Roanoke College 2015 Wellness Program

Welcome from beBetter Health, your partner in wellness!

We realize that many of you are searching for ways to improve your health, whether it’s to exercise more, lose weight, eat healthier, or stop smoking. Those healthy steps not only give you energy and relieve stress, but they also can help to lower blood pressure and cholesterol, as well as provide other health benefits. If that’s of interest to you, then we want to help. Roanoke College is launching your 2015 wellness website, powered by beBetter Health, starting Monday, March 23rd. By participating in this voluntary program, you have the opportunity to continue your wellness program engagement, earn cash stipends, and qualify for fun prize drawings.

THE PROGRAM

The program begins on Monday, 3/23/15 and consists of 4 wellness steps:

1. Participation in a biometric health screening. You are eligible to continue in the 2015 wellness program if you completed your biometric health screening in October 2014 or you submitted the physician form by 1/31/15. Your testing results, including your body measurements, blood pressure, blood cholesterol, and blood glucose levels, have been securely imported into the beBetter System. These are very important numbers that everyone should know. When people become healthier and fit, these numbers can improve. That makes these screening numbers a good benchmark of your overall health.

2. Create your online wellness account. Go to www.bebetterhealth.net and create your secure, online wellness account. Please refer to the Quick Start Guide on pages 5 and 6 for detailed instructions.

3. Take the Health Survey. Next, log into the beBetter website and take the Health Survey. The survey will include your biometric results; ask about your current level of exercise, eating habits, weight goals, and smoking status. At the completion of the survey, you will immediately receive an online report that summarizes your results. This step MUST be completed by 7 p.m. ET Wednesday, 5/20/15 to earn the wellness incentive for June.

4. Engage in your wellness and earn additional wellness points. During the year, Roanoke College will be offering various wellness programs through the beBetter website. These programs are geared to help you achieve your wellness goals and stay on track with healthy lifestyle choices. If you earn an additional 100 points during the 3rd and 4th Earning Periods, you will receive the wellness incentive for September and December respectively. Please refer to the Engagement Options on page 4 for more information.

Be sure to take advantage and earn wellness points by working with our Health Coach/Wellness Advocate, Kate Kirkpatrick. Kate can help you with your wellness goals - for example, improving your nutrition or quitting smoking. She may also review your survey report with you if you chose to share it. This will help you understand specific things you can do, such as exercising more, in order to help you achieve your fitness or weight loss goals.
WELLNESS WEBSITE INSTRUCTIONS

<table>
<thead>
<tr>
<th>Actions</th>
<th>Dates</th>
<th>What to Do</th>
</tr>
</thead>
</table>
| Create your site account      | Starting 3/23/15  | • Go to: [www.bebetterhealth.net](http://www.bebetterhealth.net)  
• Click the “account setup” link. Fill in the requested information.  
• For Organization ID, enter 2415  
• For Member ID, follow the below instructions:  
  
  **Member ID Information:**  
  Your Member ID is your date of birth (MMDDYYYY) and last six digits of your SSN.  
  
  **Example:**  
  DOB: January 2, 1980  
  SSN: XXX-12-3456  
  Member ID: 01021980123456  
  
  • Fill in the other requested information. Please refer to pages 5 and 6 for detailed instructions.  
  • Once you are logged in, click the links in the left menu to access the components of your wellness program! |
| Take the Health Survey        | 3/23/15 – 5/20/15 | • Log in to the site using your username and password.  
• Click “Take Health Survey” on the left side of site.  
• Follow the onscreen instructions. You can click “Exit” to stop the survey at any point and save your answers. **Please remember to complete the Health Survey by 7 p.m. ET on 5/20/15 to receive the wellness incentive for June.** |
| Earn additional wellness points| 5/21/15 – 12/31/15| • Continue to engage in the program and earn wellness points toward additional cash stipends and the year-end prize drawing. Please refer to the *Engagement Options* on page 4 for more information. |

Please note that you MUST adhere to these dates.

TECHNICAL SUPPORT

If you need assistance in creating your online account, or have questions about using the beBetter wellness website, please contact our Help Desk at 866-900-5325 or by email at support@bebetter.net.

Please include your name, detailed question or description of the issue with which you need assistance, and the best phone number to reach you. Please allow up to one business day for response.

Our Help Desk hours are Monday - Friday 9:30 a.m. to 6:30 p.m. Eastern Time.
FAQs

Who is beBetter Health?

