



Your Journey Starts Here.

2023 Wellness Program Guide



Your Wellness Program Starts Soon!

April 1 – December 31, 2023

CHC Wellbeing and PDC Machines know the importance of a healthy lifestyle. When you focus on your entire wellbeing, you reach your true potential. That is why we are partnering to bring you a program that will reward you for your healthy lifestyle choices. How does the program work? Your participation in healthy activities will earn you points that will be tracked through CHC's member portal. Keep reading to learn more about your wellness program!



Bronze

Earn 150 points

PDC Swag



Silver

Earn 275 points

Extra ½ Day Off



Gold

Earn 400 points

Extra Full Day Off

If you are unable to achieve the standards for the reward under this program due to a medical condition, you may request a Reasonable Alternative Standard (RAS) through your portal. Submit your request within 30 days of your screening. If you are unable to submit the request through your portal, please call CHC at 866-373-4242.

You must complete and submit your RAS form by December 31st.

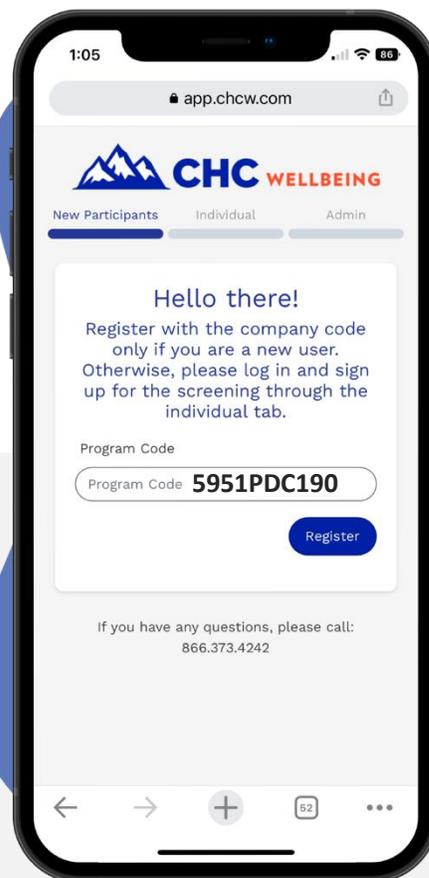
To register for your wellness program, go to app.chcw.com.

New Members

1. Enter your program code **5951PDC190** under the “New Participants” tab and select “Register”.
2. Complete your registration by creating a CHC user profile to begin your journey!

Returning Members

1. Enter your username & password under "Individual Login" and select "Log in."
2. Select the “Join a Wellness Program” card under “Today’s Activities.”
3. Enter in program code **5951PDC190**.



FORGOT YOUR LOGIN? Select “Forgot username/password” on the CHC login page. On the next screen, select whether you would like to retrieve your username or reset your password.

If you need help during the registration process or if you have any questions about your program, call 866-373-4242.

ELIGIBILITY REQUIREMENTS

These activities must be completed to qualify for any reward level incentive.

| Activity | Description | Points per Activity | Max Points | Frequency |
|---------------------------|--|---------------------|------------|--------------------------------------|
| Complete Your Physical | Visit your physician for your exam and submit proof of completion (ex: Explanation of Benefits, Receipt of Co-pay, Doctor Note, CHC Verification Form) | 50 | 50 | Once between 01/01/2023 – 12/31/2023 |
| Health & Lifestyle Survey | Complete the Health & Lifestyle Survey in its entirety | 50 | 50 | Once between 4/1/2023 – 12/31/2023 |



Healthy Resources

HEALTH EDUCATION VIDEOS

Our health education library houses over 900 wellness videos that can help you learn about a variety of topics including diversity, equity and inclusion, parenting support, professional development, *and so much more!*



COMPLETE A HEALTH EDUCATION VIDEO: 10 pts each month / 90 pts max

FINANCIAL WELLBEING

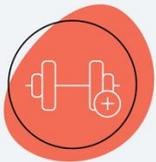
Financial wellbeing is the practice of taking the frustration and fear out of your finances by using mindful tools and developing skills to achieve your goals. The platform includes articles, calculators, courses and videos covering all your must-knows about money and finances.



