PureWellness

PARTICIPANT BROCHURE

UNIVERSITY OF HARTFORD
INTRODUCTION TO THE PROGRAM

The University of Hartford is pleased to offer our PureWellness program, a voluntary wellness program focused on helping our faculty and staff to become more educated about their own personal health and aimed to drive individual behavior towards maintaining and/or improving overall health and well-being.

MISSION STATEMENT

To promote, educate and empower our faculty and staff in all aspects of wellness – physical, mental and financial – while recognizing the need for work/life balance.

PROGRAM GOALS

- Raise awareness of different wellness initiatives
- Consider the needs of our faculty and staff
- Promote wellness through education and activities
- Empower our faculty and staff with available resources

PROGRAM HIGHLIGHTS

PureWellness provides a confidential online wellness portal that participants use to create and manage their individual health information using a Health Assessment (HA) and biometric health screenings.

This program is not results-driven, but rather participation driven, and includes activities such as health education webinars, wellness workshops and other events online or on campus for enrolled participant(s).

To demonstrate the University’s commitment to wellness, participants will be eligible for a semi-annual, pre-tax pant(s) achieves the program point requirements.

Faculty and staff (and/or their spouse) who actively participate in the PureWellness program can complete a variety of point-based activities (portal and/or non-portal based) in an effort to accumulate points. Each participant will have the option to choose those activities which best fit their personal needs and interests. Each activity is assigned a specific point value with a maximum number of points one can earn for each activity. A comprehensive list of eligible activities, as well as point minimums for each measurement period, are outlined in the PureWellness Program Overview chart.
PORTAL TOOLS

**Health Assessment (HA):** The Health Assessment is certified by the National Committee for Quality Assurance (NCQA), consists of 40 questions and takes approximately 15 minutes to complete. Once completed, the system will generate a report that provides you with a wellness score as well as identifies your top health risks. The Risk Advisor tool within the portal gives you the opportunity to enroll in programs aimed to provide you with more information as well as tools to help you reduce those risks.

**Health Logs:** Portal health logs include blood pressure, heart rate, cholesterol and glucose logs. These logs will be automatically updated with your participation in the worksite biometric health screening program, and can also be manually updated at any time. These logs are a great way to track your on-going biometric measurements over time or to help you manage existing health conditions.

**Individualized Wellness Workshops:** Based on the results of the HA and biometric screenings, you will be automatically directed to individualized wellness workshops within your portal. These online workshops are a great way to gain insight into health topics, health risks and health conditions. The workshops, which can be completed at a self-directed pace, include video, written information, and health logs.

**Health Education Webinars:** Webinars are based on various health topics and are a great way to further your knowledge of specific health topics. You will have the option of viewing the webinars in the portal or at community webinars hosted by HRD throughout the year. The recorded webinars found in the portal are between 15-25 minutes in length and the community webinars are scheduled for one hour, leaving time for questions and/or group discussion. After watching either a recorded or live webinar, you will complete the quiz on the website (located on the Webinars page) and the points will be automatically awarded.

**Meal Plans, Logs and Information:** The Nutrition section of the portal is a great way to identify a meal plan to help you maintain and/or achieve your weight goals, track and log your food, sustain healthy nutrition, create and find healthy recipes as well as create and print shopping lists. Additionally, you will have access to a registered dietitian who can provide you with answers to questions regarding your diet.

**Exercise Plans, Logs and Information:** Similar to the Nutrition section, the Exercise section of the portal allows you to design an exercise plan to help you achieve your fitness goals. Additionally, you can track and log your daily cardiovascular and strength training exercise information, find exercise examples and/or ask a certified personal trainer any individual fitness related questions that you may have.

**PureWellness-Sponsored Challenges:** Throughout the course of the calendar year, PureWellness will offer challenges which participants can complete in the portal. Participants can track their progress on the challenge, as well as view articles and motivational health and wellness materials related to each challenge.

