

## Healthy Tomorrows Wellness Program 2017-2018 Summary

Congratulations! If you participated last year by completing your SimplyWell health screening and online questionnaire, you are eligible to receive the wellness incentive for the 2017-18 benefits plan year!

**Please thoroughly read this program summary for the highlights and details for the upcoming year!**

If you wish to be eligible for a possible Wellness Premium Incentive for the 2018-19 benefit plan year, you will want to participate in the Healthy Tomorrows program this wellness year by completing the online questionnaire and health screening by **May 31, 2018**. Participating is as easy as three simple steps.

### **Step 1: Logging In To the SimplyWell Website:**

<b>Current User-Employee</b>	<b>New User-Employee</b>
1. Go to <a href="http://www.simplywell.com">www.simplywell.com</a>	1. Go to <a href="http://www.simplywell.com">www.simplywell.com</a>
2. Log in as a current user with your user id and password you created.	2. Log in as a new user. Your PID will be ME (case sensitive – use Caps) plus your employee id number. (e.g. ME54321)
<b>Current User-Spouse</b>	<b>New User-Spouse</b>
1. Go to <a href="http://www.simplywell.com">www.simplywell.com</a>	1. Go to <a href="http://www.simplywell.com">www.simplywell.com</a>
2. Log in as a current user with your user id and password you created.	2. Log in as new user. Your PID will be MS (case sensitive – use Caps) plus your spouse's employee id number.(e.g. MS54321)
<b>If you need log in, password or username assistance, please call the SimplyWell customer care team at 1.877.991.9355. If you accepted emails from SimplyWell, you may use the website for username and password assistance.</b>	

## **Step 2: Register for your Healthy Tomorrows Health Screening:**

The Healthy Tomorrows Wellness Program is making it even easier for you to be well. SimplyWell coordinates with the VNA to make flu vaccinations available for employees and spouses at all health screenings through December 2017.

You **MUST** register for a location “with Flu Shot” if you wish to receive your flu shot during your health screening. If you do not wish to receive your flu shot during your health screening, please register for the location “without Flu Shot.” Please access the Flu Immunization Consent listed below under the VNA Flu Immunization Registration page link. Print and bring the consent form for your flu vaccination.

You may attend one of the following offerings, or you may utilize the Physician Upload Form. If you use the Physician Upload option, please select ‘health screening by personal doctor’, and print the form. The form can be found on your SimplyWell profile under the tab ‘Forms.’ The form is also located on the MPS website – Human Resources under the “Wellness” tab.

New this year: Screenings will be offered at each Millard Public School location. To review the full list, please refer to page three. The screenings are listed in alphabetical order.

**Dates with asterisk indicate flu shots are available at the screening.**

## **Step 3: Complete your Health Questionnaire.**

### Questions?

#### **SimplyWell Health Screening**

Contact:  
Account Manager  
Missy Cronstrom  
[mcronstrom@nebraskamed.com](mailto:mcronstrom@nebraskamed.com)

