



The PeaceHealth Wellness Program

As part of PeaceHealth's wellness program, a financial incentive encourages us to take care of ourselves. To be eligible, you must be a regularly scheduled caregiver with at least a .2 FTE (per diem and temporary caregivers are not eligible).

The program consists of three parts: **Registration** for [HealthMiles](#), a **Health Risk Assessment** questionnaire (HRA) you complete when you register for HealthMiles, and a **wellness lab screening**. When you complete these simple steps, you receive a [Fitbit](#) and the opportunity to earn up to \$400 in 2015.

Simple Steps

1. Registering for HealthMiles

If you are eligible, you will receive an email invitation from Virgin Pulse addressed to your PeaceHealth email. Through this email, you can join the HealthMiles program. If you cannot find your email, go to <https://www.virginhealthmiles.com/login> to complete your registration.

TIP: When completing registration with your first and last name, remove any punctuation or spaces. For example Jane Smith-Doe, would be Jane SmithDoe, or Mary Beth Jones would be MaryBeth Jones.

2. Completing your Health Risk Assessment

When you register, you will complete your health risk assessment. If you don't complete the assessment when you first register, you can complete it by logging in and clicking Measure > HRA.

3. Completing your free lab screening

Visit a participating PeaceHealth Laboratories Patient Service Center. [See a listing of locations with available days and times.](#)

A phlebotomist will draw blood for testing. Fasting is not required.

After two weeks, you will be able to securely access your results through your personal HealthMiles account. Go to <https://www.virginhealthmiles.com/login>, look for "Measure" and click on "Bio History."

Once Virgin Pulse has recorded your completed HRA and Wellness Biometric Screening, you will receive an email with your Fitbit Discount Code. To order your Fitbit, log in to your HealthMiles user page and click the *Rewards* tab at the top, then click *Spend Your HealthCash*. Next, go to the *Compatible Activity Trackers* section of the page and click *Browse Devices*. Choose your Fitbit and add it to your Shopping Cart. When you are ready to check out, enter your Fitbit Discount Code and apply the coupon to your order. Your Fitbit is on its way!

IMPORTANT

You may complete these simple steps at any time.

The incentive resets each quarter. The amount of incentive you earn is based on your participation in the program. You can earn up to \$100 per quarter (every three months).

The program launches Nov. 10, 2014, and the first quarter ends Mar.31, 2015. The next quarter begins Apr. 1, 2015.



Preparing for your free screening

Fasting is not required. Choose [a convenient location from this list](#) and note the hours during which you may receive a screening.

Please keep in mind that patient traffic at our Patient Service Centers is heaviest in the mornings. We ask that you show the Spirit of Healing by being warm and respectful to everyone you encounter at these locations.

At the Patient Service Center

- Measurements will be taken.
- Our phlebotomist will draw a blood specimen sample for testing.

After you have signed the authorization, you will receive a copy of the laboratory order for your records. The laboratory order includes information to interpret your results, including a website address to learn more.

Results

Biometric wellness screening results may be accessed through your personal HealthMiles account, two weeks from your screening date. Access this securely <https://www.virginhealthmiles.com/login> and go to 'Bio History' under 'Measure' menu.

It is your responsibility to provide a copy of the information to your health care provider, if desired.

Participating in HealthMiles

How it Works

Being more active, getting more sleep, and eating nutritious foods will lead to noticeable benefits—such as reduced risk of certain diseases, increased focus, and simply feeling great! The more healthy decisions you make, the more HealthMiles (points) you collect, the more rewards you earn!

The Basics

Start by making a commitment to healthier living. Use your Fitbit activity tracker and your personal Virgin Pulse account to keep track of all your healthy activities, ranging from moving more to drinking more water to getting more sleep. The more you do, the more HealthMiles (points) you earn.

Check in on HealthMiles by entering health measurements, such as weight and blood pressure; earn HealthMiles (points) for that, too.

Take part in challenges, get support from co-workers, and discover healthy tips, recipes, and more! Earn a little something to show for all the healthy things you do! Up to \$400 in 2015!

Your Rewards

Earn HealthMiles (points) every day, the more healthy decisions you make, the more you earn.

- Upload steps from your activity tracker (Fitbit)
- Add entries to your Activity Journal
- Participate in the challenges by Virgin Pulse or with PeaceHealth





FAQ - Wellness at PeaceHealth

Wellness and 'HealthMiles'

What is the PeaceHealth Wellness Program?

