



Intermountain
Health

Be Well

2024 Caregiver Wellness Program



What is Be Well?

Be Well, previously known as LiVe Well, is Intermountain's caregiver well-being program, designed to empower caregivers to take charge of their health and improve their well-being. Through the Be Well program, caregivers can participate in well-being activities, earn reward dollars, access free resources, and have fun with family, friends, and coworkers.

Be Well supports Intermountain's shared mission of helping people live the healthiest lives possible and that begins with you, our caregivers. Be Well is here to support caregivers "together, for the healthiest lives," so we can each improve our own individual health while collectively improving the health and well-being of our Intermountain caregiver community.

Be Well Program Highlights for 2024

- › **Caregivers in all regions** are now aligned to one well-being program.
- › **A new name for a new era of wellness.** Be Well replaces LiVe Well but brings the same commitment to helping caregivers create and sustain healthy habits.
- › **Caregivers can earn up to \$400** in Be Well reward dollars for participating in eligible wellness activities.
- › **Spouses and domestic partners participating** in a caregiver's medical plan can now access resources and earn up to **\$200** in Be Well reward dollars.
- › **The Sworkit app**, now available through Virgin Pulse, offers on-demand workouts, recipes and cooking classes, and other digital resources to support healthy choices. Caregivers will be able to search for activities by type of class, or by specific need or condition.
- › **Intermountain's Take-10 Activity Break Program** is available to Intermountain caregivers. It is an easy and fun way to increase your physical activity during the day and earn rewards in the process.



Click or scan to learn more about Be Well for caregivers



Click or scan to learn more about Be Well for spouses and domestic partners

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Be Well Rewards Program



How to participate and earn rewards

Caregivers can complete a variety of activities, to earn Be Well reward dollars, **up to \$400** for the year. In addition, spouses and domestic partners on an Intermountain sponsored medical plan are eligible to earn **up to \$200** in Be Well dollars for the year. Most activities are self-paced and range in reward value from **\$5 to \$50**. The reward earned is based on the time required to complete the activity and its importance in supporting your overall well-being. Activities can only be completed once per year unless otherwise noted.



Reward Eligible Activities

The following list is subject to change. Check the rewards tracker, found on the Recognition Portal, for the most up-to-date list of available activities.

CATEGORY	ACTIVITY	ELIGIBLE CAREGIVER REWARD AMOUNT	SPOUSE/DOMESTIC PARTNER REWARD
Preventive Activities <i>(Only available to caregivers and spouses/domestic partners on an Intermountain sponsored medical plan)</i>	Preventive Wellness Exam	\$50	\$25
	Breast Cancer Screening	\$50	\$25
	Cervical Cancer Screening	\$50	\$25
	Colorectal Cancer Screening	\$50	\$25
Biometric Screenings <i>(Only available to caregivers NOT on an Intermountain sponsored medical plan)</i>	Complete Physician Results Form		X
	Participate in an onsite screening event <i>(coming in Spring 2024)</i>	\$50 for completing one of these three options	X
	Schedule a Patient Service Center appointment		X
	Cologuard Screening Kit completion	\$50, based on age eligibility	X
Virgin Pulse and Sworkit* <i>(See page 8 for more information)</i>	Complete the Health Check	\$20	\$10
	Track 7000 steps a day for 20 days in a calendar month	Up to \$20 per month	Up to \$10 per month
	Participate in a quarterly team step challenge	Up to \$20, 4 times per year	Up to \$10, 4 times per year
	Track 150 minutes of physical activity a week using Sworkit.	Up to \$5 per week, up to \$20 per month	Up to \$5 per week, up to \$20 per month, each month
Take-10 Activity Break Program* <i>(See page 12 for more information)</i>	Participate in a minimum number of Take-10 classes per week.	Up to \$10 for participating in 4 classes in a month <i>(1 per week)</i>	X
		Up to \$20 for participating in 8 classes per month <i>(2 per week on different days)</i>	
Walk with a Doc* <i>(This activity is currently only available in Utah at participating locations)</i>	Participating in the scheduled 60-minute walk. To earn the reward: 1. Register to attend the walk 2. Attend the walk 3. Complete the survey at the end of the walk	Up to \$20 per month	X

*Caregivers can earn a maximum of \$40 per month for participating in any combination of the physical activity options. During challenge months, you can only get credit for completing either the step challenge or the 7000 steps activity, not both.

