

WELLNESS PROGRAM ENROLLMENT INFORMATION

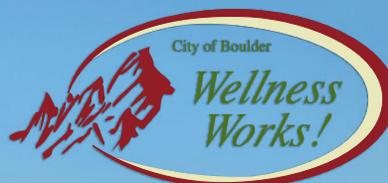
ENROLLMENT DEADLINE — NOVEMBER 30, 2012



<http://inraweb.ci.boulder.co.us/wellness>

ENHANCED
PROGRAM
OPTIONS &
NEW
WELLNESS
EVENTS!

**ENROLLMENT
BEGINS
SEPTEMBER 16, 2012**





Dear Colleagues,

I would like to personally invite you to enroll or re-enroll in our annual WellnessWorks! program.

As health care premiums around the country continue to rise, we are working to offer an innovative alternative to costly premium increases for our employees. The increasing cost of healthcare coverage is a significant issue for the City of Boulder. For 2012, the overall increase in the cost of these benefits will be 11%. This year, participation in WellnessWorks! will help employees reduce the impact of monthly premium increases. Keep reading to find out how!

Prevention is a key component to good health and research shows that wellness programs can provide early detection to save lives and health care dollars. As a result, many employers in Colorado and elsewhere have moved toward linking wellness participation to benefits and have shown improvements in both health outcomes and costs.

This year, we are pleased to announce that all eligible City of Boulder participants who complete the SimplyWell health risk questionnaire *and* attend a free health screening (or submit results from your physician) by 11/30/12 will earn:

A City of Boulder Recreation Pass for the 2013 calendar year that includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, and **over 100 drop-in yoga and fitness classes per week.**

The ability to purchase recreation passes for your family members at the discounted fee of \$100 per family member.

No-cost recreation leisure classes, listed in the Parks and Recreation class guide, for you and your family members who purchase a recreation pass.

And new for 2013, if you enroll in city health insurance coverage for 2013, you will also receive a credit toward your share of the monthly health premium. This credit is \$15 per month for the \$500 or \$1,000 deductible plans. The credit is \$30 per month for the \$1,500 deductible plan.

Additionally, for all individuals who reach the goal of 10,000 points, you will receive a \$25 gift card AND an entry into a prize drawing for (2) \$500 gift cards. Along the way we will have plenty of programs and incentives to keep you on track to the finish line.

Again this year, we will allow individuals who have completed a recent physician appointment that included blood work to submit their biometric information using the form located on the wellness intranet webpage.

Striving for employee wellness makes sense, both in terms of our overall health and happiness as well as financially. The City of Boulder offers an employee wellness program that strives to provide you with the incentives, tools, education, inspiration, and support you need to achieve and maintain a healthy lifestyle. Our continued success in the areas of health improvement and cost reduction depend on your active engagement, not only in the enrollment phase, but all year long.

The annual WellnessWorks! enrollment begins September 16, 2012 and closes November 30, 2012. See you at the screenings!

A handwritten signature in black ink that reads "Jane S. Brautigam".

Jane Brautigam
City Manager

WELLNESS PROGRAM OVERVIEW

The **WellnessWorks!** program is here to help you reach and maintain optimal health. This program challenges you to earn 10,000 points by September 15, 2013, and rewards you along the way! The cornerstone of the wellness program is an online health management program powered by SimplyWell. The SimplyWell website offers a wealth of new tools and resources while integrating many of our offerings into one, point-based program. You log your information and participation and SimplyWell will do the rest.

The following program components are available free to all benefit eligible standard employees:

- **Online sign-up and registration**
- **Onsite health screening**
 - **Lab work - hemogram (CBC), lipid profile including triglycerides, fasting glucose**
 - **Height & weight**
 - **Blood pressure & pulse**
 - **Body fat electrical impedance (optional)**

(Lab results from a physician visit between September 1 and November 23, 2012 are also accepted)

- **Online health questionnaire**
- **Personal health score feature**
- **Individual health report & action plan**
- **Online medical record**
- **Onsite classes, seminars, challenge programs and special events**
- **Educational modules**
- **Self-tracking of health maintenance and measures**
- **Personalized healthy lifestyle coaching sessions via phone**
- **24-hour nurse call line**
- **Health and wellness resources**
- **Monthly wellness newsletter**

SimplyWell has been designed, developed and implemented with leading technology to support full compliance with all applicable federal and state privacy laws, including HIPAA. The data is stored using multiple servers in one of the nation's secure data storage sites. All personal health information is stored in individual library look up tables to keep records secure. Individual data is synthesized into one complete record **ONLY** at the time you input your unique User ID and Password. SimplyWell does not store any information on the Internet.