You live out [PeaceHealth's healing mission](#) each day as you care for others. PeaceHealth supports you in also caring for yourself. We want you to know and understand your own important health numbers through our annual "biometric wellness" screenings to support your wellness journey.

What is the Virgin Pulse HealthMiles program?

In short, HealthMiles is an activity-based program sponsored by the PeaceHealth Wellness Program: The more healthy decisions you make, the more points you collect, the more rewards you earn!

How does the Virgin Pulse HealthMiles program fit in?

The Virgin Pulse HealthMiles program, phase two of the PeaceHealth Wellness Program, lets you earn extra cash while you reach your personal goals for health activities.

Who is eligible?

To be eligible, you must be a caregiver who is regularly scheduled with a status of at least .2 FTE (caregivers with a temporary or per diem status are not eligible). **This program is not tied to benefit eligibility or enrollment** in a PeaceHealth medical plan.

How do I get started?

Monday Nov. 10, 2014, eligible caregivers will receive an email invite from Virgin Pulse. Take these steps:

1. Register with Virgin Pulse HealthMiles.

2. Complete the questionnaire (your Health Risk Assessment, HRA) set up your HealthMiles account.
3. Complete your biometric wellness screening at a participating [PeaceHealth Laboratories Patient Service Center](#).
4. After completing the previous steps, you will receive an email with a voucher for redeeming your Fitbit from the Virgin Pulse store. The Fitbit you select will be mailed to you within seven to 10 business days. Make note of the date you receive your Fitbit for possible reference later if service is needed. Please see below for more on the Fitbit.

What happens if my status with PeaceHealth changes?

If you move to per diem status, accept a temporary position or leave PeaceHealth you will no longer be eligible to earn rewards. HealthMiles will notify you of your change in eligibility via email. You'll have 30 days to opt-in to the retail side of the program (\$3.50/month) or redeem any rewards you have accrued and close your account. You keep your Fitbit! Any unredeemed rewards will be forfeit after the 30-day transition period.

How do I earn up to \$400?

To earn the greatest incentive, you need to actively participate in the program and progress through the levels. This means using your Fitbit to track your steps and activity and uploading it to your personal HealthMiles profile. You can also earn more by participating in the challenges and activities promoted through HealthMiles. As you earn points and progress through each level, you bank the dollar amount associated with that level reached. You may redeem your banked money via gift cards or by having it deposited into your bank account.

Here are the 5 levels to earn the rewards or HealthCash

As you earn points and progress through each level you bank the reward earned as HealthCash in your HealthMiles bank. [Find out about the ways to earn points here. Be sure to scroll to the second page for a detailed look at how you earn points.](#)

How points translate into dollars, at a glance

This table shows the 5 reward levels, the points to get each level and the reward earned at each level.

	1	2	3	4	5
HealthMile Point Range	0 – 1,999	2,000 – 3,999	4,000 - 5,999	6,000 – 7,999	8,000+
Average points per day to reach level (Points are earned quarterly, 90 days, and then reset.)		About 22 points per day	About 44 points per day	About 66 points per day	About 89 points per day
Reward Earned Fitbit (value up to \$130) is provided one time only with completion of registration, HRA and Biometric Screening	Fitbit/0\$	\$10.00	\$20.00	\$30.00	\$40.00

Will I be charged taxes on the money I receive?

Yes, PeaceHealth will track the money you earn, as well as the monetary value of your Fitbit so that the appropriate taxes may be deducted from your paycheck, as is required by law.

Biometric Wellness Screening

What happens with my test results?

Screening results are forwarded to the Coordinated Health Care team and Virgin Pulse. PeaceHealth does not receive any individual data.

- Coordinated Health Care, our medical management and wellness team
- Virgin Pulse, our activity wellness partner that allows you to view your results

Does PeaceHealth share my information with outside parties?

Yes, as group summary information with our partner organizations listed below.

Individual data is sent to Virgin Pulse and to Coordinated Health Care so you can see your

results. Aside from these two vendors, individual results will not be distributed and summary information will only be shared with these two partners:

- HMA (Healthcare Management Administrators), medical claims
- Medimpact, pharmacy benefits

Why is fasting not required?

The tests in the screening serve as a baseline for your health information. The results are not used to diagnose or treat a condition or disease.

Where do I access my screening results?

Screening results are sent to Virgin Pulse to begin building points for you toward your monetary incentive. Access them two weeks after your screening date through your HealthMiles site at [Virgin Pulse HealthMiles](#) and go to 'Measure', then 'Bio History.'

When do I get my Fitbit?