COMPLETE A FINANCIAL WELLBEING COURSE: 10 pts each month / 90 pts max

Health Trackers

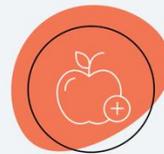
Track various aspects of your health using the trackers on your dashboard. Follow your weekly or monthly progress towards your health goals through the individual tracker pages.



ACTIVITY TRACKER

Log your activity daily

★ 5 pt each day



NUTRITION TRACKER

Log your nutrition daily

★ 5 pt each day



HYDRATION TRACKER

Log your hydration daily

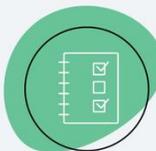
★ 5 pt each day



SLEEP TRACKER

Log your sleep daily

★ 5 pt each day



HABIT BUILDER

The habit builder allows you to set personal habits and mark them off every time you successfully do the habit.

★ 10 pt each, 110 pts total



DID YOU KNOW? You can log the health data you are tracking with an outside app or device by simply linking the app or device to your CHC portal. Learn how to link apps and devices on the next page!

Walking Program

Join the walking program, link your health tracking device, and start earning points! If this is the first time using the CHC walking program, be sure to read and accept the walking waiver.

HOW TO LINK A TRACKING DEVICE



Click on the 'Settings' icon located near your profile picture.



Select 'Manage Devices' and select the device brand you wish to link with.



Enter in your account credentials for that device. Once the connection is confirmed, you're linked!

Please note that there may be some differences in linking between types of trackers.

STEP TRACKING & WALKING CHALLENGES

LINK A TRACKING DEVICE

★ 50 pts

Link a tracking device (Fitbit, Apple Watch, etc.) to the CHC portal and earn points!

LOG BETWEEN 2,000 – 10,000 STEPS PER DAY

★ 4 pts each day

Earn 1 point for every 2,500 steps logged per day, up to 10,000 steps per day.

PARTICIPATE IN A WALKING CHALLENGE

★ 75 pts each, 150 pts total

Participate in up to 2 walking challenges this year and earn points!

WELLNESS PROGRAM ACTIVITIES

| Program | Requirement | Points per Activity | Max Points | Frequency |
|---------------------------------|---|---------------------|------------|--|
| Join the Wellness Program | Enter the program code to join the current program! | 25 | 25 | Once between 4/1/2023 – 12/31/2023 |
| Select Your Interests | Select at least one wellbeing interest on your CHC member portal | 25 | 25 | Once between 4/1/23 – 12/31/2023 |
| Complete a Preventative Service | Receive a preventive service (mammogram, colonoscopy, etc.) and submit proof of completion. (ex: Explanation of Benefits, Receipt of Co-pay, Doctor Note, CHC Verification Form). | 40 | 160 | Four times between 4/1/2023 – 12/31/2023 |
| Receive a Flu Shot | Receive a Flu Shot and submit proof of service (ex: Explanation of Benefits, Receipt of payment, Doctor Note, CHC Verification Form). | 10 | 10 | Once between 4/1/2023 – 12/31/2023 |
| Complete a Dental Exam | Complete a dental exam. Submit proof to the CHC portal to earn your points (ex; EOB, receipt of copay, etc.) | 50 | 50 | Once between 4/1/2023 – 12/31/2023 |
| Complete an Eye Exam | Complete your eye exam. Submit proof to the CHC portal to earn your points (ex; EOB, receipt of copay, etc.) | 50 | 50 | Once between 4/1/2023 – 12/31/2023 |

| | | | | |
|-------------------------------|--|----|-----|--|
| Upload a Healthy Selfie | Upload a selfie of yourself doing something healthy, like exercising, eating healthy, spending time with others or de-stressing! | 5 | 45 | Each month between 4/1/2023 – 12/31/2023 |
| Gym Membership | Submit proof of gym membership through your CHC portal (ex: receipt of payment, gym log). | 15 | 15 | Once between 4/1/2023 – 12/31/2023 |
| Complete a Volunteer Activity | Complete a volunteer activity and submit proof of participation | 40 | 80 | Twice between 4/1/2023 – 12/31/2023 |
| Run/Walk a 5k or 10k | Participate in a 5k or 10k and submit proof (ex: Bib number, screenshot of results). | 75 | 150 | Two between 4/1/2023 – 12/31/2023 |

Additional Opportunities will be made available throughout the year!