



2020-2021

EMPOWER

Take **Charge** of Your Health and Wellness

WELCOME

Introducing our 2020-2021 Wellness Program, designed to help you achieve and maintain a healthy lifestyle.

FEED THE BANK



HEALTH ASSESSMENT
100 Points



LIFESPEAKS
25 Points/50 Max



PERSONAL HEALTH COACHING
50 Points



HEALTHY HABITS
Points Vary



CHALLENGES
25 Points Each



PLAN FOR WELLNESS
5 Points Per Week



TOBACCO FREE DECLARATION
25 Points

 Program Requirements

 More info in the Wellness Center

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call us at 1-888-472-4352 or email at customerservice@gilsbar.com and we will work with you to develop another way to qualify for the reward.

REWARDS

250 POINTS
\$50 Gift Card



OCTOBER

5

START



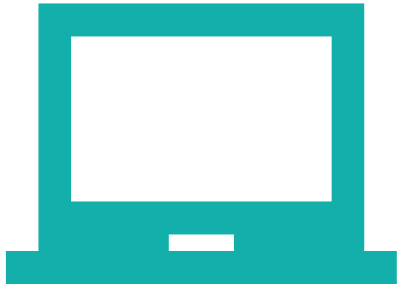
MAY

31

FINISH

GET WITH THE PROGRAM

STEP 1: PORTAL REGISTRATION



- 1** Visit www.myGilsbar.com & select **First Time User?** **Click here to register.** Select **Participant.**
- 2** Enter your first and last name, group number, **S2855**, and email address.
- 3** Click **Wellness Center** under right-hand Quick Links. You will be prompted to create a **username** and **password.** **You'll use this username and password to log into the Gilsbar Wellness App.*
- 4** Click **Create Username.**

For 24/7 access, visit www.myGilsbar.com, enter your email address and password to log in and select Wellness Center from the navigation.

STEP 2: MOBILE ACCESS



Delete:
If you haven't done so already!



Download:



- 1** Download the **Gilsbar Wellness** app on your mobile device.
- 2** Bypass the Registration Code field by selecting **Already have a Login.**
- 3** Enter the **username** and **password** created in Step 1.

HOW DO I VIEW MY POINTS?

Access your Wellness Center dashboard. Click the INCENTIVES & REWARDS tile, then VIEW MY POINTS, and your points will appear.

WHAT IF A MEDICAL CONDITION KEEPS ME FROM COMPLETING A PROGRAM COMPONENT?

If a medical condition prevents you from completing a program component, contact Gilsbar at (888) 472-4352, and we will work with you to find an alternative.

HOW DO I COMPLETE THE HEALTH ASSESSMENT?

Log into your Wellness Center and click the HEALTH ASSESSMENT tile from the dashboard to complete your assessment.

NEED MORE INFORMATION?

Visit your Wellness Center for all your program details.

HOW DO I SYNC MY APPROVED TRACKING DEVICE?

To sync your device, click on the TRACKER tile, then MANAGE DEVICES.



This program is administered by Gilsbar. Your health information is kept completely confidential and will not be shared with University of the Incarnate Word.

Always seek your physician's advice before starting any diet or exercise routine.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call us at 1-888-472-4352 or email at CustomerService@Gilsbar.com and we will work with you to develop another way to qualify for the reward.