**EmPOWER Training Sessions:** EmPOWER (Employee Professional Opportunities, Workshops, and Educational Resources) is a cross-departmental initiative designed to bring a thoughtful professional development and computer training program to the staff and faculty members of the University. At the conclusion of the training, please self-report the training under the “Healthy Habits” section of your portal in order to receive the applicable points.

**Wellness Activities:** The University recognizes that our faculty and staff are often engaged in physical activities outside of work. With this in mind, you will have the option of earning points for activities such as Zumba, yoga, 5K run/walk, etc. Point allotments for these activities will be applied automatically when you self-report these activities in the “Healthy Habits” section of your portal.
HRD Sponsored Educational Seminars: Throughout the year, HRD sponsors educational seminars such as health and wellness brown bag lunch sessions conducted by the Employee Assistance Program administrator and TIAA-CREF. These seminars are open to PureWellness participants. You will simply need to register, sign-in and attend the seminar to receive the applicable points.

Community Service: The University of Hartford, a private University with a public purpose, understands that our faculty and staff are committed to volunteering in the community. In order to receive points, you can self-report these community service hours in your portal under “Healthy Habits”.

POINT TRACKING AND DETAILS

Rewards Tracker: The “rewards tracker” is designed to make it easier for you to track the status of completed activities in the PureWellness program. The rewards tracker is located in the center of the dashboard on your individual wellness portal and utilizes a point system. For each activity completed in calendar year 2015, participants will earn points.

For portal based activities, points will be awarded automatically upon completion of the activity. For those activities which are not portal-based, participants have the ability to self-report these activities under the “Healthy Habits” section in their portal. Below is a sample image of what you can expect to see in your portal.

You can access detailed information about the rewards tracker by selecting the blue “Details” hyperlink. This will list the activities and point allocations for each activity completed. Your point accumulation at the conclusion of each measurement period will determine what wellness credit, if any, you may be eligible for. You are strongly encouraged to continue utilizing your wellness portal and other services offered in this program all year in an effort to achieve either Silver or Gold participation status.

WELLNESS CREDIT

All faculty and staff enrolled in a University of Hartford group medical insurance plan will pay the same premium for coverage (based on election option and appropriate salary tier contribution level). To demonstrate the University’s commitment to wellness, PureWellness participants will be eligible for a wellness credit for achieving program point requirements.

For calendar year 2015, the wellness credit will be $112.50 per participant per measurement period (maximum of $225 individual and $450 per two participants per year). This wellness credit will be awarded to participants following the close of two measurement periods – one on April 30, 2015 and the other on October 31, 2015 and will be included as a pre-tax wellness credit in the employee’s paycheck.

In addition to this credit, participants will also have the opportunity to continue earning points to be entered into a drawing for prizes by achieving the Silver level, at 1,250 points, and then the Gold level at 1,500 points by October 31, 2015.
ABOUT CERNER WELLNESS

The PureWellness portal is provided and hosted by a third party vendor, Cerner Wellness, an industry leader in providing on-line health and wellness solutions. All individual information is held via their secure servers.

Cerner Wellness was established in 2001 and prides itself on their technology, capability and ability to help individuals achieve better overall health and well-being. Cerner Wellness develops, hosts and services wellness portals for numerous organizations. It hosts over 550 wellness portals, and is reaching more than 13 million lives.

As a web based product, the Cerner Wellness tools are accessible to all participants in any location with internet access, 24 hours per day, 7 days per week. With the ability to perform health coaching telephonically and electronically, employees are able to communicate with their dedicated health coach at their convenience, using a method of the participant’s choosing.

Quality: The Cerner Wellness product is certified by the National Committee for Quality Assurance (NCQA), a not-for-profit organization dedicated to improving health care quality. Since being founded in 1990, NCQA has been a central figure in driving improvement throughout the health care system, helping to elevate the issue of health care quality to the top of the national agenda.

Privacy: As a third party vendor, Cerner Wellness does not share your personal health information with your employer or your benefits provider. Additionally, Cerner Wellness meets all national guidelines and requirements for privacy and security and is HIPAA, GINA and ERISA compliant.