



REAL RESULTS FOR REAL PEOPLE.

UCA BeWell

UCA continuing to team up with HealthCheck360 to provide you with a wellness program. HealthCheck360 is devoted to improving your health and overall wellbeing with tools, motivation, and support to be a healthier you. Complete biometric screening and HRA survey to earn a \$20 per month premium discount.

You can earn BearBucks for logging healthy habits and activities. The current BearBucks incentive structure is as follows:

- \$100 for 250 points
- \$75 for 200 points
- \$50 for 150 points

CREATE YOUR ACCOUNT

- Log in to myHealthCheck360.com or download the myHealthCheck360 app from the QR code below.
- Click **Create an account** and enter your information.
 - Your company code is **UCARK**
 - Your unique identifier is your **Last four of your employee ID**
- Agree to the terms and conditions and click **SIGN UP**.



MOBILE APP

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go.

Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.

UNLIMITED HEALTH COACHING

Contact us at 1.866.511.0360 ext. 5099 to speak to a health coach anytime, completely free.

BLOG ARTICLES

Subscribe to the HealthCheck360 [blog](#) to get recipes, exercises, health tips and more!

CONTACT US

HEALTHCHECK360 SUPPORT

P: 866.511.0360 ext 4241

E: support@healthcheck360.com

FREE HEALTH COACHING

P: 866.511.0360 ext 5099

E: healthcoach@healthcheck360.com

CLIENT CONTACT INFORMATION

E: ucabewell@uca.edu

LOOKING FOR MORE HOW TO'S ON THE APP?

Visit our [Knowledge Base](#).

Wondering about HC360 confidentiality? [Click here for details](#).

LUNCH & LEARN WEBINARS

Join us the first Wednesday of every month for tips, tricks, and hacks, directly from our health coaches. Register for upcoming webinars on our [blog](#).

MONTHLY CALENDARS & NEWSLETTERS

Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.

SOCIAL MEDIA

Follow us on Facebook, Twitter, and Instagram for quick tips year-round and the chance to win prizes!

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LIFESTYLE REWARDS 2023 - 2024

ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	HOW TO SUBMIT
HEALTHCHECK360 ENGAGEMENT			
Biometric Screening	25	25	Awarded Automatically – Points will be awarded when your biometrics are uploaded into the HealthCheck360 system.
Health Risk Assessment (HRA) Survey	10	10	Awarded Automatically – Points will be awarded when you complete your survey. Survey is available after screening results are processed.
View a HealthCheck360 Webinar <i>Participate live or view recording. Visit: https://uca.edu/bewell/resources/</i>	5	60	Honor System – Log into myHealthCheck360 and submit the activity to earn points.
myHealthCheck360 mobile app sign in	10	10	Awarded Automatically – Points are awarded when you sign into the myHealthCheck360 mobile app.
Complete a Wellness Challenge <i>Challenges offered every quarter. Visit MyHealthCheck360 to enroll.</i>	10	40	Awarded Automatically – Points will be awarded if you track at least once each week of the challenge. Connect a device or track using “Track Health” on myHealthCheck360
Complete a Health Coaching Call <i>Email healthcoach@healthcheck360.com or call 866-511-0360 to schedule a call</i>	10	60	Awarded Automatically – Points will be awarded after successful completion of calls.
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BeWell Education Sessions, Support Groups, Resource Groups <i>Participate live or view recording. Visit: https://uca.edu/bewell/resources/</i>	5	60	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload certificate of attendance provided by host or screenshot captured during presentation.
Share a “Healthy Selfie”	5	10	Upload – Log into myHealthCheck360 and submit the photo to earn points.
Diversity, Belonging, Inclusion, Equity	5	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload certificate of

