

Get ready for LiveWELL 2020!

It's another new year to LiveWELL!

LiveWELL, HSHS's comprehensive wellness program, is entering its third year! Colleagues across the system have embraced the platform and made a commitment to their total well-being.

Use this guide to learn more about the program, including how to sign up and what is new in LiveWELL this year!

What's inside:

- Colleague LiveWELL stories
- Program basics & rewards
- How to sign up
- New this year
- Program timeline
- Privacy
- Annual activity choices



Hospital Sisters
HEALTH SYSTEM

LiveWELL

Do you LiveWELL?

These HSHS colleagues do!

When it comes to our health, there is always room for improvement. LiveWELL works to constantly challenge HSHS colleagues to eat healthier, walk a few thousand more steps, get more sleep and so much more. It encourages colleagues to be financially and emotionally fit as well. HSHS LiveWELL reminds colleagues that the decisions we make each day can lead to our total well-being.

A strong health care organization cannot exist without healthy colleagues. HSHS is committed to providing a platform for colleagues to achieve health and wellness in every area of their lives - both at work and at home.

Read about these three HSHS colleagues who faithfully engage with LiveWELL and what it means for them:



Rachel Boeckman

CT Technologist at HSHS St. Joseph's Hospital in Highland

I've enjoyed LiveWELL because it does not just focus on physical health, but mental and emotional health as well. It gives me the opportunity to see what others are doing to become the best version of themselves. It has made me look at certain aspects of my life that I wasn't aware that I could improve on. My favorite way to focus on my mental and physical health is taking my beloved golden retriever, Emmie, for daily walks. I also enjoy tracking what foods I put into my body on the Under Armour fitness app (my fitness pal), and occasionally attending a hot yoga class when I can. But, my favorite pastime is watching St. Louis Cardinals baseball with my fiancé. When I go to or watch the Cardinals I am inspired by the physical determination and drive of the athletes. I am no professional athlete; but I do enjoy constantly making and achieving new goals whether it be at the gym, at work, or at home.



Dustin Fink

Athletic Trainer Facilitator at HSHS St. Mary's Hospital, Decatur

I used LiveWELL initially to save some money on my insurance but now I use it to promote my well-being as well as propel myself in my weight loss challenge (I lost 25 lbs. in 14 weeks). Now I will use it to maintain my gains (losses) and try another personal challenge.

Pictured is my inspiration: family!!!



Debbie Hockers

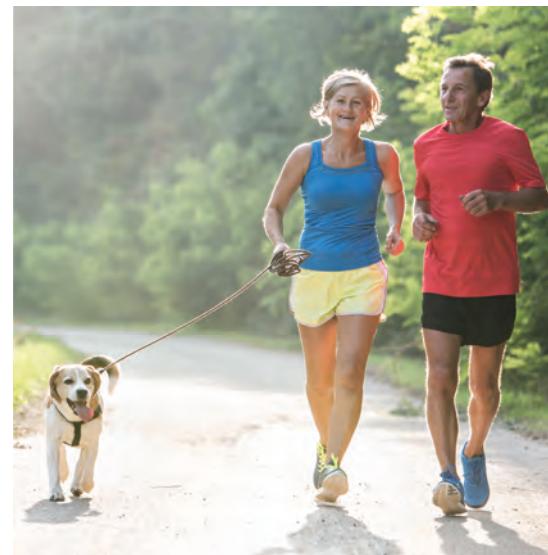
Administrative Assistant at HSHS St. Vincent Hospital, Green Bay

I started trying to improve my health in June 2017 so the LiveWELL program has helped motivate me almost since the beginning of my journey. I am exercising almost every day and have been able to achieve and maintain a 25-pound weight loss.

PROGRAM BASICS

- The HSHS LiveWELL program runs each year from September to September.
- Wellness incentives are paid beginning in the new year.
- To be eligible to participate in the LiveWELL program, you must be an HSHS colleague (regularly scheduled/budgeted to work 16 or more hours per week), or be a spouse covered/enrolled under the HSHS Healthy Plan (medical insurance).
- *HSHS colleagues do NOT have to be enrolled into the HSHS Healthy Plan (medical insurance) to participate. Spouse incentives will be received through the colleague's paycheck.*

! FUN FACT: Participate in LiveWELL and earn a minimum of \$390 per year, per participant!



