



2018-19

WELLNESS PROGRAM SUMMARY

Menasha Joint School District



INHEALTH DASHBOARD

Each participant has a secure login for the Healics, formerly Interra Health, website that can be used to access online tools. This participant site is called the InHealth Dashboard™.

GETTING STARTED

- Go to www.MyInterraHealth.com and enter your participant login information to access your InHealth Dashboard™
- Click Appointments at the top of the screen to schedule your bioscreen and consult appointments
- Click Questionnaire at the top of the screen to complete your online HRA
- Click Rewards to log your wellness activities

PARTICIPANT LOGIN INFORMATION

PARTICIPANT ID:

Employees: Last name followed by first initial of first name and year of birth (YY). Example: John Doe DOB 1/1/1977 = doej77

Spouses: Employee's last name, first initial of first name, year of birth (YY) followed by an S for spouse. Example: doej77S

Please note, all non-plan member spouses will need to contact Nicole Hendrickson, at 414-375-1618, to set up their account.

PASSWORD: wellness (unless previously changed)

COMPANY ID: MJSD



Take an active role in your health and experience the benefits of wellness! MJSD employees and spouses are encouraged to participate in the wellness program sponsored by the Menasha Joint School District! All participants have the opportunity to earn a program incentive by participating in a comprehensive, onsite health screening, online health risk assessment and follow-up telephonic consult. Plan Member Employees and Spouses can earn additional premium discount by logging wellness activities through out the program year. Due to the May open enrollment, the wellness program year has shifted to run May 1, 2018 - April 30, 2019.

InHealth Assessment

The InHealth Assessment (HA) is an online questionnaire that collects information regarding your health and daily habits. The information is used to help identify potential health risks. The HA contains 74 questions in a variety of categories, including: heart health, diabetes awareness, emotional health, nutrition, physical activity and personal safety.

InHealth BioScreen

The InHealth BioScreen™ is a series of biometric tests that are used in conjunction with your HRA to get a snapshot of your overall health. Tests include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height and weight. A venipuncture blood sample will also be collected to test your total cholesterol, HDL, LDL, triglyceride, glucose and nicotine. Please be prepared to fast for 10-12 hours before your scheduled appointment time. Drinking water is encouraged! If you are currently taking medication, be sure to consult your physician before fasting. A follow-up telephonic consult, to review your results, will be required to earn the incentive. Consults will be available September 5th through October 17th. Early morning and late afternoon and evening appointments will be available. You will be able to book a consult appointment after you schedule your bioscreen.

InHealth Rewards - Get Points!

You can report your participation in approved wellness activities throughout the program by logging your activities online using Interra Health's InHealth Rewards™ program on the dashboard. Simply click on Rewards at the top of your dashboard to begin logging your activity entries.

InHealth Coaching

Coaching sessions are confidential conversations that inspire and challenge you to go beyond what you can do alone. A Health Coach can be a guide, ally and accountability partner, helping you create new healthy habits, let go of unhealthy behaviors and in general, work with you to transform health goals into realities. Sessions are held at your pace and are approximately 15-20 minutes in length. Sessions can be scheduled through the InHealth Dashboard by logging in, clicking the Schedule icon, and selecting InHealth Coaching™.

SCREENING DATES & LOCATIONS

ONLINE APPOINTMENT REGISTRATION WILL BE AVAILABLE AUGUST 1st

Date	Location	Time
Thursday, August 23rd	Central Office	6:00 AM - 10:00 AM
Friday, August 24th	Central Office	6:00 AM - 10:00 AM
Saturday, August 25th	Central Office	7:00 AM - 11:00 AM
Monday, August 27th	Maplewood Middle School	6:00 AM - 10:00 AM
Monday, August 27th	Menasha High School	6:00 AM - 10:00 AM
Monday, August 27th	Clovis Grove Elementary	6:00 AM - 10:00 AM
Monday, August 27th	Butte Des Morts Elementary	6:00 AM - 10:00 AM
Friday, August 31st	Gegan Elementary	6:00 AM - 10:00 AM
Friday, August 31st	Banta Elementary	6:00 AM - 10:00 AM
Wednesday, September 5th	Nicolet Elementary	6:00 AM - 10:00 AM
Wednesday, September 5th	Jefferson Elementary	6:00 AM - 10:00 AM
Saturday, September 8th	Central Office	7:00 AM - 11:00 AM

If you are unable to make it to any of the screening dates you can submit lab results from your physician as long as they have been completed in the required timeframe. The lab results from a physician form can be found in the Program Documents section of your InHealth dashboard. Please contact Healics at 414-375-1618 with any questions.



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PROGRAM REQUIREMENTS

1 INHEALTH BIOSCREEN (or physician results)

Deadline: 09/10/2018
[] Complete

2 HEALTH ASSESSMENT

Deadline: 09/10/2018
[] Complete

3 ENTER WELLNESS ACTIVITY POINTS

Deadline: 04/30/2019
[] Complete



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WELLNESS ACTIVITIES

Plan Member Employees and Spouses can earn additional premium incentives in 2019, by participating in approved wellness activities! In addition to the points you earn based on the results of your InHealth Bioscreen, you can log points for activities completed during the program year. Due to the May open enrollment, the wellness program year has been adjusted to run May 1, 2018 - April 30, 2019. If you completed any preventative exams or screenings in May for the prior wellness program year, please be sure to re-log them on your InHealth Dashboard. You will receive monthly emails updating you on your current wellness program point total. Here is a review of the current wellness program activities, please note additional points opportunities may be added through the program year.

