

Hello You!

WHAT'S YOUR STORY?



Your 2019/2020

Wellness Program

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Welcome

Welcome to your 2019/2020 EPC Wellness Program!

We're excited to offer you new tools and resources this year to take charge of your health! Enjoy the convenience of accessing your program anytime, anywhere, by downloading the new app! Work toward achieving your health goals on your own time with new digital coaching tools! Get rewarded with new incentive activities!

What's not new? Our commitment to your health and well-being. With the support of the tools available through our partners at Alyfe, we're excited to support your health journey, whatever that might look like.

Best wishes on your road to optimal health!
EPC Wellness

TOTAL WELLBEING:

Focusing On All of the Pieces of YOU

Optimal wellbeing encompasses so much more than just being happy, wealthy, successful, and physically healthy. To achieve this, it's important to recognize how the 5 Elements of Wellbeing are interconnected and build on one another.



Community Wellbeing: Do you take pride and play an active role in your community? People with high community wellbeing contribute to their community based on their passions and interests.

Social Wellbeing: Do you have strong relationships and love in your life? People with high social wellbeing have several close relationships and surround themselves with people who inspire and encourage their growth and development.

Career Wellbeing: How do you occupy your time? Do you like what you do every day? People with high career wellbeing have the opportunity to do things they find interesting and fit into their strengths.

Physical Wellbeing: Do you have good health and energy to do what you want every day? People with high physical wellbeing manage their health well. They make good food choices, manage stress, get enough sleep, and make physical activity a part of their day.

Financial Wellbeing: Do you believe money can buy happiness? People with high financial wellbeing are comfortable with their finances and manage their economic life effectively. Financial security has much more influence on your overall wellbeing than income alone.

Beginning October 7, 2019, join your colleagues in fun new activities to optimize your health and well-being.

- 1** First, complete your Personal Health Assessment (PHA) to develop your plan for this year.
- 2** Next, register for the Mystery Fitness Challenge, which also begins **October 7**.
- 3** Then, check out the other programs, tools and resources available to you through your epcwellness.org portal. You'll get rewarded for completing activities through **June 1, 2020**. Once you've earned 100 points, you'll be able to redeem for **\$100 in gift cards** to the email you registered with. *Please allow 4-5 weeks to receive your redemption email.

Get started by visiting epcwellness.org!

TANGO
CARD™

Introducing Tango!

EPC Wellness is pleased to offer a new way to redeem your reward this year! After you've earned 100 points, you'll receive an email to redeem your \$100 reward.

With Tango, you'll have the option to select from a large selection of retailers, restaurants and more! You can choose to redeem all \$100 from one vendor, or split your money across several!

