

EngagementHealth is just an email or phone call away

888.ENG.HLTH (888.364.4584)

support@engagementhealth.com

We give you the tools and support to help you meet your goals for your wellness.



## There Are Eight Targeted Risk Programs. You Choose One That Is Right For You.

Program Description	Weekly Reporting Requirements*	Prerequisites	Ways to Report
The <b>Steps</b> program helps members become more physically active by tracking how many steps they take each day with an uploadable pedometer. Each week they strive to reach at least 70,000 steps – a proven measure for long-term weight control and a reduction of body fat.	<ul style="list-style-type: none"> <li>Weight</li> <li>Step count</li> </ul>	None	<ul style="list-style-type: none"> <li>EngagementHealth Kiosk</li> <li>Online Prevention Profile</li> <li>Interactive Phone System</li> <li>Mobile Phone Tools</li> </ul>
The <b>Nutrition</b> program helps members increase their awareness of good nutrition and encourages them to adopt healthy eating habits by keeping track of their food and beverage consumption with our online health log.	<ul style="list-style-type: none"> <li>Weight</li> <li>Two day food log</li> </ul>	None	<ul style="list-style-type: none"> <li>Online Prevention Profile (1)</li> <li>Interactive Phone System (1)</li> <li>Mobile Phone Tools (1)</li> </ul>
The <b>Tobacco Cessation</b> program is designed to help members become smoke-free. Emphasis is placed on support with eight quit calls followed by ongoing phone/online support. Following the quit call period, members must complete the requirements of the Exercise, Nutrition, or Stress program.	<ul style="list-style-type: none"> <li>Weight</li> <li>Eight quit calls</li> <li>See requirements for Steps or Nutrition or Stress</li> </ul>	Tobacco Use	<ul style="list-style-type: none"> <li>Interactive Phone System (2)</li> </ul>
The <b>Diabetes Prevention and Maintenance</b> program is designed to help individuals identified as “pre-diabetic” decrease the risk of developing diabetes and to help diabetics to improve blood sugar control. Emphasis is placed on proper diet, regular exercise, and weight control.	<ul style="list-style-type: none"> <li>Weight</li> <li>Step count</li> <li>Two day food log</li> </ul>	Diabetes or at risk for diabetes	<ul style="list-style-type: none"> <li>EngagementHealth Kiosk (steps and weight only)</li> <li>Online Prevention Profile</li> <li>Interactive Phone System</li> <li>Mobile Phone Tools</li> </ul>
The <b>High Cholesterol</b> program is designed to help members with high cholesterol get it under control. Emphasis is placed on healthy eating through a recommended low-fat, balanced meal plan. Members track their cholesterol twice a year with a home kit or a report from their physician.	<ul style="list-style-type: none"> <li>Weight</li> <li>Two day food log</li> </ul>	High Cholesterol	<ul style="list-style-type: none"> <li>Online Prevention Profile (1)</li> <li>Interactive Phone System (1)</li> <li>Mobile Phone Tools (1)</li> </ul>
The <b>High Blood Pressure</b> program is designed to help hypertensive members get their blood pressure under control by reporting medication compliance and by encouraging them to adopt healthy eating habits by keeping track of their food and beverage consumption with our online health log.	<ul style="list-style-type: none"> <li>Weight</li> <li>Blood pressure</li> <li>Two day food log</li> </ul>	High Blood Pressure	<ul style="list-style-type: none"> <li>EngagementHealth Kiosk (BP and weight only)</li> <li>Online Prevention Profile</li> <li>Interactive Phone System</li> <li>Mobile Phone Tools</li> </ul>
The <b>Stress</b> program is designed to help members master skills that help reduce and manage daily stresses. Each interactive video session is focused on a different stress reduction technique you can use to combat everyday life chaos and stress. You can complete the stress sessions online through your Prevention Profile.	<ul style="list-style-type: none"> <li>Weight</li> <li>One online stress class</li> <li>Two online practice sessions</li> </ul>	Easy access to the internet	<ul style="list-style-type: none"> <li>Online Prevention Profile (2)</li> </ul>
The <b>Fitness</b> program is designed for members who are already exercising regularly and eating a healthy, balanced diet. The goals are to keep them on track for remaining healthy and to stay within normal levels for blood pressure and body mass index while maintaining a challenging workout routine.	<ul style="list-style-type: none"> <li>Weight</li> <li>Log five days of exercise</li> </ul>	Normal biometrics & exercise five days a week	<ul style="list-style-type: none"> <li>Online Prevention Profile (1)</li> <li>Interactive Phone System (1)</li> <li>Mobile Phone Tools (1)</li> </ul>

