

STEP 1: Schedule and Attend a Biometric Screening

Biometric screenings must be completed between May 5, 2014 and May 17, 2014

- ★ Biometric screening services help evaluate participants' health and can pinpoint health issues before they become detrimental. The typical screening takes just 12 minutes: a health care professional collects your height and weight measurements, waist measurements, blood pressure and administers a small finger-stick blood test measuring cholesterol, triglycerides and glucose levels.
- ★ Go to ccc.edu/chicagoliveshealthy to schedule a biometric screening appointment at on-site CCC locations. You can also go to your physician's office* to have your biometric screening completed. If you choose to have your screening completed at your physician's office, there is a standard form that your doctor will need to complete. Please visit ccc.edu/chicagoliveshealthy for more information.
- ★ If you need assistance with scheduling a screening appointment or accessing the form for completion by your physician, please contact customer service at 1-866-556-7671.

*Biometric screenings done at your physician's office will be subject to your current medical plan benefits.

STEP 2: Complete your Online Well-Being Assessment™ (WBA)

Well-Being Assessments must be completed between April 10, 2014 and June 30, 2014

- ★ The Well-Being Assessment™ (WBA) is a confidential questionnaire that assesses life and environmental factors that are critical to your health, well-being and your ability to improve both. The WBA has been designed by health experts and consists of 60 questions to get a better sense of factors such as:
 - Basic health history
 - Mental health and stress
 - Barriers to change
- ★ All questions are simple to understand and easy to answer. It should take 20 to 30 minutes to complete the questionnaire. Beginning April 10, you can find a link to the WBA at ccc.edu/chicagoliveshealthy.

NEW! Quarterly Ongoing Participation

Earn 12 new points each quarter by completing wellness participation activities. Ongoing Participation will be required in Quarter 3 and Quarter 4.

- ★ It's been an incredible year for the *Chicago Lives Healthy* wellness program. We've experienced many successes and a few challenges along the way, and we've listened to your feedback. Thank you for speaking up. Your input helps us know what's working in the program and what we can do better to meet your needs.

One of the things you told us was that you like the extra health and well-being support the program provides, but the current participation structure was challenging to work into your busy life. So, we've changed it. In year 2 (2014), we're making it more convenient for you in to earn your points for ongoing participation.

- ★ **NEW! Quarterly Points Earning Requirement**

Beginning July 2014, all participants in the *Chicago Lives Healthy* program will be required to earn 12 new points each quarter by completing convenient, flexible online and onsite activities.

You can even earn all 12 quarterly points at one time to make it more convenient for you! REMINDER, you may also do the same activity multiple times to earn all 12 points.

- ★ Quarter 3: Earn 12 points and you have met the quarterly requirement.

- **HEALTH CHECK-IN CALLS**

- Get a jump start on Q3 and earn 6 points by completing the Health Check-In Call!**

- Your Health Advisor, a health professional from Healthways, will call you to review your biometric screening results and your Well-Being Assessment™ (WBA). The Health Advisor will review a personalized well-being report with you and introduce you to the programs and services available to you in the wellness program. During this 15-20 minute call, the Health Advisor also will review the ongoing quarterly participation options available to you in the *Chicago Lives Healthy* wellness program.

- ★ Quarter 4: Earn 12 points and you have met the quarterly requirement.