



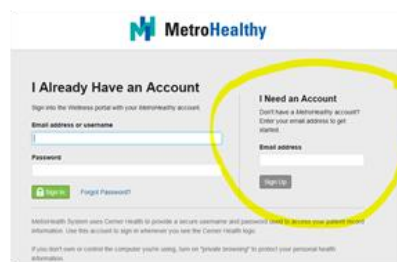
# JCU FIT Rewards Program Summary

## Welcome to JCU FIT (Fitness, Involvement, Total Well-Being)!

John Carroll University is proud to bring you JCU FIT- our wellness program that promotes healthy lifestyle choices, encourages a holistic philosophy and balance to life, and combines a pro-active, positive approach to healthy living that emphasizes the whole person! We recognize that good health is more than the absence of illness, but rather a robust state of well-being that acknowledges the importance and inseparability of the mind-body relationship.

### How to sign up:

1. Visit the Wellness portal at <https://metrohealthy.metrohealth.org>.
2. Click the 'Sign in to Your Wellness Portal' button in the center of the page.
3. Enter your email address\* under 'I need an account'.  
*\*Please use an email address that you most frequently use. This may be your work email address or a personal email address. It will be important to remember this email address for future logins.*
4. Fill in the necessary fields to create an account.
5. Fill in a one-time authorization of your Member Number\* and Date of Birth.  
*\*Your Member Number is your Banner Number. If you do not know your Banner Number, contact Tori Stoeckinger.*
6. Complete the Profile page and land on your JCU FIT homepage.



### Here's how you can earn rewards:

	Level 1	Level 2	Level 3	Level 4
Reward	<ul style="list-style-type: none"> <li>A JCU FIT silicone coffee mug*</li> </ul> <p><i>* For the first 100 participants to reach this level</i></p>	<ul style="list-style-type: none"> <li>A JCU FIT goody bag stocked with \$130 of wellness prizes*</li> </ul> <p><i>* 5 participants reaching this level will be chosen in a year-end raffle</i></p>	<ul style="list-style-type: none"> <li>10 prepaid massages (tip not included) at Massage Envy*</li> </ul> <p><i>* 1 participant reaching this level will be chosen in a year-end raffle</i></p>	<ul style="list-style-type: none"> <li>A 1-year Orange Theory Elite membership*</li> </ul> <p><i>* 1 participant reaching this level will be chosen in a year-end raffle</i></p>
Points Needed	150 points	300 points	500 points	800 points
Requirements	<ul style="list-style-type: none"> <li>Online Health Assessment, 100 points: Log into the portal (<a href="https://metrohealthy.metrohealth.org">https://metrohealthy.metrohealth.org</a>) to complete a short, confidential questionnaire. The Health Assessment is reset annually to allow you to re-evaluate your current health. You will need to <b>re-answer all questions</b> to receive points.</li> <li>Earn additional 50 points by doing Healthy Habits (see reverse side for list of activities)</li> </ul>	<ul style="list-style-type: none"> <li>Complete Level 1, 150 points</li> <li>Earn additional 150 points by doing Healthy Habits (see reverse side for list of activities)</li> </ul>	<ul style="list-style-type: none"> <li>Complete Level 2, 300 points</li> <li>Earn additional 200 points by doing Healthy Habits (see reverse side for list of activities)</li> </ul>	<ul style="list-style-type: none"> <li>Complete Level 3, 500 points</li> <li>Biometric Screening, 50 points: Complete a screening to measure blood pressure, BMI, total cholesterol and blood glucose by attending the JCU benefits fair in October</li> <li>Earn additional 250 points by doing Healthy Habits (see reverse side for list of activities)</li> </ul>
Deadline	December 1, 2019			