HOW DO I ENROLL?

GO TO WWW.SIMPLYWELL.COM

All participants begin by clicking on LOGIN on the upper right hand side of the screen.

Current Participants: Log in on the left-hand side using your personal ID and password you already created. **New Participants:** Click on LOGIN, then click on the REGISTER button below the (First Time User). Click MY EMPLOYER, enter your participant ID, date of birth and gender in the space provided then select the BEGIN button. For participant ID, please use the capital alpha characters "COB" followed by your six digit employee ID number. Please add zeros to your ID to make it 6 digits. Example: COB001358

STEP 1: ENTER YOUR CONTACT & SECURITY INFORMATION

During this step you will create your own private and confidential user ID and password that you will use from this point forward. Be sure to write this down.

STEP 2: ACCEPT THE AGREEMENT & POLICY INFORMATION

STEP 3: REGISTER FOR YOUR HEALTH SCREENING

There are nine health screenings scheduled at various city locations (see back panel). During this step you will select the screening that you would like to attend. (Complete this step by November 10, 2012)

STEP 4: VIEW & ORDER LAB WORK

You will be able to view the lab panels being offered free by the City of Boulder. You can also order additional lab work at your own cost to be included at your screening.

STEP 5: RECORD YOUR MEDICAL HISTORY

This feature provides you a secure, private personal health record. It may be helpful to have your medications, allergies, surgeries, etc. listed on a separate piece of paper. This is an optional feature that you can update at any time.

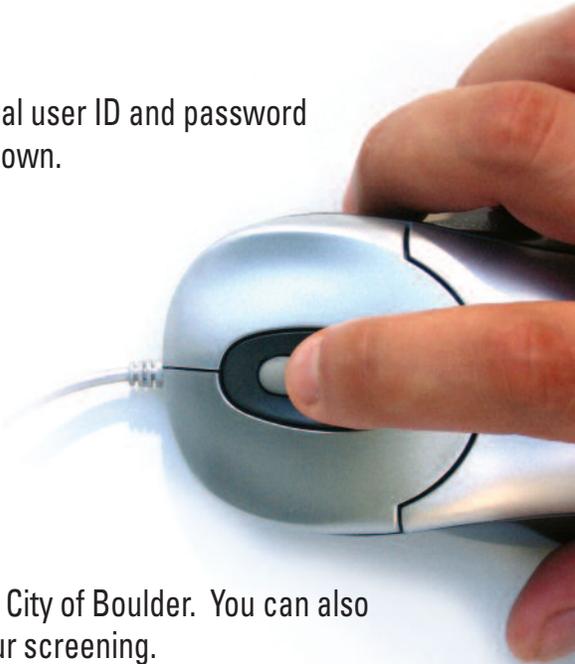
STEP 6: COMPLETE THE HEALTH QUESTIONNAIRE

Please allow approximately 10-30 minutes to complete. You may move back and forth between pages. If you can't complete the entire questionnaire and need to return, just select the SAVE and FINISH LATER button. When it is complete, make sure to click the SUBMIT button. New and returning participants must complete the Health Questionnaire.

YOUR PERSONAL HEALTH REPORT

After you have completed your enrollment steps, health questionnaire and attended your onsite health screening, you will be able to view your personal Health Report selecting "My Information," then "My Report."

Please note that you will be called by a SimplyWell registered nurse for a consultation if you receive an abnormal/critical value resulting from the health screening. SimplyWell nurse coaches will also call you to invite you to participate in the free coaching services. Coaching is voluntary and you can opt out at any time.



POINTS

Tracking your points using your SimplyWell account is how you'll progress to better health AND how you earn rewards.

