LiveWELL 2022

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Putting People First

Good work for me includes a healthy work environment. I am not blind to the fact the past 18 months have been very challenging, not just physically, but emotionally.

It's important we feel nurtured and cared for because when we feel this way, we achieve more in all parts of life. Please know I am committed to creating a better work environment for everyone.

I also am excited to be part of the LiveWELL program. I truly believe the well-being of our colleagues is essential as we continue to provide high-quality health care to our patients. I see LiveWELL being a great tool for our colleagues to start or continue on their wellness journey and to assist with overall colleague well-being. Now, let's LiveWELL together! Be on the lookout for activities where you can engage with me along the way!

Use this guide to learn more about the LiveWELL program, including how to sign up and what you can look forward to in the upcoming program year.

Together, we LiveWELL!

What's inside:

- Program Basics and Rewards
- How to Sign Up
- The LiveWELL Experience
- Program Timeline
- A Look Back at 2021 LiveWELL Community
- Privacy Policy

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Program Basics

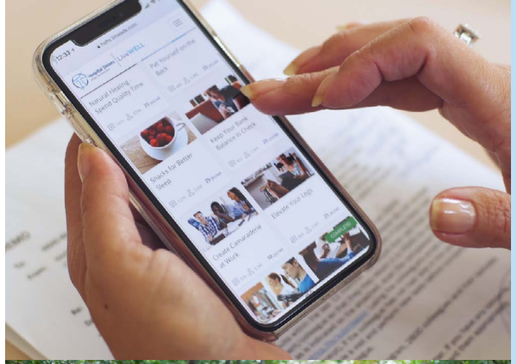
- The HSHS LiveWELL program runs each year from September to September.
- Wellness incentives are paid beginning in the new year.
- To be eligible to participate in the LiveWELL program, you must be a HSHS colleague (regularly scheduled/budgeted to work 16 or more hours per week) or be a spouse covered/enrolled in 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.

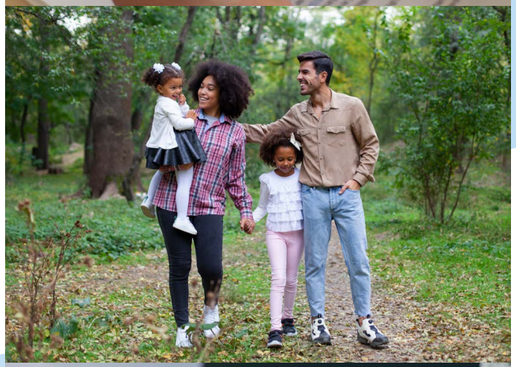
FUN FACT! Participate in LiveWELL and earn a minimum of $390 per year, per participant!

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 2022, participants can earn up to $25 per pay period, per participant.





Level 1	Level 2	Level 3
SEEK	**STRIVE**	**SUCCEED**
1,000 points	2,500 points	5,000 points
Colleague/Spouse who earns 1,000 points receives **$15** wellness incentive per pay period.	Colleague/Spouse who earns 2,500 points receives **$20** wellness incentive per pay period.	Colleague/Spouse who earns 5,000 points receives **$25** wellness incentive per pay period.

If you are already a LiveWELL participant:

- The total point count you have accumulated since September 2020 will reset on September 8, 2021.
- You will continue to be paid your 2021 wellness incentive each pay period until the end of the year.
- In order to continue your wellness incentive beginning in January 2022, you must accumulate at least 1,000 LiveWELL points by mid-December 2021.

If you would like to become a LiveWELL participant:

- Visit hshs.limeade.com and click "Activate account."
- Complete LiveWELL challenges and accumulate at least 1,000 points.

How to sign up:

If you already participate in LiveWELL via the Limeade One app/platform, you do not need to activate. However, if you have not activated your account on the Limeade ONE app/platform, follow the sign-up instructions below.

Step One:

- 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 —

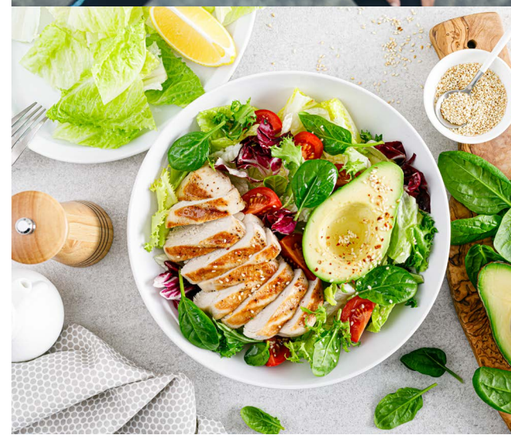
- Go online to hshs.limeade.com and click "Activate account."