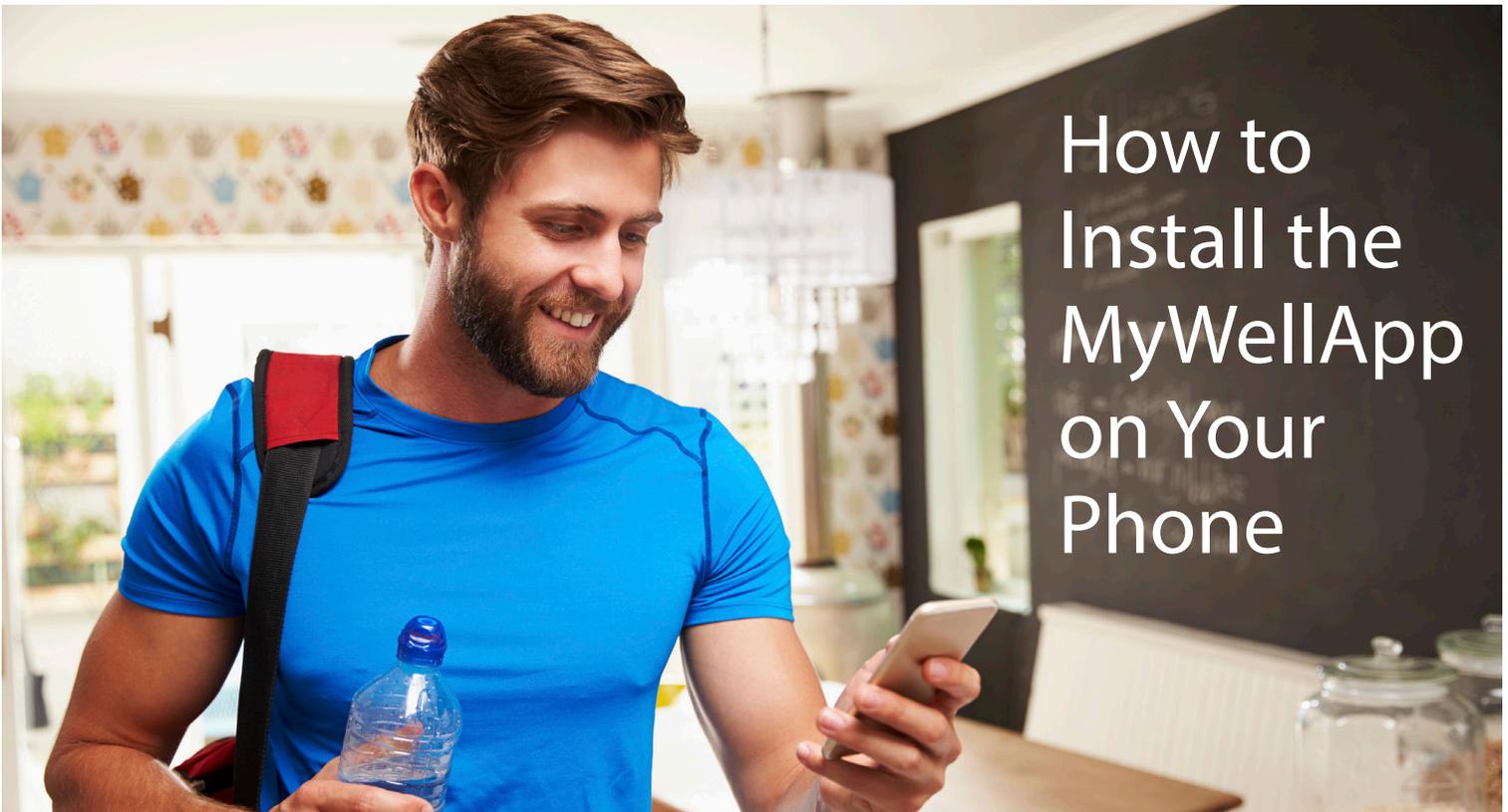


GETTING STARTED IN THE WELLBEING PORTAL



How do I register to use the wellbeing portal?

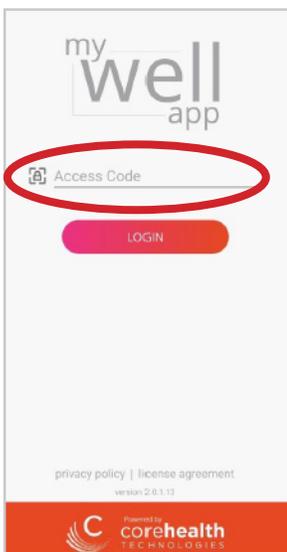
- Visit epcwellness.org
- Click **SIGN-UP!**
- Enter the required information and click **Lookup Account**



How to Install the MyWellApp on Your Phone

- 1 Using a web browser, go to the portal, select your avatar and click **Mobile Access**.
- 2 When the new Mobile Access window opens, click **New**.
- 3 Download and install the “**MyWellApp**” from the Google Play or Apple App Store on your phone.

When you click **New**, a new mobile access code will be generated. These codes will expire after 24 hours and are only applicable for the user’s account.



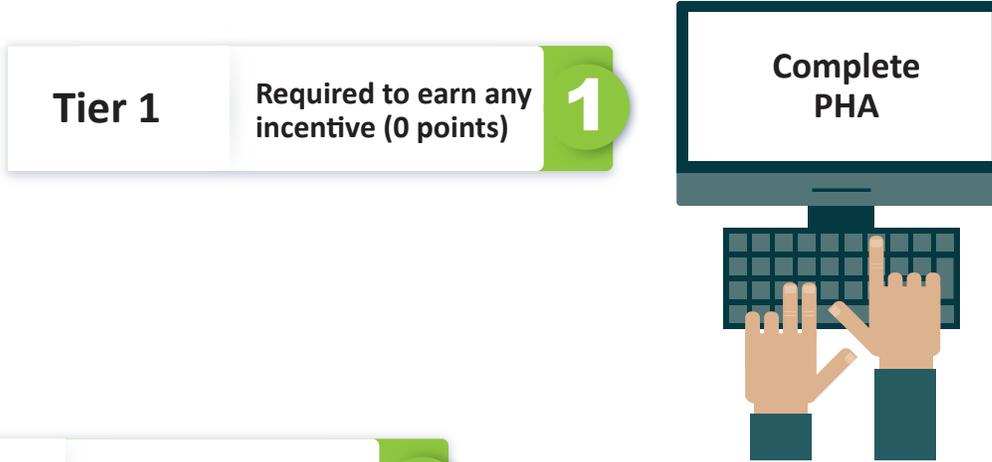
- 4 Open the MyWellApp on your phone. Take the access code that was generated on the portal and type it in to the **Access Code** field on the application. After typing in the access code, tap **Login**.

You should now be in the app! The app should function exactly like the full portal, just on a smaller screen.

2019/2020 INCENTIVE OVERVIEW

EPC Wellness Program

October 7, 2019 - June 1, 2020



Activity	Wellness Dollars
Complete annual exam with Primary Care Provider (PCP)	50 wellness dollars
Complete any preventive exam (Pap, PSA, Mammogram, Colonoscopy, Dental, Vision, etc.)	10 wellness dollars each, up to 2
Flu Vaccine	10 wellness dollars
Challenges	50 wellness dollars each, up to 2
Complete a digital coaching module	50 wellness dollars each, up to 2
Well-being Workshops	25 wellness dollars each, up to 4

ACTIVITIES OVERVIEW



WELL-BEING OBJECTIVE

Select a well-being objective - a topic you want to focus on this year. Setting your well-being objective helps narrow the focus of the content that is offered to you, providing you a wealth of information to support you in achieving your health goals.

