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 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 and voluntary program offered through PreventionCloud. Participants are responsible for updating & keeping track of their profile information and individual point accumulation via their dashboard on PreventionCloud. 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 PreventionCloud while also helping make University of Alaska a healthier place to work.

UNDERSTAND YOUR CURRENT HEALTH

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

INCENTIVES & REWARDS

- Health Care Contribution 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.
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 up to $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) be a current benefit-eligible UA employee at the time the rebate is paid out in November of 2024.

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!

### Required Wellness Activities: 8 Points

<table>
<thead>
<tr>
<th>Activity</th>
<th>See Pg #</th>
<th>Frequency</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment</td>
<td>8</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>FY24 Biometric Screening</td>
<td>9, 10 &amp; 11</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>6 Additional Activity Points *see below</td>
<td>n/a</td>
<td>Ongoing</td>
<td>Points Vary (Need 6 Points)</td>
</tr>
</tbody>
</table>

### Additional Activities: 6 Points Required

<table>
<thead>
<tr>
<th>Activity</th>
<th>See Pg #</th>
<th>Frequency</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY23 Biometric Screening (meeting 3 out of the 5 lab metrics)</td>
<td>n/a</td>
<td>One Time Annually</td>
<td>1 (3 max)</td>
</tr>
<tr>
<td>Wellness Exam &amp; Form Info (must have UA Choice Medical)</td>
<td>11, 15</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Age/Gender Preventative Screening</td>
<td>11, 15</td>
<td>One Time Annually</td>
<td>1 (5 max)</td>
</tr>
<tr>
<td>Dental Exam &amp; Form Info (must have UA Choice Dental)</td>
<td>12, 15</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Optometrist Exam &amp; Form Info (must have UA Choice Vision)</td>
<td>13, 15</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>14</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Health Coaching Sessions</td>
<td>16</td>
<td>Ongoing</td>
<td>1 (2 max)</td>
</tr>
<tr>
<td>Livongo</td>
<td>17</td>
<td>Triannually</td>
<td>1 (3 max)</td>
</tr>
<tr>
<td>Tobacco-Free Attestation</td>
<td>18 &amp; 19</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Tobacco users - tobacco cessation program</td>
<td></td>
<td>Ongoing</td>
<td>1</td>
</tr>
<tr>
<td>Online Webinar with Quizzes</td>
<td>20</td>
<td>Ongoing</td>
<td>0.5 (2 max)</td>
</tr>
<tr>
<td>Worksite Health Challenges</td>
<td>21, 22</td>
<td>Quarterly</td>
<td>1 (3 max)</td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>23-26</td>
<td>Monthly</td>
<td>0.5 (2 max)</td>
</tr>
</tbody>
</table>

**Required Points for FY24 Health Care Rebate up to $600**

<table>
<thead>
<tr>
<th>Points</th>
<th>Deadline: June 30, 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

**Required Points for High-Point Raffle:**

<table>
<thead>
<tr>
<th>Points</th>
<th>Deadline: June 30, 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td></td>
</tr>
</tbody>
</table>
# FY24 Calendar