Step Two:

Colleagues: Enter your work email address, your colleague ID number and date of birth and then follow the remaining login instructions.

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 number with an appended "s" plus your date of birth (example: 012345S01011990).*



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.

Win Prizes by Logging In

NEW! Rewarding those who engage in the platform with prize drawings or rewards. Be sure to participate throughout the year. You never know when a new prize might be available!

Themed Quarterly Activities

NEW! This year, we will focus even more on the established LiveWELL well-being pillars of physical, emotional and financial by offering quarterly themes with related activities and resources. The quarterly themes are:

Quarter One:	Stress and Financial
Quarter Two:	Exercise and Nutrition
Quarter Three:	Spring Cleaning of Unhealthy Habits
Quarter Four:	Sunshine and Resilience

Partnering with Mind-Body Health: Take Control of Your Health

NEW! To help take control of your health and achieve optimal quality of life, we are partnering with the HSHS Mind-Body Health team to provide additional wellness activities through the LiveWELL platform.

Visit Your PCP Activity Improvements

Your annual wellness visit with your primary care physician (PCP) is an important part of your overall health, and we encourage you to see your PCP with the Visit Your PCP LiveWELL activity. Some modifications have been made to the activity to simplify participation and receive your reward faster! Be sure to schedule your PCP visit today!

MyChoice Activities are back

Get your most personalized LiveWELL experience! Like last year, you can earn up to 1,250 LiveWELL points when you participate in MyChoice activities. So you can continue to create healthy habits and life-style changes, these personalized recommendations remain available even after reaching 1,250 points.

To be sure you are participating in a MyChoice activity, click on it and confirm the highlighted MyChoice icon in the top right corner of the description.

Excited to earn more LiveWELL points, but you've met your MyChoice points maximum?

To continue earning points beyond the MyChoice 1,250-point maximum, complete non-MyChoice activities throughout the program year. Explore your options within the Discover tab under "Recommended by HSHS."

Program Timeline

LiveWELL participants earn points from September to September each year. Wellness incentive dollars are paid on a calendar-year basis.

SEPT. 8, 2021

If you participated in the LiveWELL program from September 2020 to September 7, 2021, your LiveWELL points are reset.

SEPT. 15, 2021

HSHS LiveWELL program for 2022 goes live. Participants can begin earning points by completing challenges in order to earn wellness incentive dollars for calendar year 2022.

DECEMBER 2021

Payment of your wellness incentive for 2021 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 2022.

JAN. 1, 2022

The 2022 wellness incentive payments begin, as long as LiveWELL participants have earned at least 1,000 points.

SEPTEMBER 2022

Deadline to earn points towards wellness incentive for the rest of calendar year 2022.

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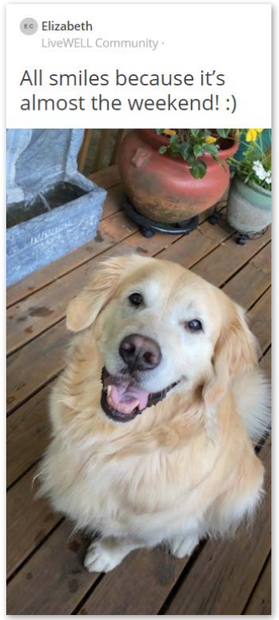
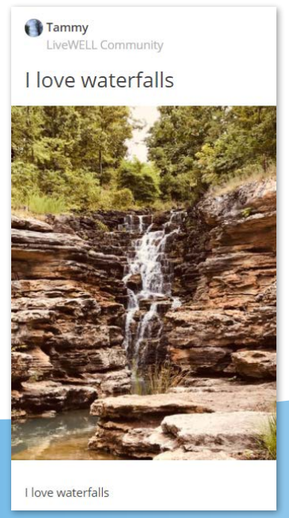
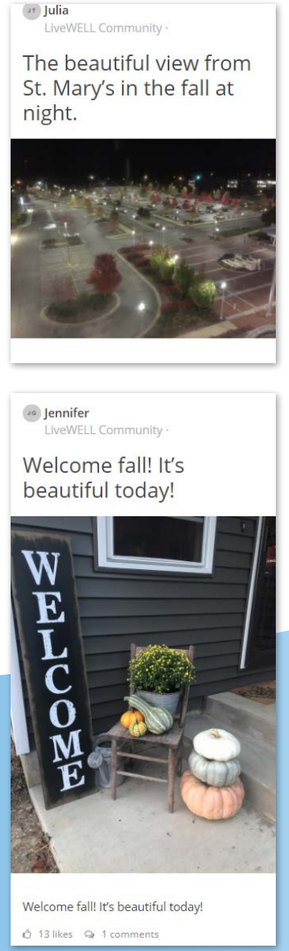
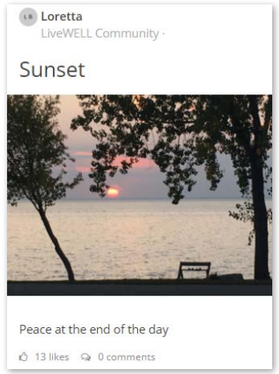
A Look Back at 2021

