

# Customized, Wellness Activity Trackers...

Many clients utilize our Wellness Activity Tracker as a means to go beyond a one-time screening, truly making their wellness initiative a year-round program that drives specific behaviors (often targeting costly, under-utilized benefits within the medical plan). As a result, both the participant & the organization realize better health outcomes!

The screenshot shows a web-based wellness tracker interface. At the top, it says 'Home / Wellness Program' and '2018 COMMIT 2 FIT WELLNESS INITIATIVE'. Below this is a progress bar showing 'Dollars Earned: \$150' and 'Dollars Possible: \$350'. A list of 'Program Tasks' includes 'Annual Wellness Visit\*', 'H&H Wellness Screening (Mandatory)' (Completed 6/6/2017), 'H&H Wellness Survey (Mandatory)', 'Q2 Lunch N Learn' (Completed 8/2/2017), 'Q3 Lunch N Learn', and 'Annual Flu Shot'. A detailed view for 'Routine Dental Exam\*' shows it was completed on 8/23/2017 with a task value of \$50. It includes instructions to upload a physician verification form and provides links to view three image files. A note at the bottom states that these are sample activities for the 2018 program.

Home / Wellness Program

## 2018 COMMIT 2 FIT WELLNESS INITIATIVE

We care about your good health!

0 50 100 150 200 250 300 350

Dollars Earned: \$150 Dollars Possible: \$350

Program Tasks - Click a task to expand it.

- Annual Wellness Visit\*
- H&H Wellness Screening (Mandatory) Completed 6/6/2017
- H&H Wellness Survey (Mandatory)
- Q2 Lunch N Learn Completed 8/2/2017
- Q3 Lunch N Learn
- Annual Flu Shot
- Routine Dental Exam\* Completed 8/23/2017

**Success! You have earned an incentive!**

1/1/2018 - 12/31/2018 Task Value : \$50

Please upload a completed Physician Visit Verification form, signed and dated by you and the physician who completed the exam.

Upload A Document

View 1501600302384386840925.jpg  
View 1501600302384386840925\_1.jpg  
View 1501600302384386840925\_2.jpg

Completed on 8/23/2017

Note: These activities are not required to be completed for the 2017 plan year. These are sample activities that may be available for the 2018 Wellness Program, and are subject to change.

**COMMIT 2 FIT**

H&H HEALTH ASSOCIATES® 30th ANNIVERSARY

**IMPORTANT:** This program does not take effect until 2018

All employees are eligible to participate in our **Commit to Fit Wellness Program** for 2018. The program runs from 1/1/2018 through 12/31/2018. The program is designed to help employees improve their health.

Employees may participate in as many of the activity based options as they wish throughout the calendar year 2018. Any required documentation can be submitted directly to your dedicated HR Specialist or via the H&H Wellness Portal. Each activity will be reviewed for authenticity as well as eligibility and approved by Human Resources. Rewards will be paid the first available pay period following the 10th of each calendar month. Activities must be entered by the last day of the month to qualify for payment the month following.

Please visit Powertracks for full program details as well as an FAQ and the required forms. If you have any additional questions, please contact your dedicated HR Specialist.

## BENEFITS...

- CUSTOMIZABLE
- EASY TO USE/ EASY TO UNDERSTAND
- USERS NOT REQUIRED TO GO ON-LINE
- ADMINISTRATIVE TOOLS
- YEAR ROUND ENGAGEMENT
- DRIVES BETTER HEALTH OUTCOMES

For more information, contact H&H Health Associates at...

[www.hhhealthassociates.com](http://www.hhhealthassociates.com)

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