → Once completed, you may download and print the Physician Visit Packet. → Take your form to your primary care physician. Your physician will fax or input the information to PreventionCloud or you can scan and submit through your portal.

The Age/Gender Appropriate Screening & Immunization Attestation will be on the 4th page of the physician visit packet.

ALL BIOMETRIC SCREENING CATEGORIES ARE REQUIRED FOR COMPLETION OF THE BIOMETRIC SCREENING ACTIVITY.

An established relationship with your primary care physician is essential for early detection of health issues and for getting and keeping you healthy.

Please refer to your physician visit packet for further instructions.
HOW TO SUBMIT YOUR PREVENTIVE FORMS

Use one of the below options to submit forms to PreventionCloud:

1. **SECURE ONLINE PHYSICIAN/DENTIST/OPTOMETRIST ENTRY:** Have your Physician/Dentist/Optometrist login and submit your information.
   2. Enter your patient’s ID code e.g. CI425666.
   3. Update your patient’s information and you’re done!

2. **SECURE ONLINE USER UPLOAD:** Submit via computer or phone.
   1. Log on to your personal portal [https://www.preventioncloud.com](https://www.preventioncloud.com).
   2. Click “Health Forms” located on your left menu.
   3. Click “Submit Forms” located on your left menu.
   4. “Select Form” section: Click the dropdown arrow to select the proper form.
   5. Attach your wellness form and click “Submit”.
      *If you are using your phone you can take a picture of your form.*
   6. You can view if your wellness form is approved by clicking on your “Submitted Forms” tab located on your left menu.

3. **Fax document(s) to 713-714-2273**
   Be sure to receive a fax confirmation from your fax machine.

An established relationship with your primary care physician/dentist/optometrist is essential for early detection of health issues and for getting and keeping you healthy. If you have primary coverage through the UA Choice Plan, your wellness, dental and vision exams will be sent on a file feed from Premera and VSP.

Please refer to your preventive forms on PreventionCloud for further instructions.
BIOMETRIC SCREENING
(PHYSICIAN VISIT PACKET, LAB VOUCHER, ONSITE)

ONSITE SCREENING OPTION:
From The Wellness Dashboard:

Click on “Events” on your left menu

Find the Onsite Screening event to register for and click the “Join” button

Type in your phone number and date and time you would like to go to the event and click “confirm”

ONSITE SCREENING DATES COMING SOON!
BIOMETRIC SCREENING
(Physician Visit Packet, Lab Voucher, Onsite)

LAB VOUCHER OPTION:
Coming Soon!
From The Wellness Dashboard:

Find “Quick Links” on your PreventionCloud homepage in the bottom right corner

Click “Lab Voucher” to print and take to nearest LabCorp office.

BIOMETRIC SCREENING

Health Risk Assessment

- Required/Optional Due Date Status Date
- Health Risk Assessment Required 04/15/2020
- Worksite Health Challenge Optional 04/15/2020
- Social Determinants of Health Optional 04/15/2020
- BMI/Body Fat Optional 04/15/2020
- Local Member Health (BI Consultation) Optional 04/15/2020
- Physical Activity Screening (Physical Activity Optional 04/15/2020
- Vision Exam Optional 04/15/2020
- Hearing Exam Optional 04/15/2020
- Dental Exam Optional 04/15/2020
- Mammogram Optional 04/15/2020
- Colon Cancer Optional 04/15/2020
- Colonoscopy Optional 04/15/2020
- HIV Testing Optional 04/15/2020
- Hepatitis Testing Optional 04/15/2020
- Syphilis Testing Optional 04/15/2020
- Human Papilloma Virus (HPV) Testing Optional 04/15/2020
- Tobacco Use: Quitting/Lightening Optional 04/15/2020
- Vision Exam Optional 04/15/2020
- Hearing Exam Optional 04/15/2020
- Dental Exam Optional 04/15/2020
- Mammogram Optional 04/15/2020
- Colon Cancer Optional 04/15/2020
- Colonoscopy Optional 04/15/2020
- HIV Testing Optional 04/15/2020
- Hepatitis Testing Optional 04/15/2020
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- Mammogram Optional 04/15/2020
- Colon Cancer Optional 04/15/2020
- Colonoscopy Optional 04/15/2020
- HIV Testing Optional 04/15/2020
- Hepatitis Testing Optional 04/15/2020
- Syphilis Testing Optional 04/15/2020
- Human Papilloma Virus (HPV) Testing Optional 04/15/2020
- Tobacco Use: Quitting/Lightening Optional 04/15/2020
TOBACCO-FREE ATTESTATION
TOBACCO USERS – TOBACCO CESSATION PROGRAM

