



UNIVERSITY OF ALASKA FY24 WELLNESS PROGRAM



UNIVERSITY
of ALASKA

SMALL STEPS FOR BIG INCENTIVES

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 may need to enhance your ability to holistically enjoy your life. 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 Premium, Basic, or HDHP with optional HSA Medical plan an opportunity to earn a rebate of \$600 each on their FY24 medical care contributions by participating in our Wellness Program. The Wellness Program is a free, voluntary online program offered through the PreventionCloud Wellness Portal. Participants are responsible for updating & keeping track of their profile information and individual point accumulation via their dashboard on the PreventionCloud Wellness Portal. Ensure you keep your information updated regularly. Please review the latest details of our Wellness Program located within this guide as it will help you get familiar with the PreventionCloud Wellness Portal while also helping make University of Alaska a healthier place to work.



1

UNDERSTAND YOUR CURRENT HEALTH

- Online Health Risk Assessment
- Biometric Screening & Wellness Visit
- Age/Gender Preventative Screenings
- Adult Immunization
- Tobacco Affidavit

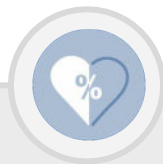
2

INCENTIVES & REWARDS

- Wellness Incentive Rebate
- High Point Raffle Awards
- 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.



FY24 PARTICIPATION REQUIREMENTS

Looking for a fun, easy, healthy way to earn some extra money? Look no further than our University of Alaska Wellness Program!

Any employee and spouses/Financially Interdependent Partners (FIPs) enrolled in the UA Choice Premium, Basic, or HDHP with optional HSA Medical plan are invited to participate in the FY24 University of Alaska Wellness Program. To meet the program requirements, employees and spouses/FIPs are required to complete a total of 8 points by completing the health risk assessment, biometric screening and 6 additional activity points. **By reaching the 8-point milestone by the June 30, 2024 deadline, employees and spouses/FIPs will receive a health care contribution rebate of \$600 each. The rebate is paid out in the next fiscal year (FY25) and works as a discount on future premiums of a UA Choice Medical Plan. To be eligible for the rebate, an employee and spouse/FIP must (1) complete the program by the June 30, 2024 deadline, (2) be on a UA Choice Medical Plan in the next fiscal year (July 1, 2024 – June 30, 2025) and (3) are a current benefit-eligible UA employee at the time the rebate is paid out in November of 2024.**

The pages in this Program Manual explain what you need to know in order to get started with the wellness program. If you have additional questions regarding the wellness program, contact 1-877-899-8996 or support@preventioncloud.com.

Required Wellness Activities: 8 Points	See Pg #	Frequency	Point Value
Health Risk Assessment	8	One Time Annually	1
FY24 Biometric Screening	9,10 & 11	One Time Annually	1
6 Additional Activity Points *listed below	n/a	Ongoing	Points Vary (Need 6 Points)

Additional Activities: 6 Points Required	See Pg #	Frequency	Point Value
FY23 Biometric Screening (meeting 3 out of the 5 lab metrics) <i>*This activity is based your previous FY23 results from labs taken between July 2022 - June 2023. 1 pt per metric, up to 3 max pts.</i>	n/a	One Time Annually	1 (3 max)
Wellness Exam & Form Info (must have UA Choice Medical)	11, 15	One Time Annually	1
Age/Gender Preventative Screening	11, 15	One Time Annually	1 (3 max)
Dental Exam & Form Info (must have UA Choice Dental)	12, 15	One Time Annually	1
Optometrist Exam & Form Info (must have UA Choice Vision)	13, 15	One Time Annually	1
Adult Immunization Attestation	14	One Time Annually	1
2 Health Coaching Sessions (4 max sessions)	16	Ongoing	1 (2 max)
Livongo Diabetes/Hypertension Program	17	Triannually	1 (3 max)
Tobacco-Free Attestation Tobacco users - tobacco cessation program	18 & 19	One Time Annually Ongoing	1
Online Webinar with Quizzes	20	Ongoing	0.5 (2 max)
Worksite Health Challenges	21, 22	Quarterly	1 (3 max)
150,000 Activity Points	23-26	Monthly	0.5 (2 max)

Required Points for FY24 Health Care Rebate of \$600 **8 Points** **Deadline: June 30, 2024**

Required Points for High-Point Raffle: **14 Points** **Deadline: June 30, 2024**

CALENDAR

FY24

Login in to the PreventionCloud Wellness Portal: www.preventioncloud.com

If you have previously logged in, please use your username and password from the previous program year. See page 7 for details.