Your benefits consortium and Roanoke College chose beBetter Health to administer your wellness program website. We’ve been delivering successful wellness programs for a long time (more than 25 years), and have worked with your institution to put together a program that can benefit you! We host the wellness website, provide Help Desk support, and help facilitate your wellness program activities.

What’s in it for me?

Participating in the wellness program is voluntary. Feeling well every day is a perk everyone should enjoy! When you feel well, you get more accomplished and interact more positively with your family, friends, and co-workers. Everyone, regardless of current health status, can benefit from engaging in at least one aspect of the wellness program.

How do I get started?

Please refer to the Quick Start Guide instructions on pages 5 and 6 to create your secure, online wellness account at www.bebetterhealth.net.

Is my personal health information private?

Absolutely! Your personal health information is not shared with anyone at Roanoke College, including your screening results, specific Health Survey answers, information you may discuss with your Wellness Advocate and Coach, or your email address provided when you create your online wellness account. We do provide your organization with de-identified, aggregate screening and Health Survey results and participation reports as they relate to wellness program status, incentives, and prizes.

We care about your health. If you are medically or physically unable to participate in a program, we will work with you and your doctor to find an alternative that is right for you. Contact your Human Resources Department for more information or if you have questions about your benefits program.

Wellness is rewarding - are you ready?

Wishing you best of health during the 2015 program year!
### Getting Started

- **Register for the beBetter program**
  
  Create your personal, online account at: www.bebetterhealth.net

- **Health Screening**
  Completed your 2014 Health Screening or submitted Physician Form by 01/31/2015  100

- **Health Survey**
  Complete the beBetter Online Health Survey  100

### Preventive Exams

<table>
<thead>
<tr>
<th>Preventive Exam</th>
<th>Per Event</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Exam</td>
<td>Recommended Yearly</td>
<td>50</td>
</tr>
<tr>
<td>Dental Checkup</td>
<td>Recommended Twice a Year</td>
<td>25</td>
</tr>
<tr>
<td>Vision Exam</td>
<td>Recommended Every 1 - 2 Years</td>
<td>25</td>
</tr>
<tr>
<td>Influenza Vaccine</td>
<td>Recommended Yearly</td>
<td>25</td>
</tr>
<tr>
<td>Breast Screening</td>
<td>Recommended for Women Over 40</td>
<td>50</td>
</tr>
<tr>
<td>Colonrectal Cancer Screening</td>
<td>Recommended for Those Over 50</td>
<td>50</td>
</tr>
<tr>
<td>Prostate Screening (PSA)</td>
<td>Recommended for Men Over 55 (check with your doctor)</td>
<td>50</td>
</tr>
</tbody>
</table>

### Goal Achievement

#### Achievement of Your Wellness Goals

Established on Wellness Portal  410

#### Program Participation

<table>
<thead>
<tr>
<th>Program</th>
<th>Per Event</th>
<th>Possible Points per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Coaching</td>
<td>Complete a Health Coaching session</td>
<td>50</td>
</tr>
<tr>
<td>breatheBetter</td>
<td>Complete the smoking cessation program</td>
<td>100</td>
</tr>
<tr>
<td>Wellness Website Challenges &amp; Programs</td>
<td>Complete a physical activity*, nutrition, or weight management program/challenge</td>
<td>100</td>
</tr>
<tr>
<td>On-Campus Wellness Programs</td>
<td>Complete an on-campus wellness program provided by your onsite Wellness Advocate</td>
<td>100</td>
</tr>
<tr>
<td>Community or Campus Sponsored Wellness Event</td>
<td>Participate in a local wellness activity each earning period (5K or 10K walk/run*, recreational league/tournament*, or health program)</td>
<td>25</td>
</tr>
<tr>
<td>Physical Activity Sessions*</td>
<td>Complete 8 physical activity sessions each earning period: yoga, Zumba, fitness videos, muscle conditioning, purposeful walking, running, biking, swimming, or other exercise session you like to do</td>
<td>25</td>
</tr>
<tr>
<td>Organized Weight Loss Program</td>
<td>Participate in 8 sessions during an earning period such as Weight Watchers, Jenny Craig, etc.</td>
<td>25</td>
</tr>
<tr>
<td>Financial Wellness Tune-Up</td>
<td>Meet with TIAA-CREF representative, your financial planner, or complete a financial education class twice this year</td>
<td>25</td>
</tr>
<tr>
<td>Giving Back</td>
<td>Donate your time, talent, or resources to others during an earning period</td>
<td>25</td>
</tr>
<tr>
<td>Local Blood Drive</td>
<td>Participate in a blood drive this year</td>
<td>25</td>
</tr>
</tbody>
</table>

* We care about your health. If you are physically unable to participate in an activity-based program, we will work with you and your doctor to find an alternative program that is right for you. Contact your Human Resources Department for more information.

