



This program is available to employees and their spouse if enrolled in the medical plan.

The wellness program encourages employees (and enrolled spouses) to proactively manage their current health conditions. By engaging with the wellness program, employees will increase their awareness and make more informed decisions about their health..

2018 Wellness: It's as easy as...

1

GET STARTED. Go to www.wellvibelogin.com to register and log into the Wellvibe portal by July 15, 2018.

*If your spouse is enrolled in the medical plan, you each will need to login to Wellvibe with your own credentials.

2

CONFIRM YOUR TOBACCO USE STATUS. Answer the intake questions to declare your status on tobacco use. If you are an admitted nicotine user, view the "Thinking About Quitting Smoking" video. Complete by July 15, 2018.

3

COMPLETE YOUR HEALTH RISK ASSESSMENT. The Health Risk Assessment is a tool used provide information about your current health status and help prevent health problems before they occur. You must complete the Health Risk Assessment by July 15, 2018.

You are encouraged to watch any additional videos that are assigned to you in Wellvibe.

For Members Accessing Wellvibe for the First Time:

- Go to <https://wellvibelogin.com>
- Click on "register here."
- Enter your:
 - First name
 - Last name
 - Date of birth
 - Group key code: **ZGWBV5**
- Create your user name and password
- Sign in to Wellvibe with the user name and password you created.

Don't Miss Out on Free Money!

In order to collect your incentive, complete the 3 required steps before the July 15, 2018.

The per pay period amounts per person will be:
Tobacco \$9.23
Wellness \$13.85

If your spouse is enrolled in the medical plan, you are both eligible to receive the pay outs.