Once you have completed your biometric screening, have registered with [Virgin Pulse HealthMiles](#) and you have completed your Health Risk Assessment through your Virgin Pulse HealthMiles portal you will receive an email. The



message will include a voucher code for you to redeem your Fitbit within the Virgin Pulse store. The Fitbit you select will be mailed to you within seven to 10 business days.

What if I already completed a biometric screening in 2014?

If you have a screening in 2014 for the wellness checklist incentive, this will count toward the requirement for your Fitbit. To verify the date of your screening for the wellness checklist in 2014, follow these steps:

- Log in to myhealth.peacehealth.org
- Click on “2013-2014 Wellness Incentive Checklist” in the green Health & Wellness menu on the left.
- Click the green box with “Complete your Requirements.”
- Under Biometrics, click “view details” and this will indicate your completed date. If your completed date is in 2013, you will need to complete a screening for the Virgin Pulse HealthMiles program and Fitbit qualifications.

If you are a PeaceHealth SW caregiver and you completed your screening with the onsite events with Wellness Corporate Solutions in June or on Oct. 6th, your screenings will count for this program, however, your results will not be auto-populated within the Virgin Pulse HealthMiles Measure page. You are welcome to input your numbers in the Measures section for personal tracking.

May I complete a biometric screening someplace other than a PeaceHealth Laboratories Patient Service Center?

No. Your screening must be done at a PeaceHealth Laboratories Patient Service in order to receive a Fitbit. You can still participate in the HealthMiles program.

Fitbit and Troubleshooting

I just got my Fitbit, now what do I do?

Go to <http://www.fitbit.com/start> to register your Fitbit device. Then log in to your Virgin Pulse account and go to ‘Activity’ in the menu bar. Choose “Fitness Tracking Devices” from the drop down menu. Find the box labeled “Fitbit” and click on “Connect to Fitbit.” You will need to approve the use of Fitbit and Virgin Pulse by entering your Fitbit login details and clicking “Allow.” This syncs your Fitbit to the Virgin Pulse program and you can sign in to Virgin Pulse to watch your steps add up.

I lost my Fitbit, can I get a replacement?

PeaceHealth provides one Fitbit to a caregiver upon registration; PeaceHealth will not replace a lost or stolen Fitbit. Other tracking options available for the HealthMiles program are the RunKeeper app through Smartphone and sync that to the HealthMiles account or manually track your activity. You also can use HealthCash to purchase a tracker from the HealthMiles website.

I am having trouble syncing my Fitbit.

Please see the link for Fitbit Online Help through your Fitbit log in. Click on the applicable image and troubleshoot from there.

My Fitbit is defective, what can I do?

If you are experiencing a defect with your device, contact Fitbit customer service reps at



<http://contact.fitbit.com>. Your Fitbit is part of a corporate program with PeaceHealth and Virgin Pulse HealthMiles. You may need to provide your PeaceHealth email address and the date you received the tracker. Fitbit customer service representatives are happy to troubleshoot and will determine whether a replacement is appropriate.

Why is my HealthMiles not syncing with my Fitbit?

HealthMiles syncs with your Fitbit account each time you log in to your HealthMiles account (not the App). The HealthMiles app syncs with the HealthMiles website, so to have an updated app you need to log in to your HealthMiles site. Your Fitbit syncs wirelessly to either your app with Bluetooth or your home computer with the use of the wireless fob.

I don't have my Fitbit yet? What can I do now?

You can manually add your activities on the HealthMiles page or you can use the free RunKeeper app for your smartphone and sync it with HealthMiles before you get your Fitbit.

Why do I have to provide my personal email address?

This is for your HealthMiles profile, this information does not get sent to PeaceHealth.

Why does the site require my age, weight and height?

This is for the calculation of BMI and calculation for calories burned on the website only. Please note HealthMiles also has a privacy policy and does not share your information. View your profile and privacy settings by going to your HealthMiles page, hovering your cursor over the "down arrow," which is next to your name in the top right, and clicking on "My Account."

I am disabled, how can I participate in

HealthMiles?

There are a variety of activities available in the Reasonable Alternatives program with HealthMiles. Contact member services at 866-852-6898 to request the Reasonable Alternatives program. You will receive a couple of forms that require signatures and then you can earn 100 HealthMiles once per day (1x/day) for a manually added Activity Journal Entry.

Who can I call with questions?

Caregiver Resource Center 855-333-6947



Patient Service Center Locations for Wellness Screenings

Please note times when each center is available for Wellness Screenings. That way you can avoid times when patient traffic is at its heaviest. You can make an appointment at some locations by clicking on "By appointment only."