Table with 2 columns: Activity and Points. Rows include InHealth BioScreen (1000 max), Coaching Session (25/session), Preventive Exams & Screenings (Annual Physical, Skin Cancer Screen, etc.), and Additional Activities (Blood or Plasma Donation, Complete Exercise Log, etc.).





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BLUEJAY WELLNESS PROGRAM INCENTIVE DETAILS

In order to be eligible for any program rewards, participants must complete the InHealth BioScreen™, InHealth Assessment™ Questionnaire and Results Consult. Plan Member's who participate can earn a reduced premium share for the 2019-2020 insurance year. We encourage non-plan member employees to continue to be involved in ALL wellness program activities and challenges. Non-plan members are still eligible for any giveaways and prizes related to District or building wide wellness events, challenges and activities.

PLAN 1 PLAN MEMBER - SINGLE COVERAGE

Reward Level	Activity Achieved	Participation Reward
Level 0	No Participation	20% Premium Share
Level 1	Health Assessment Questionnaire, Bioscreen & Telephonic Consult	16% Premium Share
Level 2	Complete Level 1 & Earn a Total of 1400 Wellness Points by April 30, 2019 (includes 2018 biometric score)	12.5% Premium Share

PLAN MEMBER - FAMILY COVERAGE

Reward Level	Activity Achieved	Participation Reward				
		Employee With No Spouse on the Family Plan	Employee With Covered Spouse			
Level 0	No Participation	20% Premium Share	20% Premium Share			
Level 1	Health Assessment Questionnaire, Bioscreen & Telephonic Consult	16% Premium Share	Both Employee & Spouse Participate	16% Premium Share	Only Employee Participates	18% Premium Share
Level 2	Complete Level 1 & Earn a Total of 1400 Wellness Points by April 30, 2019 (includes 2018 biometric score)	12.5% Premium Share	Both Employee & Spouse Participate	12.5% Premium Share	Only Employee Participates	13.5% Premium Share

PLAN 2 PLAN MEMBER - SINGLE COVERAGE

Reward Level	Activity Achieved	Participation Reward
Level 0	No Participation	12.5% Premium Share
Level 1	Health Assessment Questionnaire, Bioscreen & Telephonic Consult	8.5% Premium Share
Level 2	Complete Level 1 & Earn a Total of 1400 Wellness Points by April 30, 2019 (includes 2018 biometric score)	5% Premium Share

PLAN MEMBER - FAMILY COVERAGE

Reward Level	Activity Achieved	Participation Reward				
		Employee With No Spouse on the Family Plan	Employee With Covered Spouse			
Level 0	No Participation	12.5% Premium Share	12.5% Premium Share			
Level 1	Health Assessment Questionnaire, Bioscreen & Telephonic Consult	8.5% Premium Share	Both Employee & Spouse Participate	8.5% Premium Share	Only Employee Participates	10.5% Premium Share
Level 2	Complete Level 1 & Earn a Total of 1400 Wellness Points by April 30, 2019 (includes 2018 biometric score)	5% Premium Share	Both Employee & Spouse Participate	5% Premium Share	Only Employee Participates	7% Premium Share

NON PLAN MEMBERS EMPLOYEES & SPOUSES AND PLAN MEMBER RETIREES & COVERED SPOUSES

Reward Level	Activity Achieved	Participation Reward	
		Employee/Retiree	Spouse/Retiree Covered Spouse
Level 1	Health Assessment Questionnaire, Bioscreen & Telephonic Consult	\$25 (added into employee paycheck & mailed to retirees)	\$25 (added into employee paycheck & mailed to retirees)
Level 2	Complete Level 1 & Earn a Total of 1400 Wellness Points by April 30, 2019 (includes 2018 biometric score)	No Financial Incentive*	No Financial Incentive*

Your health plan is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Healics at 800-432-5427 and we will work with you (and, if you wish, with your physician) to find a wellness program with the same reward that is right for you in light of your health status.

We protect your privacy. Your information is confidential. Healics, formerly Interra Health, is a health care company independent of your employer. Information obtained by Healics during the wellness program is the property of Healics, formerly Interra Health, and cannot be viewed by others without your written permission unless permitted by law.



BONUS WELLNESS INCENTIVES FOR PLAN MEMBER EMPLOYEES & SPOUSES

TOBACCO CESSATION

For the 2018-2019 Wellness Program Year, plan member employees and spouses that complete the Tobacco Cessation Program with Coach Corey will earn 400 points AND qualify for cash incentives for staying tobacco free:

- Bluejay Clinic Blood check Nov. 2018 w/negative result = \$25
- Bluejay Clinic Blood check Feb. 2019 w/negative result = \$25
- Bluejay Clinic Blood check May. 2019 w/negative result = \$25
- MJSD BioScreen Blood check Sept. 2019 w/negative result = \$25

Please note, tobacco cessation medications are covered with NO copay.

HEALTH IMPROVEMENT & LIFESTYLE CHANGE (only one program within a fiscal year) CHIPS from ThedaCare

Cost of class reimbursed upon completion (plus 200 points upon successful completion)

Mobile Health Team (Direct Care) "VIP Care Program"

Cost of class covered by MJSD (plus 300 points upon successful completion)
Available only to HIGH RISK plan member employee or spouse

Positive Overall Health Risk Transition

Plan member employee and or spouse who complete Level 1 (BioScreen/Questionnaire/Telephonic Consult) in 2019 and have moved from High Risk to Moderate Risk or Moderate Risk to Low Risk will earn \$50 (plus 50 points)