**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 7 for details.

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Activity Description</th>
<th>Due Date</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Risk Assessment</strong></td>
<td>Complete Your Health Risk Assessment</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Know your Numbers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FY24 Biometric Screening</strong></td>
<td>Complete Your FY24 Biometric Screening</td>
<td>Due Date: Order Kit-May 31, 2024, Mail Kit-June 30, 2024</td>
<td>1 Points</td>
</tr>
<tr>
<td>Know your Numbers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Additional Activities</strong></td>
<td>Complete 6 Points worth of additional wellness activities listed below</td>
<td>Due Date: June 30, 2024</td>
<td>6 Points</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Worksite Challenge</strong></td>
<td>Worksite Challenges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Better - for - you</td>
<td>Stretching Challenge – October 2 to November 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Healthy Holidays – November 20 to January 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Musculoskeletal Challenge – April 8 to May 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Livongo</strong></td>
<td>See page 15 for more information</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2 Coaching Sessions</strong></td>
<td>Complete 2 Coaching Sessions</td>
<td>Due Date: June 30, 2024</td>
<td>1 Points</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>150,000 Activity Points</strong></td>
<td>Complete 150,000 steps each month</td>
<td>Due Date: July 1 - June 30</td>
<td>0.5 Point</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tobacco Affidavit</strong></td>
<td>Complete Your Online Tobacco Affidavit or Complete the “Minus Tobacco” Cessation Program</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Know your Numbers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FY23 Biometric Screening</strong></td>
<td>Complete Your 2023 Biometric Screening (3 out of 5)</td>
<td>Due Date: June 30, 2023</td>
<td>3 Points</td>
</tr>
<tr>
<td>Know your Numbers</td>
<td>*This activity is based on the results of your screening during the previous program year.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Age/Gender Preventative Screening</strong></td>
<td>Complete Your Age/Gender Preventative Screenings</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Know Your Numbers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adult Immunization Attestation</strong></td>
<td>Complete Your Adult Immunization Attestation</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Know your Numbers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dental Exam</strong></td>
<td>Complete Your Dental Exam (must have UA Choice Dental)</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Eye Exam</strong></td>
<td>Complete Your Eye Exam (must have UA Choice Vision)</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wellness Exam</strong></td>
<td>Complete Your Wellness/Physical Exam (must have UA Choice Medical)</td>
<td>Due Date: June 30, 2024</td>
<td>1 Point</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Online Webinar with Quizzes</strong></td>
<td>Complete Virtual Quizzes: Stress Reduction Techniques, Flexibility &amp; Posture, Family &amp; Fitness, Mindful Eating</td>
<td>Due Date: June 30, 2024</td>
<td>0.5 Point</td>
</tr>
<tr>
<td>Better - for - you</td>
<td></td>
<td></td>
<td>Each</td>
</tr>
</tbody>
</table>
INCENTIVES & 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 program; however, participation is completely optional. By individually 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) 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) be a current benefit-eligible UA employee 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 challenges and fitness activities. If you and your spouses/FIPs decide to participate, ensure you individually register and use the PreventionCloud wellness portal and keep your information up to date, including your profile information.
**HEALTHY LIVING INCENTIVE**

Two Levels of Healthy Living Rewards

---

**LEVEL 1**

- **8 Points**

**LEVEL 2**

- **14 Points**

---

**Up to $600 Health Care Contribution Rebate**
(awarded during FY25 plan year)

**High Point Raffle**

---

**Deadline: June 30, 2024**

---

**Program Rules**

Employees must be actively employed at the time of rebate payment and raffle to receive their incentives. Participants are responsible for updating & keeping track of their profile information and point accumulation via their dashboard on PreventionCloud. Ensure you keep your information updated regularly. UA Choice Medical Plan Participants that accumulate 14 points will be enrolled in the High Point Raffle. All points will be reset for the next program year on July 1, 2024.
All employees and spouses/ FiPs have their own unique account.

Spouse/ FiP Login:

Username: FIRSTNAME LASTNAME Birthyear

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 PreventionCloud.com

Please contact support@preventioncloud.com for support
From The Wellness 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.

Please contact support@preventioncloud.com for support
BIOMETRIC SCREENING

*Required*

OPTION 1: LAB VOUCHER OPTION

Have your Screening at LabCorp

From The PreventionCloud Wellness Dashboard:

- Click on “Biometric Screening” under the billboard
- Click “Lab Voucher” to print and take to nearest LabCorp office

Estimated Time Required: 60 minutes

KEEP YOUR MOMENTUM
JOIN THE HIGH POINT RAFFLE

After you’ve earned your wellness rebate, continue your healthy habits and join the High Point Raffle. By going above and beyond the required 8 points and earning a total of 14 points, your name will be entered to win a great prize from the menu. Winners are selected for UAA, UAF, and UAS campuses.