Requirements		
Health Risk Assessment Know your Numbers	Complete Your Health Risk Assessment Due Date: June 30, 2024	1 Point
FY24 Biometric Screening Know your Numbers	Complete Your FY24 Biometric Screening Due Date: Order Kit-May 31, 2024. Mail Kit-June 30, 2024	1 Points
Additional Activities Better - for - you	Complete 6 Points worth of additional wellness activities listed below Due Date: June 30, 2024	6 Points
Additional Activities		
Worksite Challenge Better - for - you	Worksite Challenges Stretching Challenge – October 2 to November 6 Healthy Holidays – November 20 to January 8 Musculoskeletal Challenge – April 8 to May 6	1 Point
Livongo Better - for - you	See page 15 for more information Due Date: June 30, 2024	1 Point
2 Coaching Sessions Better - for - you	Complete 2 Coaching Sessions Due Date; June 30, 2024	1 Point
150,000 Activity Points Better - for - you	Complete 150,000 steps each month Due Date: July 1 - June 30	0.5 Point
Tobacco Affidavit Know your Numbers	Complete Your Online Tobacco Affidavit or Complete the “Minus Tobacco” Cessation Program Due Date: June 30, 2024	1 Point
FY23 Biometric Screening Know your Numbers	Complete Your 2023 Biometric Screening (3 out of 5) Due Date: June 30, 2023 *This activity is based on the results of your Biometric lab screening during the previous program year.	3 Points
Age/Gender Preventative Screening Know Your Numbers	Complete Your Age/Gender Preventative Screenings Due Date: June 30, 2024	1 Point
Adult Immunization Attestation Know your Numbers	Complete Your Adult Immunization Attestation Due Date: June 30, 2024	1 Point
Dental Exam Better - for - you	Complete Your Dental Exam (must have UA Choice Dental) Due Date: June 30, 2024	1 Point
Eye Exam Better - for - you	Complete Your Eye Exam (must have UA Choice Vision) Due Date: June 30, 2024	1 Point
Wellness Exam Better - for - you	Complete Your Wellness/Physical Exam (must have UA Choice Medical) Due Date: June 30, 2024	1 Point
Online Webinar with Quizzes Better - for - you	Complete Virtual Quizzes: Stress Reduction Techniques, Flexibility & Posture, Family & Fitness, Mindful Eating Due Date: June 30, 2024	0.5 Point Each



INCENTIVES & HEALTHY REWARDS ELIGIBILITY

○ **Who can choose to participate and what are the requirements?**

Employees and spouses/FIPs enrolled in UA Choice Premium, Basic, or HDHP with optional HSA Medical plan are eligible to participate in the free online portal based wellness program; however, participation is completely optional. Those who choose to participate and individually reach the 8-point milestone by the June 30, 2024 deadline, will receive a health care contribution rebate of \$600 each. The rebate is paid out in the next fiscal year (FY25) as a discount used to offset the FY25 UA Choice Medical Plan premiums. To be eligible for the rebate, an employee and spouse/FIP must (1) complete the program by the June 30, 2024 deadline, (2) be on a UA Choice Medical Plan in the next fiscal year (July 1, 2024 – June 30, 2025) and (3) the employee must be currently UA benefit-eligible at the time the rebate is paid out in November of 2024.

○ **How do I participate?**

All employees and spouses/FIPs enrolled in a UA Choice Medical Plan can choose to participate in any part of the wellness program including health prevention, challenges and fitness activities. If you and your spouses/FIPs decide to participate, you will be using UA's PreventionCloud online wellness portal. Ensure you and your spouse/FIP individually register and use the PreventionCloud wellness portal and keep your information up to date, including your profile information (see pg 7). Participants are responsible for updating & keeping track of their profile information and point accumulation on the PreventionCloud dashboard.



HEALTHY REWARDS AND INCENTIVE

Two Levels of Healthy Living Rewards

LEVEL 1

8 Points



\$600

Wellness Incentive Rebate
(awarded during FY25 plan year*)

Deadline: June 30, 2024

LEVEL 2

14 Points

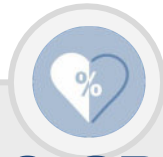


High Point Raffle

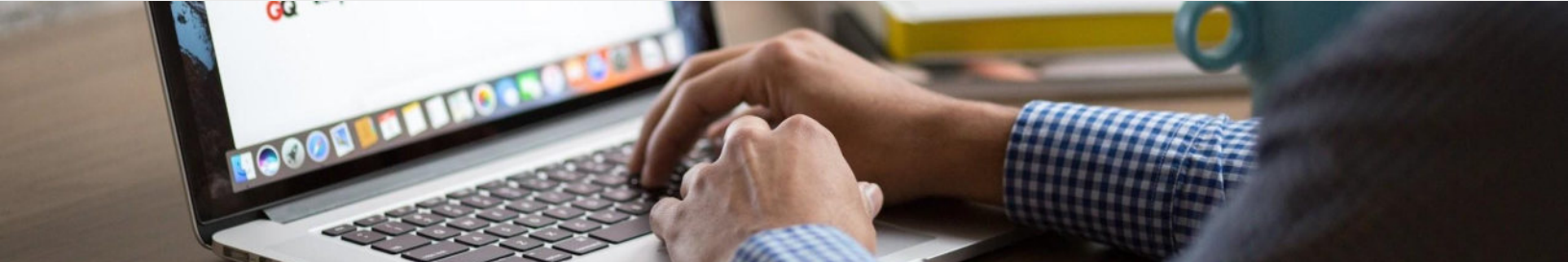
Deadline: June 30, 2024

Program Rules

*To be eligible for the rebate, an employee and spouse/FIP must (1) complete the program by the June 30, 2024 deadline, (2) be on a UA Choice Medical Plan in the next fiscal year (July 1, 2024 – June 30, 2025) and (3) employee must be currently UA benefit-eligible at the time the rebate is paid out in November 2024. The Rebate Incentive works as a discount on future premiums of a UA Choice Medical Plan. Participants are responsible for updating & keeping track of their profile information and point accumulation via the PreventionCloud Wellness Portal. Ensure you keep your information updated regularly. UA Choice Medical Plan Participants that accumulate 14 points will be enrolled in the High Point Raffle. Deadline is June 30, 2024. All points are reset for the following program year on July 1, 2024.



