



2020
Wellness
Incentive

BRING YOUR BEST
SELF TO **LIFE**

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SELF TO LIFE.**
Track Your Progress

Wellness Incentive Overview

The wellness incentive is comprised of two parts. Part 1 involves completing your biometrics and in-range values (or health-coaching alternative) and a health assessment. Part 2 involves completing items from a list of programs and activities you can choose from. Completion of each part earns points. Wellness incentive reward dollars are awarded to employees at the end of the year if you earn required points by the deadline(s).

PART 1 – Earn 50 points For \$150

STEP 1: Create or login to your WebMD account.

Visit WebMDHealth.com/AHS and log in to your existing account with your user name and password, or select “Register” and create an account.



STEP 2: Schedule your FREE Biometric Screening.

Option A: On-site | Login to your WebMD account, select “Know Your Numbers” and choose a convenient time and campus for you during the months of January through May.

Option B: Primary Care Visit | Visit your primary care physician. Have them fill out the Physician Health Check (PCP) form located on our website within the “Wellness Incentive” page.

Option C: Visit select Centra Care locations with Primary Care Services for a FREE biometric screening. | Stayed tuned for registration instructions coming soon.



STEP 3: Complete your Biometric Screening.

Screenings include physical measurements and a fasting or non-fasting finger stick. Screening results are auto-populated into WebMD within 14 days of completion on site or faxing in your PCP form.



STEP 4: Biometric Results

Receive five points for having each of your four biometric values in range, or participate in WebMD health-coaching sessions to satisfy values out of range. To schedule your health-coaching calls, dial 1-888-321-1509 or chat online with a coach through WebMD.



STEP 5: Complete the WebMD Health Assessment.

Your health assessment is made available on your WebMD account within 14 days of completing your biometric screening (after April, the 14 day waiting period is removed). Complete this simple questionnaire to help you understand a baseline of your health and identify areas for improvement. You will enjoy taking small, personalized steps based on your results to begin a whole-person health lifestyle.

Values	Points
Hemoglobin A1c \leq 6.4 or Fasting Blood Sugar \leq 115 Non-fasting Blood Sugar \leq 130	5 pts
BMI 18.5-27	5 pts
Total cholesterol \leq 220	5 pts
Blood pressure \leq 130/85	5 pts
Alternative: Health Coaching Call/Meeting 1, 2, 3, 4	5 pts each (max 20 pts)

PART 2:

Participate in Programs & Activities
100 points = \$100

Category	Points	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
Total Points Earned		

Important Dates



The deadline is October 30, 2020 for all biometric and CREATION Life program participation.

The deadline is November 30, 2020 for all WebMD portal activities, health assessment, digital health assistant, health coaching, and self-reported activities.

Your Reward



Check your WebMD account to ensure you've completed all necessary steps prior to the

deadline. You'll receive the wellness incentive reward money in your paycheck just prior to the holidays in December.

Part 1

Biometric Screening (15pts) + Health Assessment (15pts) + In-Range Values or Health Coaching (20pts) = 50 points = \$150

Part 2

Stay tuned for Part 2 details next year, and how you can earn 100 points for an additional \$100.

We're here for you.

If you need help resetting your WebMD username or password, or have any questions about the portal, please call WebMD at 1-888-321-1509.

Participation in programs for incentives must occur during the 2020 calendar year. To be eligible for the Wellness Incentive, employees must be employed through December 31, 2020.

BIOMETRIC

SCREENINGS

AdventHealth University:

February 13 | 8 am-2 pm
Graduate Building 116 A

Altamonte:

February 10 - 14 | April 20-24
7 am - 3 pm
Chatlos Conference Centre 1-3

Apopka:

April 6-10 | 7 am - 3 pm
Conference Room A

Celebration:

January 27-30 | February 24-27
| March 24-26 | April 27-30
7 am - 3 pm
1st Floor Former Lab

East Orlando:

April 6-24 | 6:30 am to 2:30 pm M/T
6:30 to 11:30 am W/TH/F
CREATION Gym
**does not include weekends*

Hospice Care:

March 31- April 2 | 8 am to 2 pm
Sunrise Conference Room

Kissimmee:

January 21-23 | February 17-19
April 14-16 | 7 am to 3 pm
CREATION Dining Room

Maitland Lake Destiny:

March 2-3 | 6:30 am to 12:30 pm
901 Lake Destiny 4th floor Conference
Room A/B

Lake Nona Medical Office Building:

February 11 | 7 am to 3 pm
Lake Nona Gateway Building
AdventHealth Imaging
Conference Room

Lakeview Plaza:

May 19 | 7 am to 3 pm
Spine Health Education Center
711 Lakeview Plaza

Laundry:

March 17 | 7 am to 1 pm
March 19 | 11 am to 2 pm
Breakroom

Maitland Trickel:

February 17-28 | 6:30 am to 2:30 pm M/T
6:30 to 11:30 am W/TH/F
Maitland Trickel Conference Rooms
1 and 2
**does not include weekends*

Orlando:

January 27 - February 7 | April 27- May 8
5:45 am to 3 pm
CREATION Conference Room C
**does not include weekends*

Maitland West Hall:

March 24 | 8 am to 2 pm
Welch/Haupt Conference Room

Winter Garden

March 24-26 | 7 am to 1 pm
Trail & Grove Conference Rooms

Winter Park

February 25-26 | March 3-4 | March 11-12
April 7-9 | 6:30 am to 2:30 pm
April 10-11 | 7 am to 12 pm
Dining Room A



**Appointments Available
to Book NOW.**



Please ensure you have
scheduled an appointment
prior to arrival. Please arrive
15 minutes prior to scheduled
appointment.



WHOLE-PERSON HEALTH: MIND, BODY AND SPIRIT.

CREATION Health is now CREATION Life. CREATION Life is a philosophy and lifestyle our employees embody to support our greater mission, vision, values and service standards since the very beginning. It's at the heart of our mission. It's how we view our ourselves and others as a **whole person — mind, body and spirit**. By learning about and practicing these eight principles, we are better able to serve and extend the healing ministry of Christ as the **best version of ourselves**. It is a research-based guide to personal fulfillment, optimum health and healing.

BECOME INSPIRED.

“My nurse at Biometrics made an unrelated health discovery and suggested I go see a specialist for further evaluation. Because of her observation and recommendation, I was able to treat a health condition I didn't even know about in its early stages. I am grateful for the fact that she looked at me as a “whole” person instead of just focusing on my Biometric Screening. It may have saved my life!”

MONICA, *AdventHealth Kissimmee
Biometric Screening Participant*

CREATION Life

TESTIMONIAL

