

Earn Your Reward!

Wellness Program Breakdown

**START
TODAY!**

Health Screenings & Preventive Visits

1.

1. Schedule a screening with your doctor **OR**
2. Participate in an onsite screening clinic, provided by your employer **OR**
3. Schedule a Preventive Visit with your doctor

Note: Bring the fax form with you to your screening or have your doctor sign off on your Preventive Visit. You and your doctor must SIGN the fax form before submitting to Vivacity. If you are attending an onsite clinic with your employer, you DO NOT need to submit a fax form.

Health Assessment

2.

1. Visit www.medikeeper.com/accounts/wcif/login
2. **Returning Users** – Login by using your credentials from the prior year. Next, hover your mouse over the “Health Assessment” tab at the top of the page and click “Questionnaire,” then begin taking the assessment.
New Users – Click the “Register” box, then enter your information to the right of the screen. Once registered, you will be prompted to agree to Terms & Conditions, then re-directed to take the Health Assessment.

Note: When registering for the first time, you must use the name that is shown on your medical ID card. Example: do not use “Steve” for Steven.

ADDITIONAL Incentive \$\$\$

3.

1. **Create a Plan for Wellness** – On your Home screen, click the “Plan for Wellness” tile. Next, click the goal you wish to work on. Under “My Selected Tips”, choose the tips that best suits you. Once you are done, click “Complete My Plan for Wellness” **OR**

If you participated in the EveryMove Activity Challenge, you do not need to create a Plan for Wellness, however, you are welcome to participate in both activities.

Note: If you create a Plan for Wellness and participated in the EveryMove Activity Challenge, you will only receive ONE incentive.