

2014 Employee Wellness Incentive Program

Improve Your Health and Save \$300 - \$600 in Annual Health Premiums!

APS employees, spouses/domestic partners who have health insurance through the district will be offered the opportunity to keep premiums down for the fourth straight year by participating in the 2014 Employee Wellness Incentive Program. Participation is voluntary; however, in order to receive the savings for the new plan year effective January 1, 2014, employees, spouses/domestic partners **must complete the biometric health screening, on-line personal health profile (health questionnaire) and sign a tobacco affidavit by September 30, 2013.**

Biometric Screening Information

- All biometric screenings will be administered by licensed health professionals of WellCall, Inc.
- Screenings include a full lipid panel (total cholesterol, HDL, cholesterol ratio, LDL, triglycerides & glucose), blood pressure, and body composition.
- You will need to **fast for 8 hours** prior to your screening (only water is permitted).
- Screenings are done via finger stick with results received in minutes and the information will be held **confidential**.

Personal Health Profile Information

- The Personal Health Profile (PHP) consists of a series of questions about your health and wellness on such topics as nutrition, tobacco use, personal safety, physical activity, alcohol use, stress and health history.

Timeline: July 8, 2013 through September 30, 2013

**STEP 1: Schedule your free Biometric Health Screening - Employee, Spouse/Domestic Partner
To schedule your screening appointment:**

Call 1-800-970-1263 between 10:00 am – 5:00 pm MST. If you call outside of business hours, you may leave a voicemail message with your preferred date and time and a representative will contact you the next day to confirm your appointment.

Or, use our online scheduling tool available at www.mywellcall.com

1. Go to www.mywellcall.com

2. Enter your email address and password

If you are a first time visitor, click the register button. Next, enter your company password.

Your company password is **apswellness**. Follow the online instructions and complete the registration process. Once your account has been activated, go to www.mywellcall.com and log in with your email address and password.

3. Click “Schedule an Appointment” and register for your preferred time slot.

STEP 2: Tobacco Affidavit which indicates tobacco use status (forms will be signed at the biometric screenings) - Employee, Spouse/Domestic Partner

STEP 3: Complete Personal Health Profile starting July 8th (health questionnaire) - Employee, Spouse/Domestic Partner

1. Go to www.mywellcall.com

2. Enter your email address and password

If you forgot your password, click on “Forgot Your Password?” and follow the instructions.

If you are a first time visitor, click the register button. Next, enter your company password.

Your company password is **apswellness**. Follow the online instructions and complete the registration process. Once your account has been activated, go to www.mywellcall.com and log in with your email address and password.

3. Click on “Personal Health Profile” and click “Take my PHP” to get started.

If you are a tobacco user, you must complete a WellCall Tobacco Cessation Program online. You must register for the online program no later than September 30th, 2013 in order to complete your coaching program by December 31st, 2013.

1. Go to www.mywellcall.com

2. Enter your email address and password

If you forgot your password, click on "Forgot Your Password?" and follow the instructions.

If you are a first time visitor, click the register button. Next, enter your company password.

Your company password is **apswellness**. Follow the online instructions and complete the registration process. Once your account has been activated, go to www.mywellcall.com and log in with your email address and password.

3. Go to "Health Coaching" on the top of the page and select "Online Coaching Programs"

4. Select "Quit Tobacco"

For more information about Albuquerque Public Schools screening events, please visit

<http://www.aps.edu/staff/employee-wellness>, or contact employee.wellness@aps.edu, or call 505-889-4896.

Albuquerque Public Schools will only be provided with confirmation of completion of the biometric screening, tobacco affidavit and PHP. All three must be completed to receive your discount. The results of your screening, affidavit and PHP will not impact your insurance rates. Results are kept strictly confidential, are not shared with Albuquerque Public Schools, and will not have a negative effect on your medical coverage or costs.