EMPLOYEE & SPOUSES/FIPS PREVENTIONCLOUD WELLNESS PORTAL



All Employees & Spouses/FIPs Have a PreventionCloud 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 online account.

Spouse/FIP Login:

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 is available for employees. To access Single Sign On, please go to the University of Alaska benefits page at: <https://alaska.edu/hr/benefits/health/wellness.php>

Please contact support@preventioncloud.com for support



HEALTH RISK ASSESSMENT

Required

From The PreventionCloud Wellness Portal Dashboard:

Click on “**Health Risk Assessment**”
under the billboard



Start completing the
assessment



Takes 7 minutes or less to
complete

The Health Risk Assessment is an annual incentive requirement.

UNIVERSITY of ALASKA

Welcome UA Test User

WELCOME TO YOUR FY24 WELLNESS PROGRAM!

Employees and spouses/Financially Interdependent Partners enrolled in the UA Choice health plan are eligible to earn an **Incentive Rebate** of up to \$600 on your FY24 health care contribution by completing the Health Risk Assessment, a Biometric Screening, and 6 additional activity points by June 30, 2024.

More details available below & in the Program Manual.
For additional questions reach out to support@preventioncloud.com.

Wellness Activities	Required/Optional	Points	Max Points
Health Risk Assessment	Required	1 Point	1 Point
Biometric Screening (three options: lab voucher, home test kit, or onsite)	Required	1 Point	1 Point
6 Additional Activity Points (below)	Required	Points Vary	Unlimited
Additional Activity Points			
FY23 Biometric Screening results (3 out of 5)	Optional	1 Point	3 Points
Wellness Exam	Optional	1 Point	1 Point
Age/Gender Preventative Screening	Optional	1 Point	5 Points
Dental Exam	Optional	1 Point	1 Point
Optometrist Exam	Optional	1 Point	1 Point
Adult Immunization Attestation	Optional	1 Point	1 Point
Health Coaching Sessions	Optional	1 Point	2 Points
Livago	Optional	1 Point	3 Points
Tobacco - Free Attestation	Optional	1 Point	1 Point
Online Webinars & Quizzes	Optional	0.5 Point	2 Points
Website Health Challenges	Optional	0.5 Point	3 Points
150,000 Activity Points	Optional	0.5 Point	2 Points

HEALTH RISK ASSESSMENT *Required

BIOMETRIC SCREENING *Required

PROGRAM MANUAL

MONTHLY NEWSLETTER

Please contact support@preventioncloud.com for support



BIOMETRIC SCREENING

Required

OPTION 1: LAB VOUCHER OPTION: Have your Screening at LabCorp

From The PreventionCloud Wellness Portal Dashboard:

Click on “**Biometric Screening**” under the billboard



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

Please contact support@preventioncloud.com for support



BIOMETRIC SCREENING

Required

OPTION 2: ORDERING A HOME TEST KIT

From The PreventionCloud Wellness Portal Dashboard:

Select "Events"
tab on your left
menu bar



Find 'Biometric
Screening Home Test
Kit' and select 'Join'



You will be redirected to
the **Home Test Kit** order
page

BIOMETRIC SCREENING HOME TEST KITS MUST BE ORDERED BY MAY 31, 2024 AND COMPLETED & SENT IN BY JUNE 10, 2024.

UNIVERSITY of ALASKA

Welcome UA Test User

Dashboard

Activities

My Plan

My Activity Forms

My Health Forms

My Health Results

Fitness Tracking

Events

Challenges

Webinar w Quizzes

Support

WELCOME TO YOUR FY24 WELLNESS PROGRAM!

Earn an **Incentive Rebate of \$600** on your FY24 health care contribution by completing the *Health Risk Assessment, a Biometric Screening, and 6 additional activity points* by June 30, 2024.

More details available below & in the Program Manual. For additional questions reach out to support@preventioncloud.com.

HEALTH RISK ASSESSMENT ***Required***

BIOMETRIC SCREENING ***Required***

PROGRAM MANUAL

MONTHLY NEWSLETTER

Please contact support@preventioncloud.com for support



BIOMETRIC SCREENING ORDERS AT WELLNESS EXAM

Required

Option 3: PHYSICIAN VISIT PACKET

From The PreventionCloud Portal Wellness Dashboard:

Click on "Biometric Screening" under the billboard



Click on



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

An established relationship with your primary care physician is essential for early detection of health issues and for getting and keeping you healthy. Plan to have a yearly wellness exam. Have any needed Immunizations updated while there. Discuss Age/Gender Screenings and get those scheduled. Also, have your required Biometric Screening completed at your Doctor's Office (HIPPA Form required), Lab Facility, or order your kit at home.

The Physician Visit Packet is also where Age/Gender Preventative Screenings are recorded (pg. 3 of packet). Please refer to your Physician Visit Packet for further instructions.

