



Hospital Sisters  
HEALTH SYSTEM

LiveWELL

# TOGETHER We LiveWELL 2021

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## We are stronger together.

This past year, HSHS has had to navigate through a lot of change and uncertainty. However, our colleagues have come together like never before to meet these challenges head on, all while continually meeting the needs of our patients. Without each of you, the mission of HSHS could not be accomplished. In the spirit of teamwork and togetherness, let's encourage one another and work together to LiveWELL this year!

Use this guide to learn more about HSHS's comprehensive wellness program, including how to sign up and what you can look forward to.

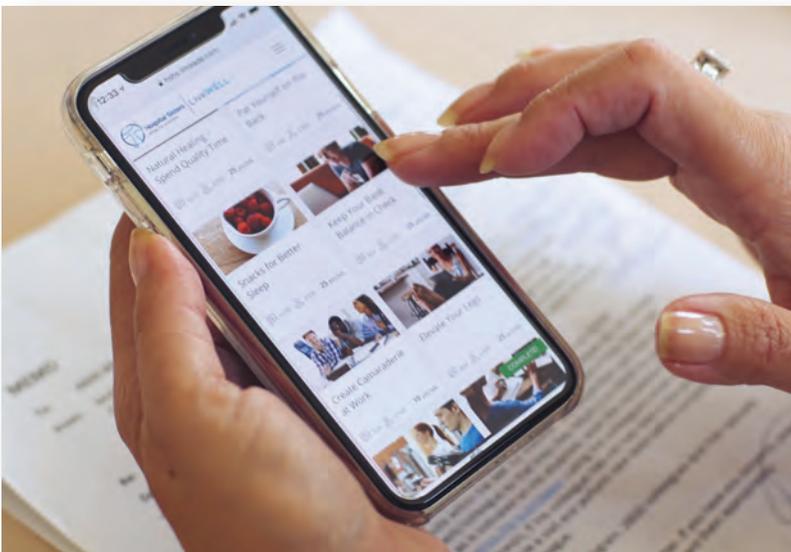
**Together, we LiveWELL!**



# 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).
- *Spouse incentives will be received through the colleague's paycheck.*
- *HSHS colleagues do NOT have to be enrolled into the HSHS Healthy Plan (medical insurance) to participate.*

**! 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 2021, participants can earn up to \$25.00 per pay period, per participant.

	Level 1 <b>SEEK</b> 1,000 points	Level 2 <b>STRIVE</b> 2,500 points	Level 3 <b>SUCCEED</b> 5,000 points
<b>Employee/Spouse</b>	Complete Challenges/ Activities	Complete Challenges/ Activities	Complete Challenges/ Activities
<b>Reward</b>	\$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 2019 will reset on September 9, 2020.
- You will continue to be paid your 2020 wellness incentive each pay period until the end of the year.
- In order to continue your wellness incentive beginning in January 2021, you must accumulate at least 1,000 LiveWELL points by mid-December 2020.

## 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! However, you will need to authenticate your credentials on the new Limeade ONE app.*

### Step 1

- Search "Limeade ONE" 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



# The LiveWELL Experience

HSHS LiveWELL is here to help you reach for what matters most to you, so you can feel good and live with purpose every day.

## Here's what you can do with HSHS LiveWELL:

- Complete a well-being assessment to learn about your strengths and areas of improvement.
- Explore and join activities designed to build healthy habits.
- Connect your devices and apps to easily track your activities on the go.
- Participate in team activities and connect with others along the way.
- Earn points for participation to achieve new levels and great rewards.

The New Limeade Mobile App Experience:



## Motivation and inspiration, all in one place.

HSHS LiveWell combines useful tools, educational content and social support to help you be your best, at work and at home.

## New HSHS LiveWELL Experience Coming SEPTEMBER 2020!

The new HSHS LiveWELL program year brings a new look and experience to the wellness program user platform powered by Limeade. In preparation for the new experience, you will be prompted in the coming weeks to download the new Limeade ONE app on your device. If you're already registered, you will need to authenticate your credentials by using your existing username and password.

## HSHS LiveWELL FastPass is Back!

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!



## Featured Activities:

### • Your Health at Your Fingertips with MyChart -

A convenient, secure and confidential resource. You have access to your personal health information from any computer or mobile device at any time. Register an account to earn LiveWELL points.



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MyChart

• **Visit Your Primary Care Provider** - Your primary care provider (PCP) is the best place to start when you need any type of health care. Be sure to take care of yourself by staying on top of your health care.

• **Schedule Your Retirement Outlook Review** - It's important to plan for the future, whether you're nearing retirement or new to the workforce. It's best to start planning early, rather than when it's too late.

Be sure to continue earning points, even if you have reached the third level - you never know if there will be more rewards coming!

# PROGRAM TIMELINE

- **September 9, 2020** If you participated in the LiveWELL program from September 2019 to September 8, 2020, your LiveWELL points are reset.
- **September 16, 2020** HSHS LiveWELL program for 2021 goes live. Participants can begin earning points by completing challenges in order to earn wellness incentive dollars for calendar year 2021.
- **December 2020** Payment of your wellness incentive for 2020 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 2021.
- **January 1, 2021** The 2021 wellness incentive payments begin, as long as LiveWELL participants have earned at least 1,000 points.
- **September 2021** Each participant's total point count is reset for calculation toward the 2022 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>.