From The Wellness Dashboard:

Click on “Online Form” button under the Tobacco Affidavit Activity at the bottom

If you are a tobacco user, you will need to complete the Minus Tobacco Program through PreventionCloud. Register under the “Events” tab on your left menu or call/email a tobacco cessation specialist (following page includes contact information).
GETTING STARTED IS EASY!

1. If you are a tobacco user and are planning to participate in our tobacco cessation program, you will need to contact a tobacco specialist to register.

   You can contact your tobacco specialist via phone or email.

   - Email: minustobacco@zomohealth.com
   - Phone #: 1 - 800 – 435 – 32220 (press 2 to get a registration specialist)

2. Make sure to include your name and company name.

3. The tobacco specialist will send you an email with more information on the program for living a tobacco-free lifestyle.

4. Complete 5 telephonic coaching sessions (1 per week). Once completed you will receive credit for your Tobacco Affidavit activity within 2 weeks from your last call.

Don’t miss out on a better life without the weight of tobacco dragging you down!

- Our program allows any user (long term or beginner) to begin a healthier life without tobacco cravings.
- The program includes 5 coaching calls at 1 per week.
- If you choose to complete the program you must enroll by 5/31/20 to complete the program by 6/30/2020.
- During the calls tobacco users receive support and guidance on how to quit successfully.
From The Wellness Dashboard:

Click on “Activities” on your left menu

Click on HIPAA Release Online

Once completed, you may download and print the Dental Visit Form.

Take your form to your Dentist. Your Dentist will fax or input the information to PreventionCloud or you can scan and submit through your portal.

Estimated Time Required: 60 minutes or less!

An established relationship with your dentist is essential for early detection of health issues and for getting and keeping you healthy.
If you have primary coverage through the UA Choice Plan, your wellness, dental and vision exams will be sent on a file feed from Premera and VSP.

Please refer to your dental form for further instructions.
OPTOMETRIST VISIT FORM

From The Wellness Dashboard:

Click on “Activities” on your left menu ➔ Click on HIPAA Release Online ➔ Once completed, you may download and print the Optometrist Visit Form. ➔ Take your form to your Optometrist. Your Optometrist will fax or input the information to PreventionCloud or you can scan and submit through your portal.

An established relationship with your Optometrist is essential for early detection of health issues and for getting and keeping you healthy.

If you have primary coverage through the UA Choice Plan, your wellness, dental and vision exams will be sent on a file feed from Premera and VSP.

Please refer to your optometrist form for further instructions.
From The Wellness Dashboard:

Click on “Events” on your left menu ➔ Find the event you would like to register for and click the “Join” button ➔ Type in your phone number and date and time you would like to go to the event and click “confirm”
The objective of this challenge is to encourage healthy eating habits by selecting a healthy item each day starting with each letter of the alphabet beginning with A and ending with Z. Trying a new food item, spice, or herb that you may have never tried before may soon become one of your favorites! The food selections can be either a fruit, vegetable, legume, protein, healthy fat, spice, herb, or other commonly known healthy food items.
MAINTAIN DON’T GAIN

**November 20 – January 7**
*(1 point)*

During the holidays, it isn’t realistic to try to lose weight. The goal of this challenge is to concentrate and lose weight during the holiday season, while practicing healthy habits. Log and track your weight throughout the entire challenge.