Please contact support@preventioncloud.com for support



UA CHOICE DENTAL DENTAL VISIT AND FORM

From The PreventionCloud Portal Wellness Dashboard:

If you have UA Choice Dental, Click on “Activities” on your left menu



Click on

HIPAA Release Online



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

Form Download



Take form to your Dentist. Have your Dentist input the information to PreventionCloud, fax it, or you can scan and submit through your PreventionCloud login



- Dashboard
- Activities**
- Activity Forms
- Health Forms
- My Health
- Plans
- Trackers
- Events
- Challenges
- Quizzes
- Support

Completion Deadline
06-30-2024



Dental Exam & Form Info

1. Complete the HIPAA Release Online by clicking "HIPAA Release Online" below (you have to complete this in order to download the Dental Visit Packet).
2. Click on "Form Download" below to Download the form. Print a copy to take to your physician visit.
3. Take all pages to your dentist and have them submit the forms which are contained within the packet. The dentist can submit the forms by entering the data on <https://www.preventioncloud.com/forms> or by sending a fax to 713-714-2273.

HIPAA Release Online

Form Download

Completion Deadline
06-30-2024



Optometrist Exam & Form Info

1. Complete the HIPAA Release Online by clicking "HIPAA Release Online" below (you have to complete this in order to download the Optometrist Visit Packet).
2. Click on "Form Download" below to Download the form. Print a copy to take to your physician visit.
3. Take all pages to your optometrist and have them submit the forms which are contained within the packet. The optometrist can submit the forms by entering the data on <https://www.preventioncloud.com/forms> or by sending a fax to 713-714-2273.

HIPAA Release Online

Form Download

An established relationship with your dentist is essential for early detection of health issues and for getting and keeping you healthy. Plan to use your UA Choice Dental to visit your dentist at least yearly. If you have dental outside of UA Choice Dental you will not receive the points.

Please refer to your Dental form for further instructions.



UA CHOICE VISION OPTOMETRIST VISIT AND FORM

From The PreventionCloud Portal Wellness Dashboard:

If you have UA Choice Vision, click on **“Activities”** on your left menu



Click on
HIPAA Release Online



Once completed, you may download and print the Optometrist Visit Form

Form Download



Take form to your Optometrist. Have your Optometrist input the information to PreventionCloud, fax it, or you can scan and submit through your PreventionCloud login



- Dashboard
- Activities
- Activity Forms <
- Health Forms <
- My Health <
- Plans
- Trackers <
- Events
- Challenges <
- Quizzes
- Support

<p>Completion Deadline 06-30-2024</p>	<p></p> <p>Optometrist Exam & Form Info</p> <p>1. Complete the HIPAA Release Online by clicking "HIPAA Release Online" below (you have to complete this in order to download the Optometrist Visit Packet).</p> <p>2. Click on "Form Download" below to Download the form. Print a copy to take to your physician visit.</p> <p>3. Take all pages to your optometrist and have them submit the forms which are contained within the packet. The optometrist can submit the forms by entering the data on https://www.preventioncloud.com/forms or by sending a fax to 713-714-2273.</p> <p>HIPAA Release Online Form Download</p>
<p>Completion Deadline 06-30-2024</p>	<p></p> <p>Adult Immunization Attestation</p> <p>Attest for your most recent immunizations received this year, such as a flu vaccine, shingles, etc. List vaccine received and date.</p> <p>Quick Link</p>
<p>Completion Deadline 06-30-2024</p>	<p></p> <p>Health Coaching Sessions</p> <p>Schedule a 15 min telephonic appointment with a Health Coach to discuss your goals and receive tips for a healthier lifestyle.</p> <p>Quick Link</p>
<p>Completion Deadline 06-30-2024</p>	<p></p> <p>Livongo Diabetes Program</p> <p>Livongo is a holistic program providing support and medical supplies for diabetes, diabetes prevention, and hypertension. Livongo empowers people with health challenges to live better and do more. Contact Premara for more information.</p>

An established relationship with your Optometrist is essential for early detection of health issues and for getting and keeping you healthy. Plan to use your UA Choice Vision to visit your Optometrist yearly. If you have vision outside of UA Choice Vision you will not receive the points.

Please refer to your Optometrist form for further instructions.



ADULT IMMUNIZATION ATTESTATION AND FORM

From The PreventionCloud Portal Wellness Dashboard:

After completing your immunization click on “**Activity Forms**” on your left menu



Select “**Submit Forms**” on your left menu



List vaccine received and date. Click “**Submit**”
****Complete & submit a new form for each immunization****



Welcome UA Test Use

Dashboard > Activity Tracker > Submit Form

Submit Form

Select Form: * Adult Immunization Attestation

Select Activity: Adult Immunization Attestation

Activity Date: 07-12-2023

Notes: Flu Shot 7-1-23

Cancel Submit

Please refer to your Adult Immunization form for further instructions.



HOW TO SUBMIT YOUR UA CHOICE PREVENTIVE VISIT FORMS: Physician, Dental, & Optometrist

**From The PreventionCloud Portal Wellness Dashboard:
Submit forms using one of the options.**

1

SECURE ONLINE PHYSICIAN/DENTIST/OPTOMETRIST ENTRY:

Have your Physician/Dentist/Optometrist login and submit your information.

1. Log on to <https://www.preventioncloud.com/forms>.
2. Enter your patient's ID code e.g. CI425666.
3. Update your patient's information.

2

SECURE ONLINE USER UPLOAD:

Submit via computer or phone.

1. Log on to your personal portal <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

1. Be sure to receive a fax confirmation from your fax machine.
2. After 5 days, participants should check their dashboard to ensure points were awarded.

Participants are responsible for ensuring their profile information and point accumulation is kept up to date on the PreventionCloud Wellness Portal dashboard. Check your dashboard regularly.