\*Must report 3 out of 4 weeks

(1) Kiosk for Weight Reporting Only  
(2) Kiosk, Phone, Mobile for Weight Reporting Only



EngagementHealth®  
IMPROVING WELLNESS™

# YOUR Guide To Wellness 2015



HENDRIX  
COLLEGE

# ■ WHY JOIN?



For yourself  
For your family  
For your bank account  
For your FUTURE

Wellness with EngagementHealth means you can:

- Identify where you may need help
- Make changes big or small to improve your health
- Find out how to be even healthier than you are

## WHAT ARE MY PROGRAM OPTIONS?

### A) HEALTHY REWARDS | \$30 PER MONTH

If you meet all of the following biometrics requirements from your Health Care Provider Form (submitted by February 13, 2015) and by stating that you are a non-tobacco user during registration, you will qualify for the Healthy Rewards. By achieving the Healthy Rewards, you will not need to complete the EH Targeted Risk Program. EH will contact you if you have this option.

**BMI ≤ 25**

**Blood Pressure ≤  $\frac{120}{80}$**

**Cholesterol Ratio ≤ 5**

**Tobacco Free**

### B) TARGETED RISK PROGRAM \$30 PER MONTH

All other participants who do not meet Healthy Rewards

#### SELECT YOUR PROGRAM

You decide what you want to achieve based on where you are with your health. You will pick one of eight programs during registration:



\*See back page for detailed program information

# ■ GET STARTED

## NEW MEMBER

### REGISTER:

**January 19 - February 13**

Online at [www.engagementhealth.net](http://www.engagementhealth.net) (Click Register) or by phone: 888-364-4584. Create and write down your User ID, Password and PIN #. Company Code: **Hendrix**

## CURRENT MEMBER

### RE-REGISTER:

**January 19 - February 13**

Log in online at [www.engagementhealth.net](http://www.engagementhealth.net). You will automatically be prompted to re-register for the new plan year. Or by phone 888-364-4584.

EngagementHealth  
Membership Card

User ID

Password

PIN #

## CORE PROGRAM | \$8 PER MONTH

### 2. YEARLY BIOMETRICS: DUE BY FEBRUARY 13, 2015

- Download the Health Care Provider Form from [engagementhealth.net](http://engagementhealth.net), or you can also call us at 888.ENG.HLTH to have one sent to you.
- If you have been to the doctor in the past 6 months, have your doctor fill it out and fax it to us. If not, schedule an appointment with your doctor and bring the form with you and then fax it to EH.
- If you experience a problem with submitting your Form, please contact EH Member Support or Hendrix College Human Resources.

### 3. HEALTHY BEHAVIORS ASSESSMENT DUE BY FEBRUARY 28, 2015

- Go online to [www.engagementhealth.net](http://www.engagementhealth.net) to your EngagementHealth Profile and fill out the Healthy Behaviors Assessment
- If you don't have internet access, call us at 888.ENG.HLTH and we will mail you a copy

All of your health information will be kept in the strictest confidence and no identifiable individual health information will ever be shared with your employer.

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- 888.ENG.HLTH (888.364.4584)

We give you the tools and support to help you meet your goals for your wellness.

## PARTICIPATE YEAR ROUND

**2 min**

**Every Week**  
Report on your progress:

- Kiosk
- Online
- Phone
- Smartphone

**15 min**

**Every Three Months**  
Talk with a health coach to:

- Discuss your current health goals
- Review your progress
- Get tips on maintaining a healthy lifestyle
- Help get you over hurdles and overcome challenges

## My Wellness Year

Completed?

Healthy Behaviors Assessment

☐

1st Health Coach Call

☐

2nd Health Coach Call

☐

Midyear Productivity Survey

☐

3rd Health Coach Call

☐

4th Health Coach Call

☐

Scheduled on	at		AM
Scheduled on	at		PM
Scheduled on	at		AM
Scheduled on	at		PM