#### **SimplyWell Log in/Password/Technical Support**

Contact:  
SimplyWell Customer Care  
1-877-991-9355

## 2017-18 Millard Public School Health Screenings

<b>Abbott Elementary</b> Science Room 3/6/18 6:30-8:30am	<b>Cottonwood Elementary</b> Conference Room 3/9/18 6:30-8:30am	<b>Morton Elementary</b> Conference Room 2/20/18 6:30-8:30am	<b>Russell Middle School</b> Media Center 4/19/18, 4/20/18 6:30-8:30am
<b>Ackerman Elementary</b> "The Suite" 3/6/18 6:30-8:30am	<b>Disney Elementary</b> Conference Room 1/17/18 6:30-8:30am	<b>Neihardt Elementary</b> Conference Room 2/21/18 6:30-8:30am	<b>Sandoz Elementary</b> Media Center 3/16/18 6:30-8:30am
<b>Aldrich Elementary</b> Media Center 3/7/18 6:30-8:30am	<b>DSAC</b> Room A & B 9/14/17*, 5/5/18 6:30-8:30am	<b>Norris Elementary</b> Conference Room 2/22/18 6:30-8:30am	<b>South High School</b> Lecture Hall 10/25/17*, 10/26/17*, 10/27/17* 6:30-8:30am
<b>Andersen Middle School</b> Library 4/3/18, 4/4/18 6:30-8:30am	<b>Ezra Elementary</b> Conference Room 1/18/18 6:30-8:30am	<b>North High School</b> Mustang Center 9/27/17*, 9/28/17*, 9/29/17* 6:30-8:30am	<b>Support Services</b> Conference Room 3/14/18 6:30-8:30am
<b>Beadle Middle School</b> Large Conference Room 4/5/18, 4/6/18 6:30-8:30am	<b>Harvey Oaks Elementary</b> Conference Room 1/19/18 6:30-8:30am	<b>North Middle School</b> Room 49 4/17/18, 4/18/18 6:30-8:30am	<b>Upchurch Elementary</b> Conference Room 1/17/18 6:30-8:30am
<b>Black Elk Elementary</b> Gym 3/7/18 6:30-8:30am	<b>Hitchcock Elementary</b> Conference Room 1/24/18 6:30-8:30am	<b>Reagan Elementary</b> Media Center 2/21/18 6:30-8:30am	<b>West High School</b> Wildcat II 12/6/17*, 12/7/17*, 12/8/17* 6:30-8:30am
<b>Bryan Elementary</b> Media Center 3/8/18 6:30-8:30am	<b>Holling Heights Elementary</b> Media Center 1/25/18 6:30-8:30am	<b>Reeder Elementary</b> Conference Room 2/23/18 6:30-8:30am	<b>Wheeler Elementary</b> Media Center 3/15/18 6:30-8:30am
<b>Cather Elementary</b> Multi-purpose Room 3/8/18 6:30-8:30am	<b>Horizon High School</b> Multi-purpose Room 3/29/18 6:30-8:30am	<b>Rockwell Elementary</b> Media Center 3/2/18 6:30-8:30am	<b>Willowdale Elementary</b> VIP Room 3/28/18 6:30-8:30am
<b>Central Middle School</b> Stage Music Room 4/10/18, 4/11/18 6:30-8:30am	<b>Kiewit Middle School</b> Conference Room 4/12/18, 4/13/18 6:30-8:30am	<b>Rohwer Elementary</b> Conference Room 3/14/18 6:30-8:30am	
<b>Cody Elementary</b> Media Center 3/8/18 6:30-8:30am	<b>Montclair Elementary</b> Conference Room 1/26/18 6:30-8:30am	<b>Ron Witt</b> Conf. room B1 and B2 11/15/17* 6:30-8:30am	

\*Indicates flu shot offering

## EMPLOYEE FLU SHOTS

Millard Public Schools has partnered with the Visiting Nurses Association to provide flu immunizations for school employees, their spouses and dependents.

\*All Millard Public Schools employees and family members, ages 6 months and older that carry the District's Aetna insurance

**The types of immunizations include:**

- Flu Shot (4-strain vaccine will be offered)

\*All Millard Public Schools employees and families that DO NOT carry the District's Aetna insurance are welcome to attend and may be immunized for a fee as follows: Flu Shot - \$32

**To receive the flu shot during a SimplyWell health screening:**

Log on to the SimplyWell site (<https://goo.gl/8MVOM6>), choose the health screening time slot which includes the flu shot. Please make sure you complete a consent form and bring it with you to the clinic. Consent form link is below.



Register Here: <https://goo.gl/x9alx5>  
Consent Form: <https://goo.gl/CrhXwv>

*Please bring the completed consent form with you to your appointment*

### 2017 Dates

**When: Tues Sept 19**  
**3:30pm-6:30pm**  
**Where: North High Cafeteria**

**When: Tues Sep 26**  
**3:30pm-6:30pm**  
**Where: West High Wildcat II Gym**

**When: Mon Oct 2**  
**3:30pm-6:30pm**  
**Where: Russell Middle Cafeteria**

**When: Mon Oct 23**  
**3:30pm-6:30pm**  
**Where: South High Cafeteria**

**When: Mon Oct 30**  
**3:30pm-6:30pm**  
**Where: Central Middle Cafeteria**

**When: Thurs Nov 2**  
**3:30pm-6:30pm**  
**Where: DSAC Conference Room C**

**When: Tues Nov 7**  
**3:30pm-6:30pm**  
**Where: Kiewit Middle Cafeteria**

## Healthy Tomorrows Program FAQs

- **What is SimplyWell?**

SimplyWell is a personal and confidential online health management program designed to improve your health and reduce healthcare costs. We offer an onsite Health Screening, an online Health Risk Questionnaire, health education tools, resources, and a detailed personal Individual Action Plan. You will be able to access the SimplyWell online portal starting **June 1, 2017**.

