



Your Journey Starts Here.

City of Highland Park
2024 Rewards Guide



Highland Park
Employees
WIN 
Creating a culture of health



Your Wellness Program Starts Soon!

December 1st, 2023 – October 31st, 2024

CHC Wellbeing and City of Highland Park know the importance of a healthy lifestyle. When you focus on your entire wellbeing, you reach your true potential. That is why we are partnering to bring you a program that will reward you for your healthy lifestyle choices. How does the program work? Your participation in healthy activities will earn you points that will be tracked through CHC's member portal. Keep reading to learn more about your wellness program!



5% Tier Savings

Single: 50 points

With Spouse: 75 points



10% Tier Savings

Single: 100 points

With Spouse: 150 points

If you are unable to achieve the standards for the reward under this program due to a medical condition, you may request a Reasonable Alternative Standard (RAS) through your portal. Submit your request within 30 days of your screening. If you are unable to submit the request through your portal, please call CHC at 866-373-4242.

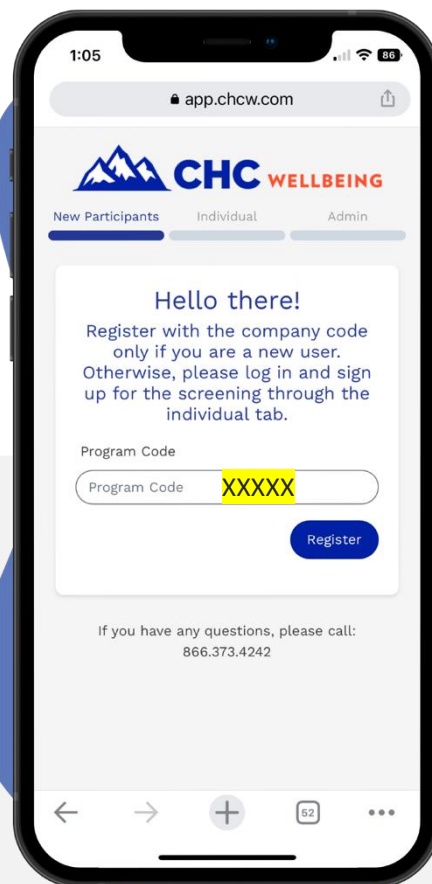
To register for your wellness program, go to app.chcw.com.

New Members

1. Enter your program code **XXXXXX** under the “New Participants” tab and select “Register”.
2. Complete your registration by creating a CHC user profile to begin your journey!

Returning Members

1. Enter your username & password under "Individual Login" and select "Log in."



FORGOT YOUR LOGIN? Select “Forgot username/password” on the CHC login page. On the next screen, select whether you would like to retrieve your username or reset your password.

If you need help during the registration process or if you have any questions about your program, call 866-373-4242.

ELIGIBILITY REQUIREMENTS

These activities must be completed to earn any reward level incentive

| Activity | Description | Deadline |
|-------------------------------|--|--------------------|
| Wellness Screening | Complete the wellness screening to be eligible to earn the incentive in the rewards program | February 2024 |
| Health & Lifestyle Survey/HRA | Complete the Health & Lifestyle Survey/HRA in its entirety during the screening process to be eligible to earn the incentive in the rewards program | February 2024 |
| Health Coaching | Based on the number of risks identified in the HRA and biometric screening, an employee or spouse may be required to complete up to 6 required coaching sessions. See details below. | October 31st, 2024 |

Health Coaching

| Category | Range |
|-----------------|--|
| Body Mass Index | Between 18.5 - 24.9 |
| Blood Pressure | Less than 130/85 mmHg |
| Glucose | Less than 100 mg/dL |
| Triglycerides | Less than 150 mg/dL |
| HDL Cholesterol | Men: greater than 39 mg/dL Women: greater than 49 mg/dL |

The following number risk factors (listed above) will determine the number of coaching sessions:

- 0 to 1 risk factors—no sessions required
- 2 risk factors—3 sessions are required
- 3 or more risk factors—6 sessions required

*An engagement with a health coach can only count for points if there is a discussion of goals and/or progress in reaching your goals. This means that there must be an active attempt by the participant to talk about ways they are improving or maintaining their health. Points will be awarded after each health coaching encounter within 7-10 days.

WELLNESS PROGRAM ACTIVITIES

| Program | Requirement | Points per Activity | Max Points | Frequency/Deadline |
|---|---|---------------------|------------|--|
| Zero Risk Factors | Employees and Spouses can earn 30 points for having 0 of the risk factors | 30 | 30 | February 2024 |
| Preventative Service | Receive your flu shot, mammogram, colonoscopy, well woman/man, skin cancer screening, or bone density testing. | 25 | 25 | Once between 12/1/2023 - 10/31/2024 |
| Annual Physical | Complete your annual physician and submit proof. | 20 | 20 | Once between 12/1/2023 - 10/31/2024 |
| Dental Visit | Complete a dental visit and submit proof. | 20 | 20 | Three times between 12/1/2023 - 10/31/2024 |
| e-Learning | Complete an e-learning course through the CHC portal. | 5 | 30 | Six times between 11/1/2022 - 9/30/2023 |
| Learn & Earns (Webinars) | Complete Learn & Earns (Webinars) on the CHC portal. | 15 | 60 | Four times between 11/1/2022 - 9/30/2023 |
| Health Challenge Programs | Participate in a Health Challenge to receive points. There will be at least 4 challenges throughout the program. | 25 | 100 | Four times between 12/1/2023 - 10/31/2024 |
| Fitness Bonus Tests | Participate in a Fitness Bonus Test (passing is not required). | 10 | 30 | Three times between 12/1/2023 - 10/31/2024 |
| Use of Fire/Police Fitness Center, Rec Center Track or Home Gym | Use the Fire/Police Fitness Center, Rec Center Track, or Home Gym (Police station is only available to Police Employees). Sign in or affidavit is required to receive points. | 2 | 20 | Ten times between 12/1/2023 - 10/31/2024 |
| Gym Membership | Have an active gym membership and submit proof. | 20 | 20 | Once between 12/1/2023 - 10/31/2024 |
| External Fitness/Nutrition Program | Participate in an external fitness or nutrition program/league/group and submit proof. | 20 | 20 | Once between 12/1/2023 - 10/31/2024 |
| Organized Run/Walk (5K, 10K, Half Marathon, etc.) | Participate in an organized run/walk and submit bib or registration confirmation. City sponsored race events are not included. | 5 | 10 | Twice between 12/1/2023 - 10/31/2024 |

Health Trackers

Track various aspects of your health on your dashboard. Trackers are for your personal use and points are not awarded *outside of the challenges listed below (25 points each)*:

- January 2024 - Nutrition Challenge
- March 2024 - Sleep Challenge
- May 2024 Walking Challenge
- July 2024 Hydration Challenge



ACTIVITY TRACKER

Log your activity daily



NUTRITION TRACKER

Log your nutrition daily



HYDRATION TRACKER

Log your hydration daily



SLEEP TRACKER

Log your sleep daily



HABIT BUILDER

The habit builder allows you to set personal habits and mark them off every time you successfully do the habit.

HOW TO LINK A TRACKING DEVICE



Click on the 'Settings' icon located near your profile picture.



Select 'Manage Linked Devices' and select the device brand you wish to link with.



Enter in your account credentials for that device. Once the connection is confirmed, you're linked!