High Point Raffle Prize Menu

$500 gift card to:
- Alaska Mountaineering and Hiking
- Beaver Sports
- Foggy Mountain Shop

Or a:
- Nugget Alaskan Outfitter
- Skinny Raven
- Trax Outdoor Center

Curious how many points you’ve accumulated and healthy ways to earn more? Log in to PreventionCloud.com.

Please contact support@preventioncloud.com for support
BIOMETRIC SCREENING

*Required*

OPTION 2: ORDERING A HOME TEST KIT

From The PreventionCloud Wellness 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.

KEEP YOUR MOMENTUM
JOIN THE HIGH POINT RAFFLE

After you've earned your wellness rebate, continue your healthy habits and join the High Point Raffle. By going above and beyond the required 6 points and earning a total of 14 points, your name will be entered to win a great prize from the menu. Winners are selected for UAA, UAF, and UAS campuses.

High Point Raffle Prize Menu

$500 gift card to:
- Alaska Mountaineering and Hiking
- Beaver Sports
- Foggy Mountain Shop

Or a:
- Garmin Fenix 6, GoPro Hero 9, Fitbit Sense

Curious how many points you've accumulated and healthy ways to earn more? Log in to PreventionCloud.com.

Please contact support@preventioncloud.com for support
BIOMETRIC SCREENING ORDERS AT WELLNESS EXAM

*Required*

Option 3: PHYSICIAN VISIT PACKET

From The PreventionCloud 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.

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 you will record your Age/Gender Preventative Screenings (pg. 3 of packet). Please refer to your physician visit packet for further instructions.

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.

Please contact support@preventioncloud.com for support.
From The 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

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

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

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.

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.
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**

Estimated Time Required: 60 minutes

From The PreventionCloud Wellness Dashboard:

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 Wellness Dashboard
Exams require use of one of the below options to submit forms to PreventionCloud:

**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, and you're finished.

**SECURE ONLINE USER UPLOAD:**
Submit via computer or phone.

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.

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

Please refer to your preventive forms on PreventionCloud for further instructions.

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.
From The PreventionCloud Wellness Dashboard:

Click on “Events” on your left menu

Find 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”
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.
TOBACCO/TOBACCO-FREE ATTESTATION AND TOBACCO USERS MINUS TOBACCO PROGRAM

From The PreventionCloud Wellness Dashboard:

Click on "Activities" 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.

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

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

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.

Livongo Diabetes 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. Contact Premara for more information.

Tobacco/Tobacco Free Attestation
Click on "Online Form" below to complete the Tobacco Affidavit. See page 17 and 18 of your Program Manual. Your Program Manual is located in the third box below your billboard on your PreventionCloud homepage.

Webinars with Quizzes
There are 4 Webinars with Quizzes available for 0.5 points each.

Worksite Health Challenges
See page 21 and 22 in your Program Manual. Your Program Manual is located in the third box below your billboard on your PreventionCloud homepage.
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.
Login PreventionCloud to stream available Webinars with Quizzes. After watching the webinar, click Start on the Quiz tab. Earn a 70% or higher to receive credit.

**From The PreventionCloud Wellness Dashboard:**

- Click Quizzes on your left menu → Click Watch Webinar → Take Quiz
- Earn a 70% or higher to receive .05 credit
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 to track their participation.
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 concentrate and maintain weight during the holiday season, while practicing healthy habits. Log and track your weight throughout the entire challenge.

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!
INTRODUCING THE PREVENTIONCLOUD APP

You can sync your favorite device to the wellness program!

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

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 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

HOW TO LOGIN TO YOUR PREVENTION CLOUD APP

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

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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 (JOHND0E1961)
   - **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 (JOHND0E1961)
   - **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.
HOW TO SYNC YOUR FITBIT

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
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.