COMMIT TO HEALTH
STATE OF COLORADO EMPLOYEES

Earn $240!

CaféWell 101
Agenda

• State of Colorado Wellness Program Overview

• CaféWell 101 Overview of Key Features

• New programs
Overview – State Employee Wellness Program

- Powered by CafeWell, log in at www.colorado.gov/wellness

- Program update July 1, 2017
  - Earn points over entire fiscal year, receive incentive for the entire next fiscal year.

- Incentive details
  - Incentives are applied as a reduction to your health insurance premium

- Employees who do not elect coverage can still participate in program and be entered for monthly prizes awarded by CafeWell.
What is CaféWell?

CaféWell makes it easier to maintain a healthy lifestyle, with fun activities, challenges, resources and rewards that keep you moving - at your own pace.
CaféWell Has a New Look

We’re excited to share a new look and feel for this year’s program. See how our updated experience makes it easy for you to participate and engage.

Get Started

My Personal Health Itinerary

Active Programs | Previous Programs | Add Programs

Step Into National Parks:
Everglades National Park - SINP
12 week

Chapter 9 of 13: Ends in 5 days

Activity Progress: SHOW ACTIVITIES

State of Colorado 2017 HRA:
Complete Your Health Assessment

Chapter 1 of 1

Activity Progress: SHOW ACTIVITIES

Commit To Health
What are the State of Colorado's Benefit and Wellness Program Goals?

Learn Now
Browse Webinars

September Squat Challenge!

- **Scheduled**
- **September 6, 2017**
- **10:00 AM MDT**
- **15 minutes**

**With:** Jake DeWalt, MHE, CPT, CFNS, CPES

**Type:** Single Session

**Topics:** Fitness and Exercise, Healthy Aging, Men's Health, Women's Health

By doing Coach Jake's daily squat challenge this September, you'll leap into fall with strong and toned legs and glutes. All that's needed is a wall and some willpower!

Register for session

18 spots left

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Desk Yoga

- **Scheduled**
- **September 6, 2017**
- **12:15 PM MDT**
- **15 minutes**
### Rewardable Activities

<table>
<thead>
<tr>
<th>Rewards Milestone</th>
<th>POINTS Available</th>
<th>POINTS Earned</th>
<th>Date Processed</th>
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<tbody>
<tr>
<td>Complete State of Colorado Lifestyle Challenge</td>
<td>60</td>
<td>60</td>
<td>08/02/2017</td>
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<tr>
<td>Meet 400K Steps in Step into National Parks</td>
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<tr>
<td>Ask CaféWell Concierge</td>
<td>60</td>
<td>20</td>
<td>08/11/2017</td>
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<tr>
<td>Complete your Health Assessment</td>
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<tr>
<td>Confirm you’re Current with Health Screenings</td>
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<td>0</td>
<td></td>
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<tr>
<td>Complete Healthy Living Programs</td>
<td>20</td>
<td>10</td>
<td>08/16/2017</td>
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<tr>
<td>Register for Move Well Feel Good</td>
<td>10</td>
<td>10</td>
<td>07/29/2017</td>
</tr>
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New Programs

• Real Appeal
  – Weight Management program available to UHC members
  – NO Cost
  – Sign on at www.realappealco.com
New Programs

• Omada
  – Weight Management program (focusing on pre-diabetes) available to KP members
  – NO cost
  – New program will be launching September 2017
New Programs

• Weight Watchers
  – Available to ALL State employees
  – Low cost – 50% subsidy ($19.11/month)
  – Able to access online, at-work, or community meetings
  – Go to https://wellness.weightwatchers.com
    • Employer ID: 11093529
    • Employer Passcode: WW11093529