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. You must be enrolled in a UA Choice Medical Plan to participate in the Wellness Program. If you are enrolled in UA Choice Dental and/or UA Choice Vision Plan, you may submit those visits for points as well. If you have dental or vision outside of UA Choice, you will not receive those points.



SCHEDULE A HEALTH COACHING SESSION

From The PreventionCloud Portal Wellness Dashboard:

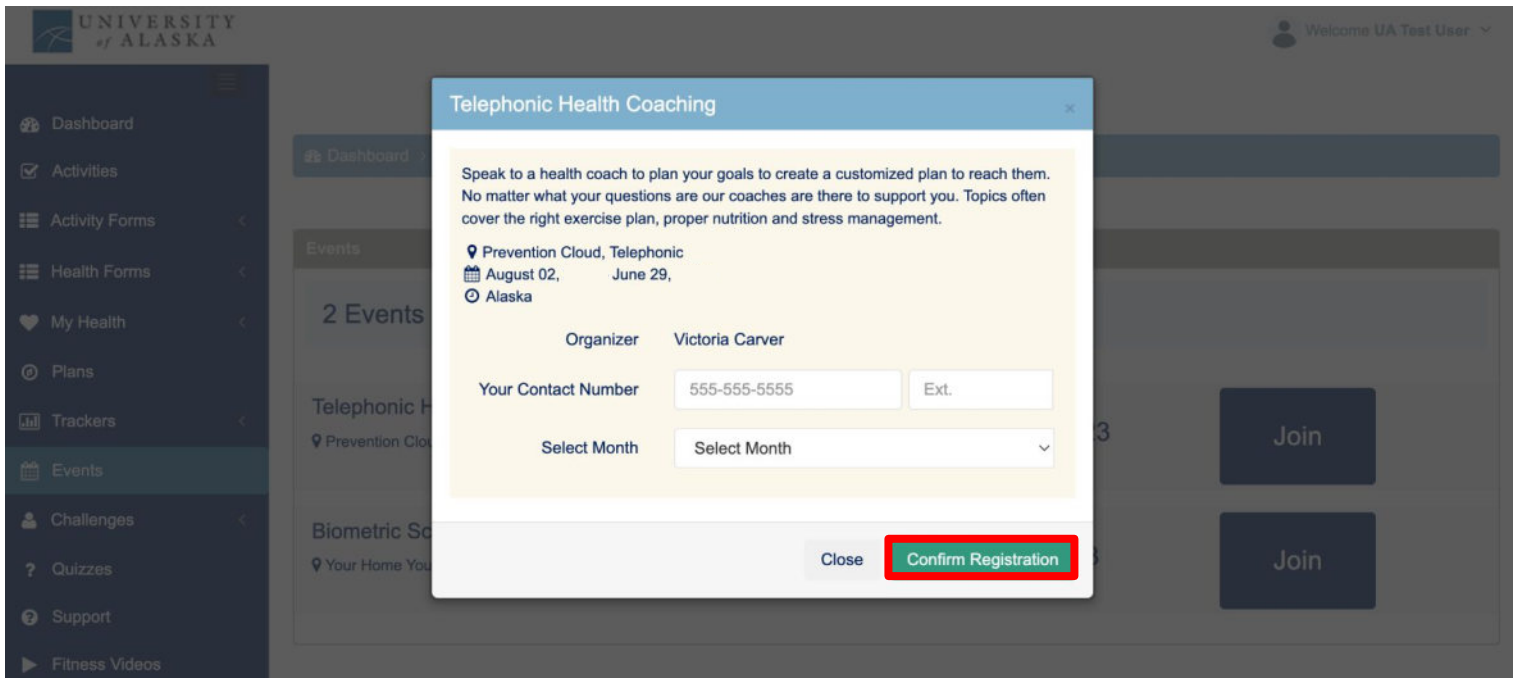
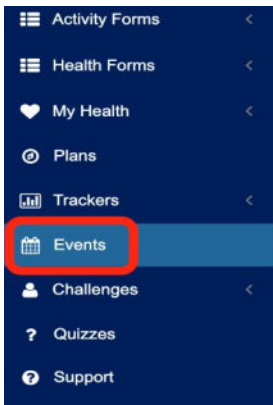
Click on
“Events” on
your left menu



From the Telephonic
Coaching event and click
the “Join” button



Type in your phone number and date & time you would like to schedule and click “**Confirm Registration**”. Appointments may be scheduled one month out. Two Coaching Appointments required for 1 point. One appointment per day. Maximum four sessions.





LIVONGO DIABETES/HYPERTENSION PROGRAM



Livongo is a holistic program providing support and medical supplies for diabetes, diabetes prevention, and hypertension. Livongo empowers people with health challenges to live better and do more.

This program is offered at no cost to university employees and covered dependents who are enrolled in a UA Choice Health Plan and meet the criteria required by Livongo.

Through the Livongo mobile app on an iPhone or Android smartphone you can receive care and support from Livongo staff to help manage your health condition.

Live the Healthier Life You Want!

