



Get Engaged. Be Inspired. Discover Well-Being

Creighton University **Wellness Program** **Enrollment Information**

Program Begins July 1, 2017

NEW THIS YEAR!
Enroll & get screened
in July, August
or September.



SIMPLYWellL.



Creighton University Wellness Program Get Engaged

We're all seeking prosperity in some way, shape or form. But what does it really mean to prosper? The dictionary defines prosperity as a successful, flourishing or thriving condition.

At Creighton University, we believe good health and well-being is the fuel for prosperity. And, we want to provide you with resources at work to help you achieve it. That's why you're invited to participate in the wellness program. Through an interactive program called *SimplyWell*, you can take the first step to achieve well-being. The *SimplyWell* portal is full of supportive resources to inspire you to optimal health.

Here's what's in store for you:

- Personalized "My Health Board" for learning about your health
- Credible health resources for you and your family
- An interactive health report and 'health age' assessment
- Apps marketplace that lets you sync up your favorite device or app
- Opportunity to earn rewards through participation and engagement
- Exclusive savings on top health and wellness products
- Health screening and telephonic health coaching

"Thanks to Creighton's wellness programs, I am stronger, healthier and happier. I have learned so much and am always encouraged to strive for new health and fitness goals."

– **Mary Lee Brock**
Assistant Professor &
Assistant Director Werner Institute

How Do I Enroll?



Step 1:

Go to **MyCreighton** at <http://my.creighton.edu>

Step 2:

Select the apple icon (SimplyWell)

Step 3:

Enter your Creighton Net ID and BLUE Password and click **Login**; on the next screen click **Continue**

Step 4:

Follow Participant Enrollment Directions – Click **Begin Enrollment** to get started

Step 5:

Make your health screening appointment and mark your calendar for the July, August or September date and time you choose.

For technical assistance on the SimplyWell website, call **1.877.991.9355**.

For MyCreighton login technical assistance, call Dolt **402.280.1111**.





GET POINTS FOR REWARDS

Engaging in the *SimplyWell* program is how you earn points for reward opportunities. Some of the many ways you can earn points include attending a health screening, syncing a fitness device or participating in a wellness challenge. *SimplyWell* has something for everyone.

6 Point Areas

- | | |
|---|---------------------|
| 1) Health Questionnaire | 500 points |
| 2) Health Screening | 500 points |
| 3) Appointments (doctor, dentist) | 3,000 points |
| 4) Education Modules (2 @ 250 pts) | 500 points |
| 5) Health Trackers (50 @ 10pts) | 500 points |
| 6) Wellness Events | 5,000 points |

SimplyWell Healthy Lifestyle Coaching Program (1,000 pts)
Challenge Programs (1,000 pts)
Wellness Seminars (250 pts)
Healthy Lifestyle Class (2,000 pts)
Tobacco Free or Cessation Class (2,000 pts)
Health Score of 85 or above (2,000 pts)
Professional Development Program (1,000 pts)

Required Action Points

10,000 TOTAL

"I didn't pay too much attention to the Rewards Store initially when participating in the wellness program. Once I saw the kinds of items that were available, however, I started to think differently about tracking what I was already doing, like making sure all my activity was being captured by SimplyWell through my fitness tracker. I even signed up for wellness challenges both to stay healthy and lose weight, but also to get the points. For two years in a row, I used my points to get Christmas gifts."

- Christian Burk
Director of Software Engineering for DoIT

You can allow points to rollover, but there is a cap at a maximum of 80,000 points. When logged into *SimplyWell*, go to the **SHOP** tab and check out the many options available – **you've earned it!**

REWARDS

Enrollment Reward

Enroll in *SimplyWell* and complete the online health questionnaire, attend an onsite health screening to earn the wellness credit on your monthly medical premiums for 2018.

Completion Reward*

Reach 10,000 Required Points by June 30, 2018 to get \$100 value to spend in the Rewards Store! You can find the Reward Store on the *SimplyWell* site by clicking on **SHOP** (on the top menu) then Rewards Store. The online catalog makes shopping easy. It will show you your point balance and allow you to use your points for a variety of products.

**Know the IRS does require the University to withhold taxes when the total value of items redeemed in the Reward Store exceeds \$100 in a calendar year. Details are available in the Rewards Store under "Rules".*



2017 Health Screenings

Date	Time	Location
July 25	6:00 – 9:00 am	Bergan 1161 A, B & C
July 26	7:00 – 10:00 am	Harper 3023
Aug 15	7:00 – 10:00 am	Harper 3023
Aug 16	6:00 – 9:00 am	Bergan 1161 A, B & C
Sept 12	6:30 – 9:30 am	Skutt Ballroom
Sept 13	6:30 – 9:30 am	Skutt Ballroom
Sept 13	4:30 – 6:00 pm	Jelinek Bldg.
Sept 14	6:30 – 8:30 am	Boyne 149A
Sept 19	6:30 – 9:30 am	Skutt Ballroom
Sept 20	6:30 – 9:30 am	Harper Ballroom
Sept 21	6:30 – 9:30 am	Skutt Ballroom
Sept 22	6:30 – 9:30 am	Skutt Ballroom
Sept 27	6:00 – 9:00 am	Bergan 1161 A, B & C

Onsite health screenings include:

- Lab work on Total, HDL and LDL Cholesterol, Triglycerides, fasting Glucose and a hemogram (CBC)
- Height & weight (BMI)
- Blood pressure & pulse

You are encouraged to fast 8-10 hours before attending a screening.

Location details and specific time slots are available online when registering.

Visiting Your Own Doctor?

Attending an on-campus screening is the easiest way to participate, but if you prefer to visit your own doctor you may do so at your expense. Select this option during the enrollment process and download the form provided. Please follow the instructions on the form. If you choose this option, **you must visit your physician between June 1 and September 29. Results must be submitted by September 29.**

*SimplyWell has been designed, developed and implemented with leading technology to support full compliance with all applicable federal and state privacy laws, including HIPAA. Health professionals from Healthbreak or SimplyWell may contact you regarding programs that may benefit your health. **These programs are voluntary.***