REWARDS

LIVING WELL AND EARNING INCENTIVES

HSHS LiveWELL encourages colleagues and their spouses to adopt (or maintain) healthy lifestyle behaviors. By committing to health and wellness, colleagues not only feel better, but also earn rewards! In 2020, participants can earn up to \$25.00 per pay period, per participant.

	Level 1 SEEK 1,000 points	Level 2 STRIVE 2,500 points	Level 3 SUCCEED 5,000 points
Employee/Spouse	Complete Challenges/ Activities	Complete Challenges/ Activities	Complete Challenges/ Activities
Reward	\$15 wellness incentive per pay period	Wellness incentive increases to \$20 per pay period	Wellness incentive increases to \$25 per pay period



If you're already a LiveWELL participant -

- Your total point count that you've accumulated since September 2018 will reset on September 10, 2019.
- You will continue to be paid your 2019 wellness incentive each pay period until the end of the year.
- In order to continue to receive your wellness incentive beginning in January 2020, you must accumulate at least 1,000 LiveWELL points by mid-December 2019.

If you'd like to become a LiveWELL participant -

- Register by visiting <https://hshs.limeade.com> and click "Get Started"
- Complete LiveWELL challenges and accumulate at least 1,000 points.

HOW TO SIGN UP

Please note: If you're already participating in LiveWELL, you do NOT need to re-register!

Step 1

- Search "Limeade" in the Apple App Store or Google Play Store and download the free app (be sure to use the program code HSHS4U), or
- Go online to <https://hshs.limeade.com> and click "Get Started."



Step 2

- For colleagues:
Enter your work email address, your employee ID, your date of birth and follow the remaining login instructions.
- For spouses of colleagues:
Enter your personal/preferred email address, create and enter your user ID, enter your date of birth and follow the remaining login instructions.

(To create user ID, use eligible colleague's ID with an appended "s" plus your date of birth - example: 012345s01011990)

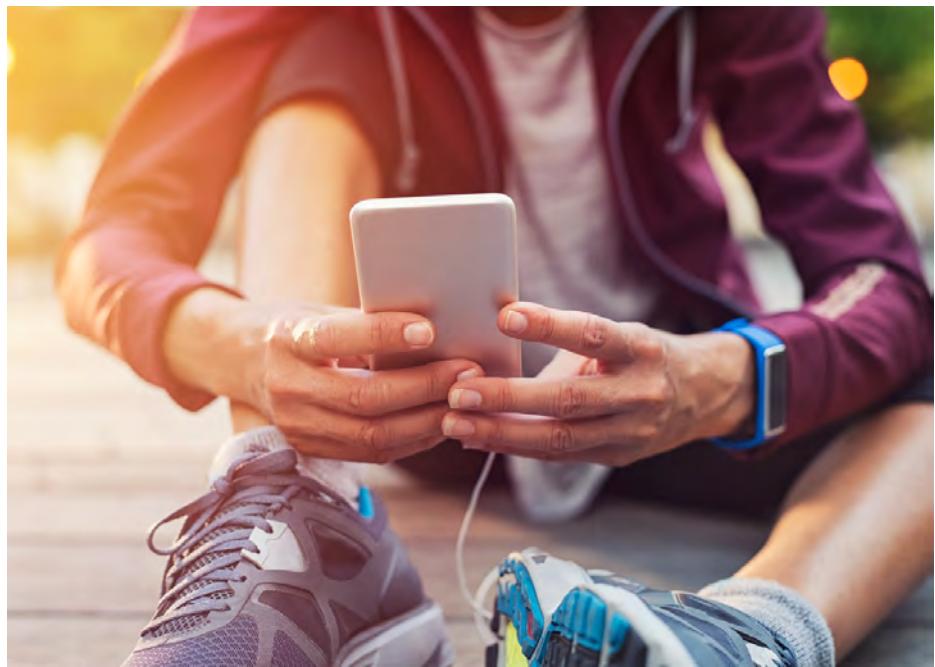
_____ OR _____



PROGRAM TIMELINE

- September 10, 2019
If you participated in the LiveWELL program from September 2018 to September 9, 2019, your LiveWELL points are reset.
- September 18, 2019
HSHS LiveWELL program for 2020 goes live. Participants can begin to earn points by completing challenges in order to earn wellness incentive dollars for calendar year 2020.
- December 2019
Payment of your wellness incentive for 2019 will stop at the end of the month. Deadline to have earned at least 1,000 points in order to begin receiving your wellness incentive on the first pay period of 2020.
- January 1, 2020
The 2020 wellness incentive payments begin, as long as LiveWELL participants have earned at least 1,000 points.
- September 2020
Each participant's total point count is reset for calculation toward the 2021 calendar year wellness incentive.