WALKING

**March 3 – May 4**
*(1 point)*

This challenge uses phones, pedometers, or fitness trackers to track steps. Fitness trackers can be synced to PreventionCloud to automatically track your steps. With this challenge you will be able to set your very own step goals and concentrate on obtaining more steps throughout your busy day.
ONLINE CLASSES/WEBINARS

Your online class/webinar recordings will be located under Quick Links on your PreventionCloud homepage. Click on the online class/webinar you are interested in and watch the recording. Watch 4 different recordings and receive 1 point (max amount you can receive is 4 points). Please note it will take 14 days to receive credit for your webinar/class.

Estimated Time Required: 20 minutes or less!

- Resistance Training
- Healthy Cooking
- Keeping Up With The Change
- Healthy Eating On a Budget
- New Food Plate
- Break Your Sugar Addiction
- Popular Diets
- Good & Bad Carbs
- Heart Disease
- Exercise Routines
- Back Health
- Hydration
- Advances Nutrition
- Work/Life Balance
- The Working Parent
- Stress Management
HOW TO SUBMIT LOCAL WELLNESS & SPORTING EVENTS

*No attachment is required for submission*

1. Click “Activity Form” from the left navigation menu

2. Then click on “Submit Form”

3. Click on “Select Form” to select “Local Wellness & Sporting Events”
HOW TO SUBMIT LOCAL WELLNESS & SPORTING EVENTS

*No attachment is required for submission

Then in “Select Activity” select “Local Wellness & Sporting Events”

Then select “Activity Date” of receipt and click “submit”
HOW TO SYNC YOUR FITBIT

INSTRUCTIONS ON HOW TO LOG MANUAL STEPS FOR:
WALKING/RUNNING/SWIMMING/CYCLING

1. Log in to the WELLNESS PORTAL. Click on EXERCISE under the TRACKERS left menu.
2. Select Walking, Running, Swimming, or Cycling.
3. Enter the distance and change the measurement unit (meters, miles, kilometers, steps, yards).
4. Click LOG and your exercise will automatically convert to steps and show under the activity history section on this page.
5. Any steps shown under the activity history section will automatically count for the challenge regardless of whether they are from Fitbit or manually entered.

Estimated Time Required: 5 minutes or less!
INTRODUCING
THE PREVENTIONCLOUD APP!

You can now sync your favorite device to the wellness program!

HOW TO DOWNLOAD THE PREVENTIONCLOUD APP (2 OPTIONS)

Option 1

Open your app store on your mobile device and search ‘PreventionCloud’ (1 word)

*If you are on an Android you will need to search and click the text ‘Search instead for preventioncloud.'

Option 2

1. Download the Scan QR or Barcode app (download and open)

2. Take a picture from your QR Code app of the appropriate QR Code Below and download and open the PreventionCloud App

Username: FIRST NAME + LAST NAME + DOB (JOHNDOE1971)
Password: DOB (mmddyyyy)

HOW TO LOG INTO YOUR PREVENTION CLOUD APP

Copyright © 2019 PreventionCloud Inc.
HOW TO SYNC YOUR FITNESS DEVICE

Please complete the following instructions to sync your device with PreventionCloud. Once your device is synced your steps will automatically log.

Example on How to Sync Your Device
To sync your device data with PreventionCloud, your device should be connected to an app on your mobile device. For example, FitBit devices have the FitBit app on your phone. That FitBit app connects with the Apple Health Kit app on iOS devices and Google Fit on Android devices. The data from your Apple Health Kit app or Google Fit app will sync with the PreventionCloud app each time you open the app.

