State of Colorado Wellness Program featuring CaféWell

CSU FITlife Health and Financial Wellness Fair
Carrie Williams | Employer Group Engagement
STATE OF COLORADO EMPLOYEES

COMMIT TO HEALTH
AND BE THE HEALTHIEST YOU

Earn $240!
Running Machine
STATE OF COLORADO EMPLOYEES
COMMIT TO HEALTH
AND BE THE HEALTHIEST YOU

Earn
$240!
She says this is a "pop quiz." I'm hoping the answer is root beer.
True or False

The State of Colorado will give you up to $20 a month off your insurance premium.
True or False

I already knew that.
CaféWell is...

A) The coffee shop in the Poudre Valley Hospital

B) A recently closed vegan diner in Prattville, Alabama that was vandalized by angry patrons from the Waffle House across the street

C) An online website (and mobile app) that gives me easy health activities to do and rewards me up to $20 per month off my insurance premium.
By completing activities in CaféWell I can earn...

A) 5,000 Roobie Doobies

B) Up to $240 per year

C) ONE MILLION DOLLARS!
CaféWell is...

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 is...

www.Cafewell.com/Colorado
CaféWell is...
Starting July 1, 2015

• You can redeem a maximum of $20/month in premium reductions, or $240 for the year.
• 1-Point earned on CaféWell = $1 reduced from your health insurance premium.
• You must earn at least 10 Points (good for $10) in order to receive any incentive. Up to 20 Points (good for $20) can be redeemed each month.
• You can bank as many Points as are available to you.
• With between 10 and 19 in your bank at the end of the month, you are eligible for $10 credit that month.
• With 20 Points in your bank at the end of the month, you are eligible for $20 credit that month.
• Points carry over from month to month. If you earn more than 20 Points this month, the extra Points will start your balance in the next month(s).
• Please be sure to complete activities in advance of the cut off dates and times.
Get some points! ($$)

- Complete the Men's Health Program by 10AM MST 6/30/16  20
- Complete the Women's Health Program by 10AM MST 6/30/16  20
- Complete the Network & Benefits Education Program by 10AM MST 6/30/16  10
- Complete the 4 Weeks to a Healthier You Program by 10AM MST 6/30/16  10
- Complete the Nutrition Savvy Program by 10AM MST 6/30/16  10
- Complete the CafeWell 101 Program by 10AM MST 6/30/16  15
- Complete the State of Colorado Stress Program by 10AM MST 6/30/16  15
- Complete the Winter Safety Program by 10AM MST 6/30/16  10
- Complete your Health Assessment by 5/25/16  20
- Identify a Primary Care Physician (PCP) by 10AM MST 6/30/2016  10
- Know Your Numbers - Report your Onsite Screening on CafeWell by 6/10/16  20
- Read the "13 Unexpected Benefits of Exercise" Article by 10AM MST 6/30/16  10
- Read the "How to Earn your Incentives Article" by 10AM MST 6/30/16  10
- Read the "Learn About Your Onsite Screening Event" Article by 10AM MST 6/30/16  10
- Read the "Why the Answer to Motivation is You" Article by 10AM MST 6/30/16  10
- Report your Flu Shot on CafeWell by 6/10/16  15
### See my points! ($$)

<table>
<thead>
<tr>
<th>REWARDS ACTIVITY</th>
<th>POINTS AVAILABLE</th>
<th>POINTS EARNED</th>
<th>DATE PROCESSED</th>
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<tr>
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<td>Complete the Men’s Health Program by 10AM MST 6/30/16</td>
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<tr>
<td>Read the &quot;Rejuvenate a Fresh Approach to Life&quot; Article by 10AM MST 2/4/16</td>
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<tr>
<td>Complete the CafeWell 101 Program by 10AM MST 6/30/16</td>
<td>15</td>
<td>15</td>
<td>01/05/2016</td>
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</table>
Where is it?

UnitedHealthcare Resources
- My UHC
- Connect with a UHC Coach
- UHC Healthy Recipes
- Free Seminars & Events
- UHCTV
- Diabetes Prevention Program
- StoryTellors
- Real Appeal - weight loss program
- Paladina Health

State of Colorado Employee Wellness Program
- How to Earn Your Incentive
- View Your Point Balance
- Recommended Programs
- My Programs
- FAQ's
- How to Sync Your Device

State of Colorado Resources
- State EAP Program
- State Employee Wellness Center
- Weight Watchers
I Need More Info

Frequently Asked Questions

2016 Program Updates and Understanding Point Values
(click here to expand or collapse)

How does my Incentive Show Up On My Paycheck?
(click here to expand or collapse)

Reviewing Your Point Balance
(click here to expand or collapse)

HRA, Flu Shot and Screenings
(click here to expand or collapse)

Additional Questions and Contacting Support
(click here to expand or collapse)
How can CaféWell help me?

• Why are you here?
• What do you want to improve?
• What’s one barrier to your ability to make a change?
• What can you do to change that barrier?
• What’s ONE small action you can start taking TODAY that could help you feel better?
ARE YOU HAPPY?

YES

CHANGE SOMETHING.

YES

KEEP DOING WHATEVER YOU'RE DOING.

NO

DO YOU WANT TO BE HAPPY?

YES

NO

NO
Questions?
Thank You!

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Thank You!

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What is a Health Optimization Platform

CONNECT

ENGAGE

REWARD

UNDERSTAND & TARGET

GUIDE