- Find out if you're eligible to participate in Livongo by reaching out to Premera today.
 - You will earn 1 point for enrolling in Livongo and you can earn up to 2 points for your continued enrollment throughout the program year equaling 3 points max.
-

Estimated Time Required:
Non-Smokers: 5 minutes
Smokers: Varies



TOBACCO/TOBACCO-FREE ATTESTATION AND TOBACCO USERS MINUS TOBACCO PROGRAM

From The PreventionCloud Wellness Dashboard:

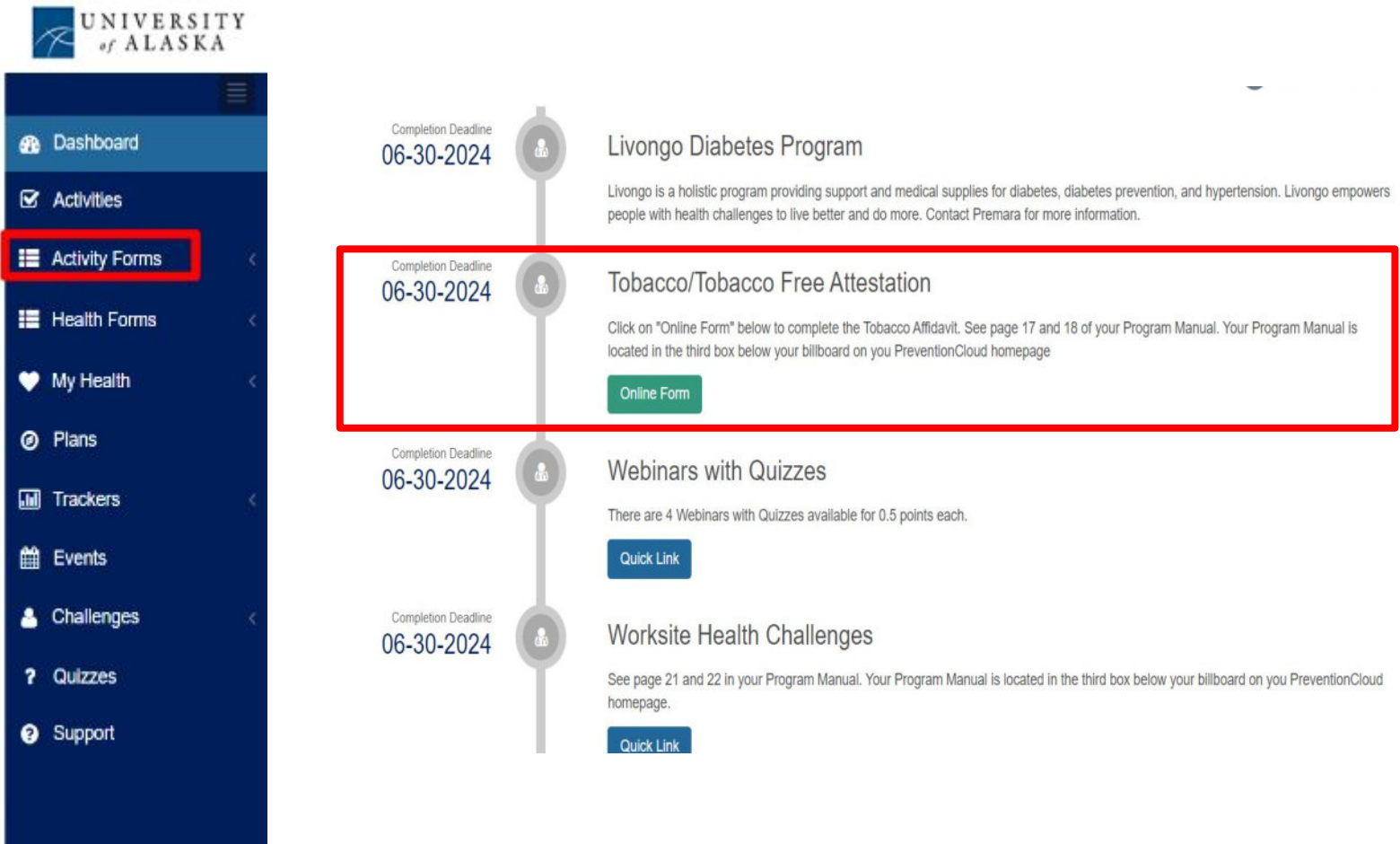
Click on

 Activities



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

If you are a tobacco user, see the following page as you may complete the Minus Tobacco Program through PreventionCloud. Call/email a tobacco cessation specialist by 5/31/2024.



The screenshot shows the University of Alaska PreventionCloud dashboard. On the left is a dark blue sidebar menu with the following items: Dashboard, Activities, Activity Forms (highlighted with a red box), Health Forms, My Health, Plans, Trackers, Events, Challenges, Quizzes, and Support. The main content area displays a list of activities, each with a completion deadline of 06-30-2024. The activities are: Livongo Diabetes Program, Tobacco/Tobacco Free Attestation (highlighted with a red box), Webinars with Quizzes, and Worksite Health Challenges. The 'Tobacco/Tobacco Free Attestation' activity includes an 'Online Form' button. The 'Webinars with Quizzes' activity includes a 'Quick Link' button. The 'Worksite Health Challenges' activity includes a 'Quick Link' button.



BETTER-FOR-YOU...BE ENGAGED



REGISTER FOR THE TOBACCO CESSATION PROGRAM



TOBACCO USERS: GETTING STARTED IS EASY!

