**Embrace Your Health Whole-Heartedly**  
2019 Wellness Incentive

**PART 1:** Biometric Screening & Health Assessment  
50 points = $150

<table>
<thead>
<tr>
<th>Category</th>
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</table>
| Biometric Screening  
-or-  
Primary Care Physician Form (PCP) | 15 |
| Biometric Screening In-range Values:  
BMI | 5 |
| A1C/Blood Sugar | 5 |
| Blood Pressure | 5 |
| Cholesterol | 5  
-or-  
Health Coaching Call(s)  
Out of range values | 5/call (20 max) |
| WebMD Health Assessment | 15 |

**Total Points Earned**
PART 1 - EARN 50 POINTS

STEP 1: Create or Login to Your WebMD Account
Visit CREATIONHealthEmployees.com and click the WebMD Login page. On the next screen, click “Register” and create an account or log in to your existing account with your username and password.

STEP 2: Schedule your FREE Biometric Screening
Option A: On-site
Login to your WebMD account, select “Know Your Numbers” and choose a convenient time and campus for you during the months of January through May.

Option B: Primary Care Visit
Visit your primary care physician; have them fill out the Physician Health Check (PCP) form located on our website within the “Wellness Incentive” page.

STEP 3: Complete your Biometric Screening
Screenings include physical measurements and a fasting or non-fasting finger stick. Screening results will be auto-populated into WebMD within 14 days of completion on site or faxing in your PCP form.

STEP 4: Biometric Results
Receive five points for having each of your four biometric values in range, or participate in WebMD health-coaching sessions to satisfy values out of range to achieve your points. To schedule your health coaching calls, call 1-888-321-1509 or chat with a coach through your WebMD account online.

STEP 5: Complete the WebMD Health Assessment
Your Health Assessment is made available on your WebMD Account within 14 days of completing your biometric screening. Complete this simple questionnaire to help you understand a baseline of your health and identify areas of improvement. You will enjoy small, personalized steps based on your results to begin a healthier, WHOLE lifestyle.

Important Dates
The deadline is October 30, 2019 for all Biometric and CREATION Health program participation. The deadline is November 30, 2019 for all WebMD portal activities, Health Assessment, Digital Health Assistant, Health Coaching, and self-reported activities.

NOTES

PART 2:
Participate in CREATION Health Programs & Activities
100 points = $100

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Total Points Earned

WHOLE-HEARTEDLY
Track Your Progress

100 points = $100

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15 POINTS

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Your Reward
Check your WebMD account to ensure you’ve completed all necessary steps prior to the deadline. You’ll receive the wellness incentive reward money in your paycheck just prior to the holidays in December.

**Biometric Screening (15pts) + Health Assessment (15pts) + In-Range Values or Health Coaching (20pts) = 50 points = $150**

We’re Here for You
If you need help resetting your WebMD username or password, or have any questions about the portal, please call WebMD at 1 (888) 321-1509.

EMAIL
CREATIONHealthEmployees@FLHosp.org

**PART 2**
Stay tuned for Part 2 details next year, and how you can earn 100 points for an additional $100.

Participation in programs for incentives must occur during the 2019 calendar year.

Employees with FHMG, CentraCare, Hospice of the Comforter, FRI, ADU, Rehab and Lab, are eligible to receive the 2019 CREATION Health Employees Wellness Incentive. Volunteers, interns, contract workers, consultants, Crothall employees, and corporate employees are not eligible. To be eligible for the Wellness Incentive, employees must be employed through December 31, 2019.
Altamonte:
January 28 - February 8 | March 4-8
7:00 am - 3:00 pm
Chatlos Conference Room

Adanson:
January 29 | 8:00 am-2:00 pm
Large Conference Room

Apopka:
April 1-5 | 7:00 am - 3:00 pm
Conference Room B

Celebration:
February 4-7 | February 18-21 | March 25-28 | April 22-24
7:00 am - 3:00 pm
Old Emergency Department

East Orlando:
April 1-18 | 7:00 am - 3:00 pm
CREATION Gym
*does not include weekends

Hospice of the Comforter:
February 26-27 | 8:00 - 2:00 pm
Sunrise Conference Room

Kissimmee:
February 11-13 | 7:00 am - 3:00 pm
Woodlands A

Lakeview Plaza:
May 21 | 7:00 am - 3:00 pm
Spine Health Education Center
711 Lakeview Plaza

Lake Destiny:
January 23 | 6:30 am-2:30 pm
Conference Rooms A & B
SCREENINGS

**Maitland/Trickel:**
January 14–16 | 6:30 am–2:30 pm
January 17–18 | 6:30 am–12:30 pm
January 22–25 | 6:30 am–12:30 pm
Marketing Conference Rooms 1 & 2

**Orlando:**
February 18 - March 1 | April 8-18
M-TH: 7:00 am - 7:00 pm
F: 7:00 am - 3:00 pm
Barker Conference Room
*does not include weekends

**West Hall:**
March 18 | 8:00 - 2:00 pm
Welch/Haupt Conference Room

**Winter Garden**
February 4-6 | 7:00 am-3:00 pm
Grove & Trail Conference Rooms

**Winter Park**
February 11-15 | 6:30 am-2:30 pm
March 4-7 | 6:30 am-2:30 pm
March 8-9 | 7:00 am-11:00 am
Dining Room B

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Please ensure you have scheduled an appointment prior to arrival. Please arrive 15 minutes prior to scheduled appointment.
WHOLE-PERSON HEALTH — MIND, BODY AND SPIRIT.

CREATION Health is a philosophy and lifestyle our employees embody to support our greater mission, vision, values, and service standards since the very beginning. It’s at the heart of our mission; it’s how we view our ourselves and others as a whole person — mind, body, and spirit. By learning about and practicing these 8 principles, we are better able to serve and extend the healing ministry of Christ as the best version of ourselves. It is a research based guide to personal fulfillment, optimum health, and healing.

Page 4
Grab your smart phone to get the latest events and programs brought to you by CREATION Health Employees. Opt in to our mobile text messaging program or, connect with your CREATION Health Consultant on your campus.

**TEXT 412412**

Text the keyword (see list below) that applies to you to 412412. Note: Prior keywords beginning with ‘FH’ are also active, with no need to re-subscribe!

1. AHO Orlando  
2. AHC Children  
3. AHA Altamonte  
4. AHE East Orlando  
5. AHA Apopka  
6. AHW Winter Park  
7. AHC Celebration  
8. AHK Kissimmee  
9. AHM Maitland  
10. AHMG  
11. AHS System  
12. AH Health Champions  
13. AH Mission 5K  
14. AH Walk the Talk  
15. AH Winter Garden  
16. AH 4 Women  
17. AH HOTC  
18. AH CENTRACARE  
19. AH WELLNESS

**SOCIAL**

CREATION Health Employees Group

**EMAIL**

CREATIONHealthEmployees@flhosp.org

**WEBSITE**

CREATIONHealthEmployees.com

Msg & Data Rates May Apply. 5 msg/mo. Consent to receive text message is not a condition of purchasing goods or services. Text HELP to 412412 for info. Text STOP to Cancel. T&Cs & Privacy Policy available at https://www.creationhealthemployees.com/privacy.
DON’T JUST TAKE OUR WORD FOR IT

“I have been employed with our company for nearly 10 years. It has been a pleasure to work for an organization that implements a positive atmosphere and programs to motivate employees to live a better and healthier life. It was an awesome experience, and I enjoy meeting new people who work at other campuses.”

MS. GARCIA
Participant of the CREATION Health Employee Experience (CHEE)