6 POINT AREAS

Health Questionnaire

Health Screening

Appointments (2 @ 500-1500 pts)

Education Modules (5 @ 200 pts)

Health Trackers (50 @ 20pts)

Wellness Works! Wellness Events

Wellness Challenge Programs (1,000 pts)
Wellness Seminars (250-500 pts)
Healthy Lifestyle Classes (250-750 pts)
Special Events (20 – 1,000 pts)
Health Score Above 85 (1,000 pts)

OR

Health Score Improvement of 5 (1,000 pts)

ACTION PLAN POINTS REQUIRED

1,500 points

2,000 points

1,000 points

1,000 points

1,000 points

3,500 points

10,000 Total

REWARD & DEADLINES

REWARD OPPORTUNITY #1

All eligible employees who complete the health questionnaire and attend a health screening (or submit results from your physician) by 11/30/12 will earn:

A recreation pass for the 2013 calendar year that includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, and **over 100 drop-in yoga and fitness classes per week.**

The ability to purchase recreation passes for your family members at the discounted fee of \$100 per family member.

No-cost recreation leisure classes, listed in the Parks and Recreation class guide, for you and your family members who purchase a recreation pass.

In addition to receiving a free recreation center pass, if you enroll in city health insurance coverage for 2013, you will also receive credit toward your share of the health premium. This credit is \$15 per month for the \$500 or \$1,000 deductible plans and \$30 per month for the \$1,500 deductible plan.

REWARD OPPORTUNITY #2

All participants who earn 7,500 action plan points by 4/30/13 will be entered into a drawing for (100) \$50 Downtown Boulder gift cards.

REWARD OPPORTUNITY #3

Participants who earn 10,000 points by 9/15/13 will earn a \$25 gift card and be entered into a drawing for (2) \$500 VISA gift cards.



HEALTH SCREENINGS 2012

The completion of the Health Screening is a requirement of the Wellness Plan Option. You must complete the Health Screening in order to get your individual Health Score. REMEMBER TO FAST 8 to 12 HOURS PRIOR TO YOUR SCREENING!

DATE	LOCATION	TIME
October 2	Health Fair - East Boulder Community Center*	6:30 – 10:00 am
October 9	OSMP Annex*	6:30 – 9:30 am
October 16	Public Works*	6:30 – 9:30 am
October 18	Municipal Building*	6:30 – 9:30 am
October 23	Public Safety Building* (PSB employees only)	6:30 – 9:00 am
October 25	Public Safety Building (PSB employees only)	1:00 – 3:00 pm
October 30	Municipal Building	6:30 – 9:30 am
November 8	Iris Building	6:30 – 9:00 am
November 15	Municipal Building*	6:30 – 9:30 am

*Locations will have flu shots also available

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

Please allow 20 minutes for the screening. It is recommended that you fast for 8 to 12 hours prior to the laboratory tests. You should continue to take any prescribed medications and drink plenty of water. If you have any medical conditions, such as diabetes, which may be affected by fasting, please consult your physician before fasting.

Lab Results Accepted from Personal Physician.

If you have completed a recent physician appointment that included blood work between September 1, 2012 and November 23, 2012, you can use this in place of completing an onsite health screening. Here's how it works.

Follow the enrollment instructions in the "How Do I Enroll" section.

During Step 3: Select "Alternate Screening" instead of an actual screening date.

To obtain a copy of the Physician Clinical Results Form, go to the **WellnessWorks!** homepage at <http://intraweb.ci.boulder.co.us/wellness> OR download it from the Announcement section on the bottom right corner of your SimplyWell Home for Health page.

If you have technical problems enrolling or have a health-related question, call SimplyWell at 1.877.991.9355

For general questions about the WellnessWorks! program, see <http://intraweb.ci.boulder.co.us/wellness> or contact one of your wellness staff:

Stewart Ellenberg <i>Risk Manager</i> 303-441-3075	Suzanne Kohlmann <i>Benefits & Payroll Manager</i> 303-441-3893	Kevin Krayna <i>Safety & Workers' Compensation Specialist</i> 303-441-3061	Summer Kennedy <i>Health & Wellness Program Supervisor</i> 303-413-7264	Stacy Ludwig <i>Administrative Specialist</i> 303-441-4009
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