

SEPT. 1 - MAY 31

DESIGNED FOR YOUR
WELLBEING

2021-2022 Wellness Brochure

READY SET HEALTH

SEPTEMBER 1, 2021 - MAY 31, 2022

This Wellness Program is designed to help you achieve and maintain a healthy lifestyle. See below for available point earning opportunities. For a complete list, visit the INCENTIVES & REWARDS tile in your Wellness Center.



100 POINTS

HEALTH ASSESSMENT

The Health Assessment is an online tool that gives you a personalized health profile. The assessment covers areas such as diet, exercise, tobacco use, and more. Click on the HEALTH ASSESSMENT tile to complete your assessment and earn points upon completion.



50 POINTS

TELEPHONIC HEALTH COACHING

Live one-on-one, virtual or telephonic sessions. This will be a coaching experience that results in healthier habits and an improved you! Schedule anytime by clicking the TELEPHONIC HEALTH COACHING tile. Points will be awarded after the completion of four (4) sessions.



5 POINTS

PLAN FOR WELLNESS

Complete your Health Assessment, then enroll in a Plan for Wellness. Click on the PLAN FOR WELLNESS tile to complete one (1) plan per week to earn points. Points awarded upon completion. *One plan per week*



25 POINTS

TOBACCO DECLARATION (or RAS)

Complete the Tobacco Free Declaration found in the INCENTIVES & REWARDS tile to declare your tobacco status. You can also find a reasonable alternative by clicking the information (i) icon.



1 POINT

STEPS TRACKER

Sync a device to log your daily steps. To sync the device, visit TRACKER tile > MANAGE DEVICES. *1 point per 10,000 steps/Max 100 points*



1 POINT

CARDIO TRACKER

Sync a device to log your active minutes. To sync the device, visit TRACKER tile > MANAGE DEVICES. *1 point per 30 minute activity/Max 100 points*



25 POINTS

PREVENTIVE SCREENING*

Upload proof (such as an EOB) in the Incentives & Rewards tile. Acceptable preventive screenings include a mammogram, PSA, colonoscopy, dental, or vision exam. *25 points per screening/Max 50 points*



WELL EARNED REWARDS

* User Upload

\$50 GIFT CARD

250 POINTS

Earn 250 points to receive a \$50 gift card.

! Visit the INCENTIVES AND REWARDS tile for a complete list of point earning opportunities.

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

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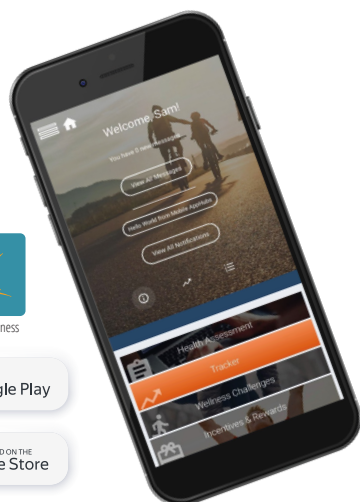


PLUG INTO WELLNESS

PORTAL REGISTRATION

1. Visit **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. Complete the requested information and select **Next**. Then complete email authentication to activate your account.
4. Login to **myGilsbar.com** and click **Wellness Center** on the right-hand side.

If you would like to utilize the **Gilsbar Wellness app**, please follow the prompts to create a username and password accessing the Wellness Center. This additional setup of a username and password will be used for accessing your account via the **Gilsbar Wellness app**.



Gilsbar Wellness



GET IT ON
Google Play



DOWNLOAD ON THE
Apple Store

MOBILE ACCESS

1. After completing the Portal Registration, 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 Portal Registration. You can view your username and update your password at any time on the Account Settings page in your Wellness Center.

MANAGE YOUR COMMUNICATIONS Visit the Communications icon in your Wellness Center to opt-in or opt-out of specific communications, including smartphone notifications and portal messaging.

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

FAQ

How do I view my points?

Access your Wellness Center dashboard. Click on the INCENTIVES & REWARDS tile, then VIEW MY POINTS, and your earned 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 or CustomerService@Gilsbar.com, and we will work with you to find an alternative.

How do I complete the Health Assessment?

Login to your Wellness Center or Gilsbar Wellness app and click the HEALTH ASSESSMENT tile from the dashboard to complete your assessment.

How do I sync my approved Tracking Device?

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

Need more information?

Visit your Wellness Center for all your program details or contact Gilsbar at (888) 472-4352.



This program is administered by Gilsbar. Your health information is kept completely confidential and will not be shared with your employer. 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, email Gilsbar at CustomerService@Gilsbar.com, and we will work with you to develop another way to qualify for the reward.