Oregon

EUGENE / SPRINGFIELD

Mohawk Marketplace

1980 Marcola Road
Springfield, OR 97477
541-222-7400

[By appointment only:](#)

8 - 10 am, Monday - Friday

Walk-in: 2 - 4 pm, Monday - Friday

Northwest Specialty Clinics

3355 RiverBend Drive, Suite 450
Springfield, OR 97477
541-222-1810

[By appointment only:](#)

8:30 - 9:30 am, Monday - Friday

Walk-in 1 - 4 pm, Monday - Friday

RiverBend Pavilion

3377 RiverBend Drive, First Floor
Springfield, OR 97477
541-222-8203

[By appointment only:](#)

9-11 am, Monday–Friday

Walk-in 2 - 4 pm, Monday – Friday

Santa Clara Lone Oak Building

217 Division Avenue, Suite A
Eugene, OR 97404
541-463-0543

1 - 4:30 pm, Monday - Friday

University District

1200 Hilyard Street, Suite 140
Eugene, OR 97401
458-205-6084

1 - 4 pm, Monday - Friday

COTTAGE GROVE

South Lane Medical Group

1515 Village Drive
Cottage Grove, OR 97424
541-767-5234

8:30 - 10:30 am, Tuesday-Wednesday-Thursday
for [measurements](#) at the walk-in clinic.

9 am - 5:30 pm, Monday - Friday for [laboratory blood draws](#).

FLORENCE

Peace Harbor Hospital

396 Ninth Street
Florence, OR 97439
541-902-6077

8:30 am - 3:30 pm, Monday - Friday

Please make an appointment at the lab for this screening.

Washington

BELLINGHAM

Medical Office Plaza

3015 Squalicum Parkway, Suite 130
Bellingham, WA 98225
360-788-6330

[By appointment only:](#)

8:30 - 11 am, Monday - Friday

Cordata Main, PeaceHealth Medical Group

4545 Cordata Pkwy, Lower Level
Bellingham, WA 98225
360-788-6330

9 am - 12 pm; 1 - 5 pm, Monday - Friday
Noon - 3:30 pm, Saturday

Medical Arts Building

3001 Squalicum Parkway, Suite 12
Bellingham, WA 98225
360-788-6330

1 - 6 pm, Monday - Friday

11 am - 1 pm, Saturday



FRIDAY HARBOR

Peace Island Medical Center Laboratory

1117 Spring Street
Friday Harbor, WA 98250
360-378-1746
9:30 am - 3:30 pm, Monday - Friday

LONGVIEW

Step 1:

[Schedule an appointment online.](#)

Contact John Schapman, Wellness Services
Coordinator, 360-414-7372, with any questions.

Step 2:

Report to John's office for your appointment at the
Wellness Center, Women's
Health Pavilion (old boutique space).

Step 3:

Take your paperwork to the laboratory patient service
center for the blood draw.

Lakefront Clinic, PeaceHealth Medical Group

1718 East Kessler Avenue
Longview, WA 98632
360-747-5800
9 am – 5 pm, Monday – Friday

SEDRO-WOOLLEY

United General Hospital Lab

2000 Hospital Drive
Sedro-Woolley, WA 98284
360-856-7222
8 am - 3 pm, Monday - Friday

PeaceHealth Medical Group

Sedro-Woolley Family Medicine
2061 Hospital Drive
Sedro-Woolley, WA 98284
360-788-6330
8 am - 4:30 pm, Monday - Friday
(**closed** 1 pm - 1:30 pm, Monday - Friday)

VANCOUVER

Medical Center Physicians Building

505 NE 87th Ave, Suite 140
Vancouver, WA 98664
360-514-3177
1 - 5 pm, Monday - Friday

Vancouver Tech Center

1405 SE 164th Ave, Suite 201
(Near Columbia Tech Center; located inside Dr.
Benz's office)
Vancouver, WA 98683
360-514-3177
1 - 5 pm, Monday - Friday

PeaceHealth Southwest Medical Center

Firstenburg Tower – Outpatient Lab
420 NE Mother Joseph Place, 1st Floor
Vancouver, WA 98664
Saturdays only, 9 am - 1 pm

Alaska

KETCHIKAN

PeaceHealth Laboratories

3100 Tongass Avenue
Ketchikan, AK 99901
907-225-5171
10 am – 2:30 pm, Monday – Friday

CRAIG

Prince of Wales Clinic

1800 Craig Klawock Hwy.
Craig, AK 99921
907-826-3257
8 am - 5 pm, Monday – Friday
Please make an appointment at the clinic.