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Attend event or professional development promoting DBIE initiatives			attendance provided by host, screenshot captured during presentation, or selfie at event.
Participate in a 5k Walk/Run, Triathlon, Marathon, etc. <i>Virtual or in-person</i>	15	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload photo of bib, medal, results or selfie showing participation.
Donate Blood	15	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload photo of appt. confirmation, results, or selfie showing attendance.
Donate Food and/or Clothing	15	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload photo of receipt, or selfie at the drop off.
Financial Wellness <i>TIAA financial wellness webinar or TIAA financial planning consultation. Details: https://uca.edu/bewell/resources/</i>	5	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload photo of notes taken, completion status, or selfie showing video.
Attend HPER Group Exercise Class <i>Class schedule: https://uca.edu/campusrecreation/group-exercise/</i>	5	25	Honor System –Log into myHealthCheck360 and submit the activity to earn points.
Complete Self-Paced Physical Activity <i>Bike ride, swimming, weight lifting, etc.</i>	5	25	
Volunteer or Charity Work (1+ hours) <i>One submission per activity</i>	5	25	
Attend a Performing Arts, Cultural or Sporting Event or Visit a Museum	5	25	
Alternate Commute <i>Bike, walk, blade, carpool to campus</i>	5	25	
Take a Hike <i>Enjoy physical activity in Arkansas's state or national parks</i>	5	25	

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Support a Local Business <i>Eat at a local restaurant, buy from a local plant nursery, post a positive review for a local business</i>	5	15	Honor System –Log into myHealthCheck360 and submit the activity to earn points.
Contribute to a Good Cause <i>Host a blood drive, donate to charity, attend a fundraiser, etc</i>	5	15	
HEALTHY HABITS			
Achieve 150 Minutes of Activity per Week <i>Connect a device or track using “Track Health” on myHealthCheck360</i>	10	100	Awarded Automatically – Points will be awarded for achieving the activity minutes or step goal.
Healthy Workplace Habits <i>Use standing desk for 1 hour, meditation or mindfulness session, or take 4 stretch breaks in a day</i> <i>Tips: https://uca.edu/bewell/resources/</i>	5	50	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
PREVENTATIVE CARE VISITS			
Dental Exam	15	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your preventative care visit.
Eye Exam	25	25	
Nicotine Cessation Program <i>Complete a recognized, evidence-based NCP.</i>	25	25	
Preventative Visit or Cancer Screening <i>Ex: Mammogram, pap smear, prostate exam, colonoscopy, diabetes consult, etc.</i>	25	100	
Nutrition Consultation or Counseling <i>Free onsite nutrition counseling is available: https://uca.edu/bewell/resources/</i>	5	25	
Diabetes Consultation <i>Visit with your PCP or Certified Diabetes Care and Education Specialist to manage prediabetes or diabetes.</i>	25	75	
Heart Screening	25	25	

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Mental Health Care <i>Visit licensed mental or behavioral health specialist (includes EAP)</i> https://uca.edu/bewell/resources/	5	50	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your preventative care visit.
Vaccination or Booster	25	75	
Prenatal or Postpartum Care <i>Includes lactation consultations</i>	5	25	

NOTICE REGARDING WELLNESS PROGRAM

University of Central Arkansas sponsors HealthCheck360, a voluntary wellness program available to health plan employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for HDL, LDL, Triglycerides, Total Cholesterol, Glucose, GGT, Cotinine, Creatinine, Albumin, ALP, Total Protein, ALT, AST, GSP, Bilirubin, Globulin, and BUN. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, health plan employees who choose to participate in the wellness program will receive an incentive of \$20 per month by completing both the Health Survey and Biometric Screening. Although you are not required to complete the HRA or participate in the biometric screening, only health plan employees who do so will receive a premium discount.

Additional incentives of up to \$100 in BearBucks may be available for health plan employees who participate in certain health-related activities of the Lifestyle Rewards on the myHealthCheck360 platform. If you are unable to participate in any of the health-related activities, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthCheck360 at 1-866-511-0360 or support@healthcheck360.com by 08/31/2024.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as the Nicotine Cessation Program. You also are encouraged to share your results or concerns with your own doctor.



Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and University of Central Arkansas may use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact HealthCheck360 at 866-511-0360 or support@healthcheck360.com