### Additional Wellness Points

<table>
<thead>
<tr>
<th>Additional Wellness Points</th>
<th>Per Event</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Website Log In Points</td>
<td>Log Into the beBetter Site on a Regular Basis</td>
<td>1</td>
</tr>
<tr>
<td>Website Surprise Points</td>
<td>Earn Surprise Points When You Log In</td>
<td>10</td>
</tr>
</tbody>
</table>

### Program Awards

<table>
<thead>
<tr>
<th>Earning Period</th>
<th>Requirements or Points to Earn</th>
<th>Cash Stipend Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Earning Period: 10/1/14 - 1/31/15</td>
<td>Completed the Health Screening or submitted the Physician form by 1/31/15</td>
<td>March wellness incentive Employee Only = $60.00 Employee + Spouse = $120**</td>
</tr>
<tr>
<td>2nd Earning Period: 3/23/15 - 5/20/15</td>
<td>Complete the Health Survey by 5/20/15</td>
<td>June wellness incentive Employee Only = $60.00 Employee + Spouse = $120**</td>
</tr>
<tr>
<td>3rd Earning Period: 5/21/15 - 8/19/15</td>
<td>Earn 100 additional points during the 3rd Earning Period</td>
<td>September wellness incentive Employee Only = $60.00 Employee + Spouse = $120**</td>
</tr>
<tr>
<td>4th Earning Period: 8/20/15 - 11/18/15</td>
<td>Earn 100 additional points during the 4th Earning Period</td>
<td>December wellness incentive Employee Only = $60.00 Employee + Spouse = $120**</td>
</tr>
</tbody>
</table>
| BONUS Earning Period: 11/19/15 - 12/31/15 | Earn additional points toward the year-end prize drawing | ** Employees who cover their spouse on the medical plan may earn a $60 wellness incentive if either the employee or spouse participates in the wellness program. Employees may earn a $120 wellness incentive if both the employee ** and spouse participate in the wellness program.

### Prizes Drawings***

- Create your online wellness account by 5/20/15  $50 gift card prize drawing: 4 winners randomly selected
- Earn 500 total points by 12/31/15  $100 gift card year-end prize drawing: 2 winners randomly selected

*** Everyone entered into a prize drawing is eligible to win each time. Please be aware that cash and gift card awards are considered as income by the IRS and are subject to applicable taxes.
Quick Start Guide

This guide will help you get started with the beBetter System to become Engaged with your wellness activities!

Create Your Account
To begin, you need to create your account. Please follow the instructions listed below:

1. Go to www.bebetterhealth.net. Click the “account setup” link.

2. Your Organization ID is 2415

3. Your Member ID is a 14-digit number

4. Enter your first name, last name, and date of birth.

TIP: Be sure to enter your name as it appears in your HR documents (e.g., “Michael” instead of “Mike,” hyphenation in last name, etc.)
Create your own username and password. Password must be at least 6 characters with 1 letter and 1 number.

Select a security question and enter your answer. Enter your email address. Please use an active email address you readily have access to.

Note that you will have to “accept” the HIPAA Notice of Privacy Practices before you can proceed to the website.

**TIP: A unique email address is required to create your account.**

You cannot share an email address with another person creating an account. If you don’t have an email address, you can create one through Google, Yahoo!, or another provider of your choice. To create a new personal email address for free, go to:

- gmail.google.com – click the “Create An Account” button near the top right and follow the onscreen instructions, or
- www.yahoo.com – click the “Sign Up” link near the top right and follow the onscreen instructions

**TIP: Please remember your security question answer and email address!**

If you ever forget your username or password, don’t worry.

You can use the self-service functions “Forgot Username?” or “Forgot Password?” located on the login page to retrieve your username or reset your password.

To do this, you must know the answer to your security question and your email address – so be sure you enter them carefully when you create your account!