



2017 WELLNESS PROGRAM

LIVE BETTER TODAY

The HISD Wellness Program will reward you for making healthy choices. Get the motivation you need to improve your health, and the education and support to make wellness a lifestyle.

This is your chance to reach personal health goals and learn what improvements you can make to avoid future health problems. This document explains how you can take control of your health today. Have fun!

Who can participate in the program?

Beginning 1/1/2017, all health plan enrolled employees are eligible to log on to connect.viverae.com to start the program.

Is my health information confidential?

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae® team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

HOW TO REGISTER - NEW MEMBERS

Step 1

- » Go to "myHISD", click on the Benefits Heart Icon
- » Click on the Quick Link on the right side of the screen
- » Click "Viverae"
- » Click "Register Today"
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: **your HISD employee ID**
- » Enter the registration code: **houstonisd**

Step 2

- » Create a user name (5 – 25 characters)
- » Create a password (8 – 12 characters) using letters (upper and/or lowercase), numerals and/or special characters (such as @\$%&#)
- » Select a security question and answer, then click "Save"

TEXT MESSAGE REMINDERS

Viverae can text you healthy reminders:

- » Complete Member Health Assessment (MHA) and Biometric Screening
- » Screening appointment date and time
- » Important challenge sign-up dates and Targeted Program deadlines

GETTING STARTED

Go to the Viverae Website through "my HISD" or download the Mobile App from the App/Google store!

Start at this site to learn where your health stands. Take action on health risks to develop a healthy lifestyle.

Member Health Assessment (MHA)

The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA at connect.viverae.com.

Biometric Screening

Biometric Screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement. You may fulfill the screening requirement by visiting your physician.

Contact the Viverae Health Center at 888-VIVERAE (848-3723) with any questions or concerns about the Viverae wellness program.

My Health

This section of connect.viverae.com shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and what you can do to improve your results.



Note: Opt-in on connect.viverae.com to receive text message reminders. Standard text messaging rates apply.

EARNING POINTS

Earn points for completing program activities in the Houston ISD wellness program. Manage all of your program activities and log points at connect.viverae.com.

Employees hired before 12/31/17, complete the MHA, Biometric Screening (Well Person Visit) and earn a total of 200 points by 12/31/2017.

2017 HISD Wellness Program	
ASSESSMENTS	POINT VALUE
Member Health Assessment (MHA)	50
Biometric Screening (Well Person Visit)	50
PREVENTIVE CARE COMPLIANCE	POINT VALUE
Preventive Care Compliance	50
PROGRAM ACTIVITIES	POINT VALUE
Questionnaires	5 each / 45 max
Targeted Programs	15 each / 45 max
Online Courses	10 each / 30 max
Webinars	5 each / 30 max
Employer Challenges - Goal Met	15 each / 45 max
Peer Challenges - Participant	10 each / 30 max
250K Steps	20 each / 80 max
Healthy Events - Self-Reported	15 each / 30 max
PROGRAM GOAL (Due 12/31/2017)	200



ADDITIONAL ACTIVITIES

For more points or support in your wellness program, you have plenty of available resources. Participating in the HISD Wellness Program allows you to do the following:

- » Register for any Employer Challenges HISD is hosting
- » Take an Online Course or join a Targeted Program to address specific lifestyle concerns
- » Watch a Webinar and complete a quiz
- » Participate in or start a Peer Challenge

CHALLENGES

Challenges let you earn extra points in the program while managing risk factors or lifestyle changes.

Sign up for Employer and Peer Challenges. Log activity and view your status. View challenge details (past and present) and sign up for new challenges from the Challenges section.



FREQUENTLY ASKED QUESTIONS

What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed by a variety of highly trained customer care representatives and health professionals, including clinicians, exercise specialists, and registered nurses and dietitians.

How do I contact the Viverae Health Center?

Contact the Viverae Health center by calling toll-free at 888-VIVERAE (848-3723)

The Viverae Health Center hours are as follows:

- » Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- » Friday: 7 a.m. – 6 p.m. CT
- » Saturday – Sunday: Closed
- » Closed holidays