Apple (iOS) – Apple Health Kit

1. Download/Open the Apple Health Kit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Apple Health Kit settings)
3. Download the PreventionCloud mobile app from the App Store
4. Click on the app icon from your home screen to open it
5. Login using your username and password. 
   - Username: FIRST NAME + LAST NAME + Year of birth (JOHNDOE1961)
   - Password: DOB (mmddyyyy)
6. From your PreventionCloud app click “Apple Health”
7. Enable Sync
8. The app will sync with Health Kit every time you open it and push the data to www.PreventionCloud.com

Google (Android) – Google Fit

1. Download/Open the Google Fit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Google Fit settings)
3. Download the PreventionCloud mobile app from the Play Store
4. Login using your username and password
   - Username: FIRST NAME + LAST NAME + Year of birth (JOHNDOE1961)
   - Password: DOB (mmddyyyy)
5. From your PreventionCloud app click “Google Fit”
6. Select the account which you use on Google Fit
7. You can verify that Google Fit is connected to the PreventionCloud app by opening the Google Fit app on your mobile device. Once open, click on the settings icon on the top right, then click on “Manage connected apps”. There you should see PreventionCloud listed. If you do not see it listed, then click on the dropdown and select “All apps & devices”. If you still do not see it please repeat steps 1 through 7 to verify they were done.
8. The app will sync with Google Fit every time you open it and push the data to www.PreventionCloud.com
# Devices and Apps You Can Sync for Your Challenge

## Compatible Devices
- Apple Watch Series 3
- Amazfit
- LG Watch Sport
- Xiaomi Mi Band 2
- Misfit Ray
- Polar
- Wahoo Tickr X
- Garmin
- Misfit
- Withings
- Jawbone
- Samsung
- Fitbit
- Moov
- Sensoria
- Nokia

*Although listed as compatible to the Android and iOS operating systems, some devices may require third party apps in order to migrate data from the device to Google Fit or Apple Health apps.

*Any app or device that can be synced to Google Fit or Apple Health that is not listed can also be used!*

## Google Fit (Android) Apps
- Google Fit: Health and Fitness
- Calorie Counter – Asken Diet
- Lose it! – Calorie Counter
- Under Armour Record
- Workout training
- Runkeeper – GPS Track Run Walk
- Runtastic Running App: Run & Mileage Tracker
- Nike Run Club
- Fitwell- 30 Day Fitness Workout Diet Step Counter
- Runtastic Results
- Calm – Meditate, Sleep, Relax
- Calorie Counter – MyFitnessPal
- 8fit Workouts & Meal Planner
- Run with Map My Run
- Map My Fitness Workout Trainer
- Walk with Map My Walk
- BodySpace – Social Fitness
- Endomondo – Running & Walking
- Instant Heart Rate: HR Monitor & Pulse Checker
- Noom: Health & Weight
- Health Mate – Total Health Tracking
- Map My Ride GPS Cycling Riding
- Seven – 7 Minute Workout
- Progression Workout Tracker
- Weight Track Assistant
- Runtastic Steps
- PlexFit for Pebble
- SmartBand Talk SWR30
- Pedometer
- SmartBand 2 SWR12
- Magra – Weight Loss Coach
- Instant

## Apple Health (iOS) Apps
- Nike+ Run Club
- Human
- Garmin Connect Mobile
- Runtastic
- DailyBurn
- Carrot Fit
- Fjuul
- Dance Party
- Get Moving
- Map My Run
- PEAR Personal Coach
- Strava Running and Cycling
- Zova Personal Trainer
- Runkeeper
- Zombie, Run!
- Strava
- Lifesum
- Streaks
- Gymaholic
- MyFitnessPal
- Swing Tennis Tracker
- Pocket Yoga
PRIVACY OF HEALTH INFORMATION

WHAT FEDERAL LAWS DO UNIVERSITY OF ALASKA AND PREVENTIONCLOUD FOLLOW?

- Health Insurance Portability and Accountability Act (HIPAA) Compliant
- Genetic Information Nondiscrimination Act (GINA) Compliant

WHAT DOES THIS MEAN?

All individually identified health information collected and maintained by PreventionCloud is kept 100% secure & private. No individually identifiable health information is shared with University of Alaska, Premera or VSP. No family history is requested within the Health Risk Profile.

WHAT IS SHARED WITH UNIVERSITY OF ALASKA?

Only aggregate reports summarizing total population health information is given to University of Alaska. These aggregate reports will in no way reveal or provide any individually identified health information. These reports are used to help focus the Wellness Program in a direction that will have the largest impact for employees. For example, determining which webinars and challenges to make available.