# JCU FIT Healthy Habits

Health Exams and Screenings		POINT VALUE
<b>Online Health Assessment-</b> By completing this, you will be entered in a drawing for a raffle prize. Must complete by 3/31/2019.		<b>100 points</b>
<b>Biometric Screening-</b> Body Mass Index (BMI), Blood Pressure, and Total Cholesterol and Glucose		<b>50 points</b>
By completing this, you will be entered in a drawing for a raffle prize. Must complete by 2019 Benefits Fair.		
<b>Flu Shot</b>		<b>50 points</b>
<b>Visit with your Primary Care Provider (PCP)-</b> Complete a JCU FIT Verification Form. You need to have seen your PCP within the last 3 years (12/2/16-12/1/19).		<b>50 points</b>
<b>Preventive Services-</b> Complete a JCU FIT Verification Form. Eligible services include: Bone Density, Mammogram, Pap Smear, Hearing Test, Dental Exam, Vision Exam, Skin Cancer Screening, Colonoscopy, or Prostate Screening between 12/2/18-12/1/19.		<b>50 points</b>
By completing this, you will be entered in a drawing for a raffle prize. Must complete by 8/31/2019.		
Medical Self-Management & Health Improvement Programs		POINT VALUE
<b>Weight Watchers</b>		<b>50 points per session</b> Annual max: 150 pts.
Self-Care Tracking		POINT VALUE
<b>Portal Fitness Logs-</b> Cardio, Strength and/or Steps Tracker		<b>5 points daily</b>
<b>Activity Trackers/Health Apps-</b> See portal for a list of activity trackers and apps that connect		<b>5 points daily</b>
<b>Portal Nutrition Logs-</b> Food, Water and/or Fruits and Vegetables		<b>5 points daily</b>
<b>Portal Weight Log</b>		<b>5 points weekly</b>
Wellness Activities		POINT VALUE
<b>Portal Workshops</b>		<b>Points vary</b> Annual max: 300 pts.
<b>Volunteering/Philanthropic Opportunities</b>		<b>10 points per event</b> Annual max: 100 pts.
<b>Spiritual Wellness Events</b>		<b>10 points per event</b> Annual max: 100 pts.
<b>Go Move Challenge</b>		<b>50 points for 250 minutes of movement</b>
<b>Lindsay's 30 Day Challenge Part 1</b>		<b>30 points</b>
<b>Water Challenge</b>		<b>30 points</b>
<b>Allergies Seminar</b>		<b>30 points</b>
<b>Lindsay's 30 Day Challenge Part 2</b>		<b>30 points</b>
<b>Fitness Bingo</b>		<b>30 points</b>
<b>Financial IQ Challenge</b>		<b>30 points</b>
<b>Diabetes Prevention &amp; Maintenance</b>		<b>30 points</b>
<b>Chakra Workshop</b>		<b>30 points</b>
<b>Meditation Challenge</b>		<b>30 points</b>
<b>Yoga Series</b>		<b>30 points</b>
<b>Vision Board Workshop</b>		<b>30 points</b>
<b>Keeping Organized Seminar</b>		<b>30 points</b>
<b>Couch to 5K Challenge</b>		<b>50 points</b>
<b>Know Your Numbers Seminar</b>		<b>30 points</b>
<b>Footprints for Fatima 5K</b>		<b>25 points</b>
<b>Stress, Anxiety, and the Holidays Seminar</b>		<b>30 points</b>
<b>Thankful Thoughts Challenge</b>		<b>30 points</b>



# Employee Verification Form

Please select one of the following:

- ☐ I have completed a Biometric Screening and/or Preventive Service(s) **within The MetroHealth System** and wish to release my information for verification, hereby granting permission for Skywell to access, use and disclose a copy of my Biometric Screening results and/or date(s) of completion for the preventive services listed below.
- ☐ I have completed a Biometric Screening and/or Preventive Service(s) **outside of The MetroHealth System** and have attached the appropriate supporting documentation (Explanation of Benefits (EOB) from my insurance company, MyChart printout, after-visit summary and/or signed provider verification) for completed activities for which I am requesting credit.

*NOTE: Genetic Information Nondiscrimination Act of 2008 (GINA) prohibits employers and other entities covered by GINA Title II from requesting or requiring genetic information of an individual or family member of the individual, except as specifically allowed by this law. To comply with this law, we are asking that you not provide any genetic information when responding to this request for medical information.*

\_\_\_\_\_  
Employee Name (PRINT)

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Birth Date

\_\_\_\_\_  
Banner Number

## Biometric Screening within the **LAST** year (12/2/18-12/1/19) –

### **MUST** include all of the following:

- ☐ Body Mass Index (BMI)
- ☐ Blood Pressure
- ☐ Total Cholesterol and Glucose

## Primary Care Provider (PCP) Visit within the last **THREE** years (12/2/16-12/1/19) –

A PCP may be a Physician or Nurse Practitioner in Internal Medicine, Family Practice or OB/GYN. You need to have seen your PCP within the last 3 years.

\_\_\_\_\_  
Exam Date (12/2/16-12/2/19)

\_\_\_\_\_  
Provider Name

## Preventive Service(s) within the **LAST** year (12/2/18-12/1/19) –

- ☐ Bone Density
- ☐ Mammogram
- ☐ Pap Smear
- ☐ Hearing Test
- ☐ Dental Exam
- ☐ Vision Exam
- ☐ Skin Cancer Screening
- ☐ Colonoscopy
- ☐ Prostate Screening
- ☐ Flu Shot

**Questions?** Contact [skywell@metrohealth.org](mailto:skywell@metrohealth.org) or 440-592-1121.

Submit this completed form and any supporting documentation to our secure email at [skywell@metrohealth.org](mailto:skywell@metrohealth.org). **Please allow up to 4 weeks** for your information to be processed before you see your points updated on the Wellness Portal.