1. If you are a tobacco user and are planning to participate in the Minus Tobacco 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 #: 1-800-435-3220 (press 2 to get a registration specialist)

1. Make sure to include your *name, email address, phone #* & that you are calling from *University of Alaska*.
2. The tobacco specialist will send you an email with more information on the program for living a tobacco-free lifestyle.
3. Schedule & complete 5 telephonic coaching sessions (1 per week. Deadline for 1st call is 5/31/24). Once completed, you will receive credit for your Tobacco Affidavit activity within 2 weeks after your last call.

Don't let tobacco drag you down!

- Our program allows any user (long term or beginner) to begin a healthier life without tobacco cravings.
- During the calls tobacco users receive support and guidance on how to quit successfully.



ONLINE WEBINAR WITH QUIZZES

From The PreventionCloud Portal Wellness Dashboard:

Stream available Webinars with Quizzes. After watching the webinar, take the quiz.
Earn a 70% or higher to receive credit.

Click **Quizzes** on
your left menu



Click **Watch
Webinar**



Take **Quiz**

Quiz Plan

Quiz	Start Date	End Date	Score	Action	Select Category
Family & Fitness	07/01/2023	06/30/2024	--	Watch Webinar	Retake
Flexibility and Posture	07/01/2023	07/01/2024	--	Watch Webinar	Start
Stress Reduction Techniques	07/01/2023	07/01/2024	--	Watch Webinar	Start
Mindful Eating	07/02/2023	07/01/2024	--	Watch Webinar	Start

? Quizzes

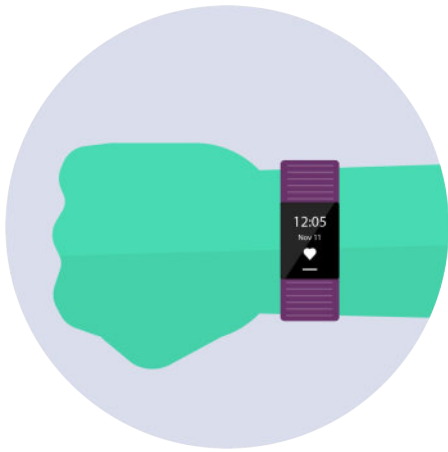
? Support

**Estimated Time Required:
Varies per challenge. As little as a few
minutes per day.**



WORKSITE HEALTH CHALLENGES

150,000 ACTIVITY POINTS



July 1, 2023 – June 30, 2024

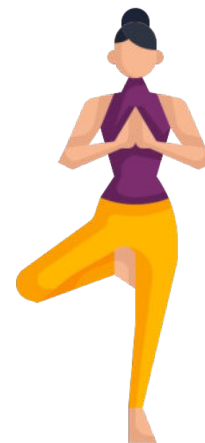
(0.5 points per month- 2 point maximum)

Sync your Device on Prevention Cloud. Individuals who complete a total of 150,000 steps in a calendar month will earn credit for the specific month.

No action necessary as long as you have already synced your device.

See Page 23 through 25 for instructions on syncing to your wellness portal.

STRETCHING CHALLENGE



October 2 – October 29

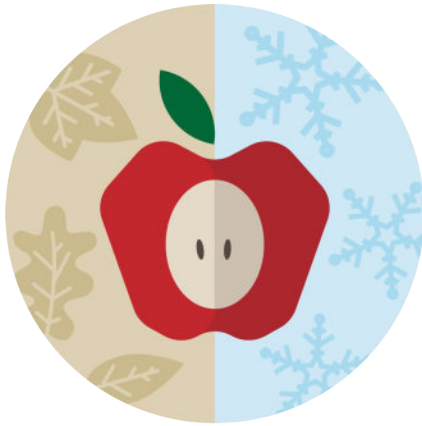
(1 point)

Most of us know that stretching is good for you before and after exercising but stretching should not be limited to the gym only. Stretching while at work reduces the risk of musculoskeletal injuries by improving muscular balance, posture, and coordination. For this challenge employees will need to participate in the stretch of the week while at work and check in once a week in Prevention Cloud Wellness Portal to track their participation. Registration Required via your portal.



WORKSITE HEALTH CHALLENGES

HEALTHY HOLIDAYS CHALLENGE



November 21 – January 5

(1 point)

During the holidays, it isn't realistic to try to lose weight. The goal of this challenge is to practice healthy habits and enter the holiday season with awareness and presence, while focusing on maintaining your weight. Log and track your weight throughout the entire challenge. Use the PreventionCloud Wellness Portal to log and track your weight throughout the entire challenge. Registration required via your portal.

MUSCULOSKELETAL CHALLENGE



April 8 – May 5

(1 point)

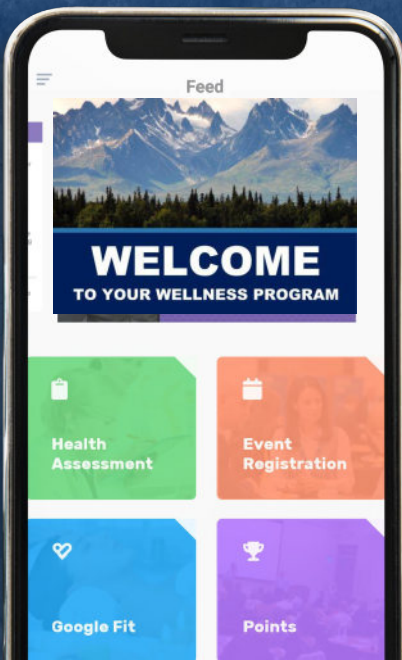
Musculoskeletal health is the health of our muscles, bones, joints, ligaments, and tendons. Complete this 4-week challenge by completing at least 3 daily tasks each week. Learn each week about Proper Lifting Techniques, Proper Ergonomics, Strength Training, Flexibility, and Safety. By the end of the challenge, you may find you have less strain and pain on your body! Use the PreventionCloud Wellness Portal to log and track your tasks. Registration required via your portal.