- **What is a Health Screening?**

An onsite Health Screening includes a comprehensive blood draw, blood pressure check and height and weight measurements. (Fast 8-12 hours before the screening and drink plenty of water. Prescription drugs are acceptable to take.) Onsite Health Screenings will begin in June. If you have already had a physical or are scheduled to have a physical, you may utilize the attached Lab Results by Medical Provider form in lieu of attending a screening. Please note, lab and biometric measurements need to have been taken and submitted between **June 1, 2017** and **May 31, 2018** to qualify for this option.

- **What is tested in the on-site comprehensive blood draw?**

The blood collected during the health screening will be tested for the following items: hemogram, lipid panel and fasting glucose. If you purchased additional tests through the SimplyWell website, the blood collected will be tested for that as well.

- **What is a Health Questionnaire?**

The SimplyWell Health Questionnaire is a comprehensive set of questions about your health history and current health. The information you provide on the questionnaire and the results from your Health Screening are used to create your own online Health Report.

- **What is the deadline for completing my Health Screening and Online Health Risk Questionnaire?**

Both components must be completed and submitted by **May 31, 2018**.

- **What is my online Health Report?**

Your online Health Report provides detailed information on your current health status. This is a personalized and confidential health management tool.

- **What is my Individual Action Plan?**

SimplyWell uses your results from your Health Report and makes recommendations for you to start making immediate changes to maintain or improve your health. You can manage Appointments and use Health Trackers to document daily health activities from your Action Plan.

- **What are the benefits to participating in the SimplyWell wellness program?**  
You will receive a comprehensive health screening at no cost to you. Based on your health screening, you may receive a call from a SimplyWell nurse health coach. You will have access to health libraries, interactive health presentation and detailed health guides which cover thousands of health topics. You will also be able to track health appointments and other important health information such as; allergies, surgeries, medications, blood pressure, weight and much more!
- **Who has access to my Personal Health Information?**  
You are the only person with access to your information. SimplyWell complies with all HIPPA and all applicable federal regulations.
- **What is the goal of SimplyWell?**  
We believe information is power. By providing you with your current health status and the resources to understand and make healthy behavior changes, we empower you to be proactive in managing your health and making it a top priority in your life.
- **What are the goals of the Millard Public School's wellness program?**  
The District believes our greatest resource is people. This program gives employees the opportunity to be an active participant in their personal wellness. The goal is to have happy, healthy and engaged employees offering the highest opportunities for our students.
- **What will Millard Public Schools learn about my health?**  
MPS will not be the recipient of any personal health information from SimplyWell. MPS will only learn if you participated or not. SimplyWell will only share aggregate data with MPS.
- **Who is eligible to participate in the wellness benefit?**  
All MPS employee groups and spouses are eligible to participate as long as the employee is scheduled to work a minimum of 20 hours per week.
- **Do I have to participate?**  
No, your participation is completely voluntary. Please keep in mind if you choose to participate, you may be eligible to receive an additional District contribution to your health insurance premium.
- **Does my spouse have to participate?**  
No, your spouse's participation is completely voluntary and does not affect your health insurance premium. Only the primary carrier of the insurance needs to participate to continue receiving the 100% paid benefit if both you and your spouse are employed by MPS.

### Wellness Requirements

To protect your privacy, SimplyWell does not share the questionnaire results or the health screening results with Millard Public Schools. SimplyWell provides Millard with the information of whether or not the health screening and / or the questionnaire is complete. **Remember it is the employee's responsibility to make sure both requirements are complete.** An easy check for completion – your SimplyWell login page should look like the screen shot below. Your health screening and you health questionniare should each be 100% completed.