PLEASE NOTE • *LiveWELL participants earn points from September to September each year.*
• *Wellness incentive dollars are paid on a calendar year basis.*



PRIVACY

Your personal health information is important and should be kept confidential. HSHS and Limeade (the corporate wellness technology company who administers LiveWELL) have a strict policy in place to protect your privacy rights for those participating in LiveWELL. Your individual results and information will not be shared with HSHS. HSHS may receive aggregate data to help us in planning for ongoing wellness and prevention programs. All services offered under the LiveWELL program will be provided in a manner that is consistent with HIPAA's privacy laws and regulations.

For more information on the Privacy Policy, visit <https://hshs.limeade.com/Privacy.aspx>.

NEW THIS YEAR

• HSHS LiveWELL FastPass!

The HSHS Fast Pass allows participants to fast pass through to the next level. The FastPass will be offered through different challenges during the year. Be on the lookout for your chance to FastPass through to the next level!



• HSHS LiveWELL Community Feed

It's like Facebook, but for LiveWELL! HSHS LiveWELL Community is an internal social media platform that provides forums for colleagues to connect, communicate and collaborate within LiveWELL. The Community Feed exists directly inside your LiveWELL portal. Creating a LiveWELL Community Feed profile is completely voluntary and not required in order to participate in LiveWELL. It's simply another way we're offering for you to connect and live well.

A screenshot of the HSHS LiveWELL Community Feed. At the top, there's a navigation bar with the HSHS logo, 'LiveWELL', and links for 'HOME', 'MY RESULTS', 'TOPICS', 'MY POINTS', and 'FEED' (which is underlined). Below the navigation, a post from 'HSHS Program Admin' is displayed, showing a photo of a group of people walking outdoors. The post text reads: 'Really enjoyed the team walk during lunch today! Love my colleagues! So glad Mike Smith captured this great pic of us in action!!' There's a link 'See translation' and the date 'Wednesday, June 12'. At the bottom of the feed, there are two comments from 'FeedTestUser1 TestUser': 'What a great idea! I am going to implement this with my team next week!' and 'Go Team! #TeamHSHS'. There are also 'Like' and 'Comment' buttons.

The new LiveWELL Community features include:

- Community feed: Participants have the ability to interact with other HSHS participants through their photos, stories, comments and likes.
- Profile: Participants have the ability to personalize their profile to include relevant information about themselves and control their privacy settings.
- Following: Participants can connect with others and subscribe to their colleagues' posts, in addition to the full HSHS community feed.
- In-product notifications: Participants stay up-to-date with social activity alerts, including alerts for new followers, comments and likes on posts.

QUESTIONS?

For questions about LiveWELL, call the HSHS Colleague Service Center at 1-855-FYI-HSHS or email at fyi@hshs.org.

YOUR ANNUAL ACTIVITY CHOICES

A sneak peek at some of your upcoming challenges!

Reminder: Be on the lookout for a possible FASTPASS popping up for different challenges throughout the year.

	Program/Activity	Points/Total Possible	
<i>Annual Challenges</i>	Visit Your Primary Care Physician	500	500
	Complete Your LiveWELL Assessment	300	300
	Complete HSHS Annual Enrollment	150	150
	Meet with a Transamerica Representative	100	100
	Welcome to LiveWELL Community	75	75
	Know Your Numbers	50	50
	Use Your PTO for personal well-being	50	50
	Step It Up - Track 10,000 daily steps	10	500
	Weekly Exercise: 150 Minutes of Exercise Each Week	10	500
<i>Coaching*</i>	Stay Engaged with Prevea Health Coaching	225	225
	Be Tobacco Free	150	150
	Get Enrolled with Prevea Health Coaching	75	75
	Complete Your Wellness Goals with Healthy Partners	100	100
<i>Quarter 1: September - December**</i>	Team Challenge: Create a team playlist	100	100
	Delighting Our Patients Challenge - #TeamHSHS	25	25
	Squeeze Mindfulness into Your Day	25	25
	Post to the LiveWELL Community Feed	15	240
	Curb Overeating During the Holidays	25	25
	Exhale Your Worries	25	25

Read full descriptions and learn more about each program/activity in the LiveWELL participant portal at <https://hshs.limeade.com>

**Coaching available beginning January 1, 2020*

***New challenges and points become available quarterly*



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It's time to
LiveWELL