Additional Worksite Challenges (for 1 point) will be offered online throughout FY24. Check your PreventionCloud Wellness Portal>Worksite Health Challenges regularly.

THE PREVENTIONCLOUD WELLNESS APP

Use the app to sync your favorite device to your PreventionCloud wellness program!

This is your first step towards tracking the 150,000 Activity Points



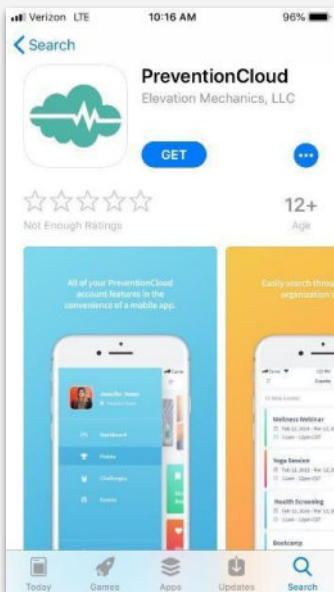
HOW TO DOWNLOAD THE PREVENTIONCLOUD APP (2 OPTIONS):
(How-To-Videos are available on your PreventionCloud Dashboard>Quicklinks)

HOW TO LOGIN TO YOUR PREVENTION CLOUD APP

Option 1

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

**If you are on an Android search and click the text 'Search' 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

ANDROID QR CODE



IOS QR CODE



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

HOW TO SYNC YOUR FITNESS DEVICE

Complete the following instructions to sync your device with PreventionCloud. As your device is synced your steps will automatically log. Sync at least every other week.

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

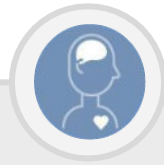


1. Download/Open the Apple Health Kit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Apple Health Kit settings).
3. Download the **PreventionCloud** mobile app from the App Store.
4. Click on the app icon from your home screen 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.
9. Sync your device at least every other week.

Google (Android) – Google Fit

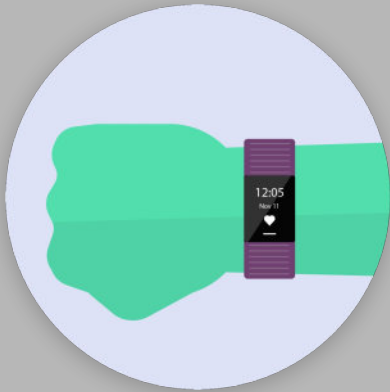


1. Download/Open the Google Fit App.
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Google Fit settings).
3. Download the **PreventionCloud** mobile app from the Play Store.
4. Login using your username and password.
Username: FIRST 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.
9. Sync your device at least every other week.



HOW TO SYNC YOUR FITBIT

Sync at least every other week



1. Log in to the **WELLNESS PORTAL**.
2. Click on “**TRACKERS**” from the left hand menu.
3. Click on “**FITBIT SYNC**” from the left hand menu.
4. Enter the email associated with your Fitbit and connect.
5. Enter your Fitbit account login information to complete the setup.

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.



DEVICES AND APPS YOU CAN SYNC FOR YOUR CHALLENGE

COMPATIBLE DEVICES

- Apple Watch: Series 3 & Above
- 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 may 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



★ **NEW!!** ★

MY PLAN

Choose from a variety of plans that fit your lifestyle. There is everything from Prevention care to BMI information/lifestyle care which includes a plethora of free workouts. Check it out!

From The PreventionCloud Wellness Dashboard: click My Plan.

The screenshot shows the University of Alaska PreventionCloud Wellness Dashboard. On the left is a dark blue navigation sidebar with the following menu items: Dashboard, Activities, My Plan (highlighted with a red box), My Activity Forms, My Health Forms, My Health Results, Fitness Tracking, Events, Challenges, Webinar w Quizzes, and Support. The main content area is titled 'My Plans' and displays three health plans:

- BMI - "Be My Inspiration"**: Incomplete. You have completed 1 out of the 3 activities within this plan. Progress: 33% Completed. Description: So you've got a few extra pounds - that doesn't mean you are unhealthy! We want you to feel happy, pain-free, energetic, and confident at any size. Follow this MyPlan to make sure that you are moving regularly and eating lots of fruits and vegetables. You may find these healthy habits...[Read More](#)
- Clean Out Cholesterol**: Incomplete. You have completed 1 out of the 2 activities within this plan. Progress: 50% Completed. Description: Have you found your cholesterol creeping up? The top ways to lower total cholesterol include lowering saturated fat intake, increasing fiber, adding more movement to your daily routine, and losing extra weight. Follow this MyPlan to get started with healthy behaviors that could lower your numbers. [Read More](#)
- Third Plan (partially visible)**: Incomplete. You have completed 0 out of the 2 activities within this plan.

While there are not incentive points associated with My Plan, it's an amazing way to get information, fitness programs tasks and tips on a number of health topics designed especially for your lifestyle.



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.





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