PERSONAL HEALTH ASSESSMENT (PHA)

Our PHA is a 5-minute confidential questionnaire that asks about your lifestyle and habits. Your answers allow the portal to tailor your online experience to your personal health goals, providing information most relevant to you. You can complete your PHA at epcwellness.org.

PREVENTIVE EXAMS

We believe in the power of prevention. Get rewarded when you see your doctor for recommended preventive exams - like your annual physical, your mammogram or your colonoscopy. Talk with your provider about which preventive exams are right for you and report the date you complete them after your appointment!

DIGITAL COACHING

Get on-demand support 24-hours a day with our digital coaching programs. Tackle your health goals with comprehensive health education and ongoing accountability. Track your progress and celebrate your success!

WELL-BEING WORKSHOPS

Looking for some bite-sized health information? Check out our Well-being Workshops! Short, easy-to-complete education sessions on a variety of health topics, like Understanding Diabetes and Metabolic Syndrome.

CHALLENGES

Get moving and start solving with the Mystery Fitness Challenge! A piece of sporting equipment has gone missing in London. Quest through the streets of London to find the missing equipment and return it to the team before the challenge ends. Mystery Fitness Challenge is only the beginning! Watch for more EPC Wellness program challenges throughout the year!

FREQUENTLY ASKED QUESTIONS



EPC WELLNESS PROGRAM OVERVIEW

Q: What is the well-being program and why should I participate?

A: EPC Wellness offers you tools and resources to support you in achieving your health goals. Join your colleagues in fun challenges, take advantage of digital education sessions. As you focus on your health, get rewarded with up to \$100.

Q: Who is eligible to participate?

A: This program is free for employees who are currently enrolled in EPC medical benefits through Anthem or United Healthcare.

Q: Is there an incentive for participating?

A: Yes. When you earn 100 points you'll earn \$100. You must complete all incentive requirements by June 1, 2020. For more information about your incentive and to track your progress, visit the Incentive section of your well-being portal, epcwellness.org.

Q: How long does the well-being program last?

A: The wellness program runs from October 7, 2019 - June 1, 2020.

Q: What if I participated last year?

A: Because this is a new web portal, you will need to follow the steps above to register your account.

ELIGIBILITY, CONFIDENTIALITY, AND LEGALITY

Q: Who is eligible to participate in the program?

A: The well-being program is available to all employees who have the medical coverage offered by EPC.

Q: Does everyone have to participate?

A: No, participation is voluntary; however, by participating, you can learn more about your health, as well as earn wellness dollars.

Q: Is this program legal?

A: EPC and our partners at Alyfe Wellbeing Strategies have designed the EPC Wellness program to comply with the various laws and regulations surrounding employer-sponsored wellness programs. Your participation in the EPC Wellness Program is voluntary.

Q: Is my data confidential?

A: Yes. Your information is protected by a number of federal, state and local laws, including HIPAA, GINA, HITECH and more. For more information about how we protect and use your data, please visit our privacy statement at epcwellness.org.

Q: Will my results affect my insurance eligibility?

A: No. By law your results cannot be used to affect your eligibility for health insurance.

PORTAL REGISTRATION AND SIGN IN

Q: I am trying to sign up for the wellbeing program and the system says “unable to match the values that were entered.”

A: Enter your first name, date of birth, and last 4 digits of your social security number. If you continue to have problems, contact EPC Wellness at questions@epcwellness.org or 844-283-8779.

Q: The system will not accept my password.

A: Passwords are case sensitive. Passwords must be at least 8 characters in length.

Q: Who do I contact for assistance with my account?

A: Please call customer service at 844-283-8779 or email questions@epcwellness.org.

Q: What should I do if I have forgotten my username and/or password?

A: Click the **Forgot Password** link on epcwellness.org. This will help you recover your username, password or both.

Q: How do I sync my device?

A: Sync your fitness tracker by going to **My Devices & Apps** on the portal. For a list of compatible trackers, visit epcwellness.org.

Note, all users must register for the portal this year, even if you have participated in the EPC Wellness program in the past.

PERSONAL HEALTH ASSESSMENT (PHA)

Q: How long do I have to complete the PHA?

A: You have until **June 1, 2020** to complete the PHA.

GENERAL

Q: What is my incentive?

A: You can earn \$100 wellness dollars when you complete the PHA and earn 100 points. You'll earn points when you complete activities in the EPC Wellness program. To learn more about available activities, visit epcwellness.org and click **Incentives**.

Q: When is the deadline to earn points?

A: The deadline is **June 1, 2020**.



Contact Information

Email: questions@epcwellness.org

Phone: 1-844-283-8779

Fax: 1-844-379-7494

Mail: Alyfe Wellbeing Strategies
171 Green Meadows Drive South
Lewis Center, Ohio 43035

Privacy: A detailed privacy statement is available online at epcwellness.org.