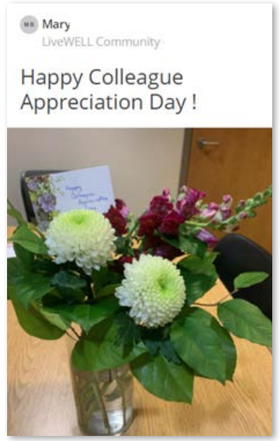
Take a look back at colleagues' posts from the LiveWELL Community channel to get inspired for the new year!

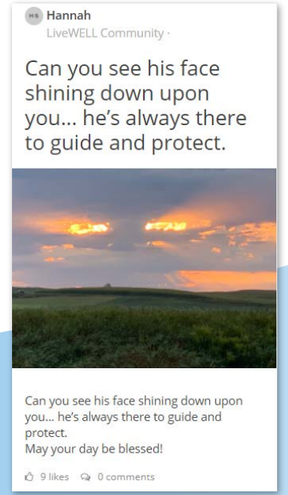






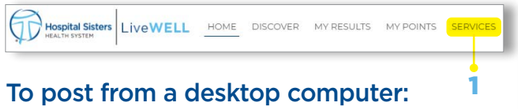






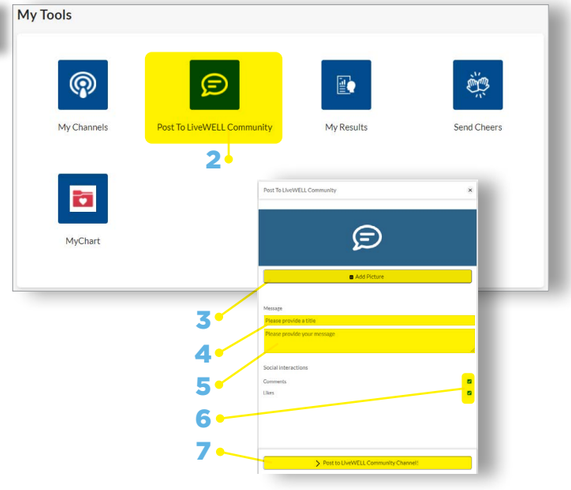
How to Post to the LiveWELL Community

As a part of the LiveWELL Community channel, you can post and inspire others by sharing your moments of well-being and joy.



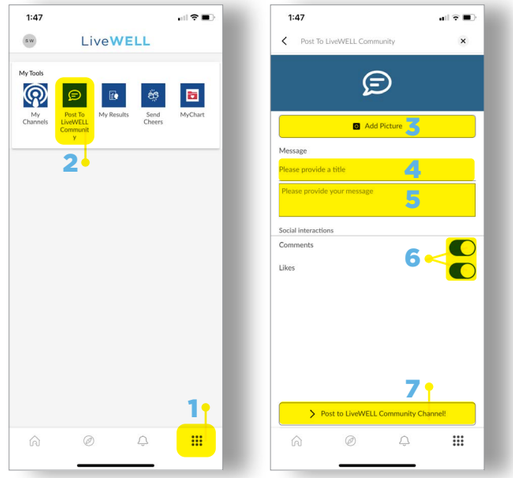
To post from a desktop computer:

1. Navigate to "services" tab.
2. Select "Post to LiveWELL Community."
3. Choose whether to add a picture (multiple can be added).
4. Complete "Please provide a title" section with a headline for your post.
5. Type out your message.
6. Remain opted-in to social interactions or deselect "comments" and "likes."
7. Click "Post to LiveWELL" community channel.



To post from a mobile phone or tablet:

1. Click on the nine-dot icon (bottom right of the navigation bar).
2. Select "Post to LiveWELL Community."
3. Choose whether to add a picture (multiple can be added).
4. Complete "Please provide a title" section with a headline for your post.
5. Type out your message.
6. Remain opted-in to social interactions or deselect "comments" and "likes."
7. Click "Post to LiveWELL" community channel.



Privacy Policy

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 to protect your privacy rights. Your individual results and information are not shared with HSHS. HSHS may receive aggregate data to help plan 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 hshs.limeade.com/Privacy.aspx.

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