Be Well Program Resources and Support

Be Well provides more than just the rewards program. It provides resources that support all areas of well-being—personal, work, and community—and the elements that make up each of these areas. By focusing on each element, caregivers can improve their overall health.



Me

personal well-being:

Emotional
Physical
Financial

- › Total Rewards (pay, benefits, PTO, retirement)
- › Employee Assistance Program (EAP)
- › Wellness & nutrition coaching
- › Financial & legal assistance
- › Be Well Rewards program
- › Caregiver Relief Fund
- › Meal support
- › Fitness classes & gyms
- › Biometric screenings
- › Be Well workshops
- › Peer support
- › Suicide prevention
- › Virgin Pulse
- › Flexwork
- › iDiscounts

We

work well-being:

Educational
Professional
Cultural

- › PEAK & education assistance
- › Leadership programs
- › Education courses & Udemy
- › DEI program & CRGs
- › Check-ins
- › Recognition & awards
- › Share Your Voice

Us

community well-being:

Spiritual
Social
Environmental

- › iAct volunteer program
- › Spiritual care/chaplaincy
- › Be Well for families



How to Participate in Virgin Pulse Activities

Be Well partners with Virgin Pulse to support overall well-being through physical activity. Caregivers and eligible spouses can earn Be Well reward dollars by participating in the following Virgin Pulse activities:

- › Complete the Virgin Pulse Health Check
- › Track 7000 steps a day for 20 days each calendar month*
- › Participate in a quarterly team step challenge*
- › Track 150 minutes of physical activity per week, using Sworkit

**You can only get credit for participating in either the step challenge or the 7000 steps during the same calendar month, not both.*



Click or scan to visit the Virgin Pulse website



Virgin Pulse Pro Tips

- Tip | 1:** Be sure to open the Virgin Pulse app, or login to the website to sync your device or enter your steps/activity at least weekly to ensure you are meeting the tracking requirements for both the monthly 7000 steps activity as well as the quarterly step challenges. You may find it helpful to set a reminder to sync or track your steps.
- Tip | 2:** Any steps entered retroactively more than the previous seven days is not credited toward the 20-day count nor the quarterly step challenges.
- Tip | 3:** You can convert activities like yoga, weightlifting, swimming, cycling, into steps. Use the “add a workout” tool to convert non-stepping activities into steps.
- Tip | 4:** You can check your progress toward your 20 day count by visiting your trophy case, found under “more” at the bottom of the app. Just look for the trophy with the image of the shoe to see your current progress toward 20 days of 7000 steps.
- Tip | 5:** Access Sworkit by selecting “benefits” at the bottom of the Virgin Pulse app.



2024 Quarterly Step Challenge Calendar

CHALLENGE NAME	REGISTRATION DATES	CHALLENGE DATES
Black Contributions Around the World	January 22-February 2	February 5-March 3
Great American Adventure	April 15-May 3	April 29-May 26
Amazing Architecture	July 15-August 4	July 29-August 25
US National Parks	October 14-November 3	October 28-November 24

Getting started is as easy as 1-2-3!

Step 1

Download the Virgin Pulse App by clicking or scanning the QR code:

Step 2

Follow the progress bar on the enrollment page to create your account.

Step 3

Sync your device and start tracking.

Preventive Exams and Biometric Screenings

Be Well strives to support caregivers in their well-being through prevention and early detection. There are two options available for caregivers to earn rewards, depending on medical plan coverage.

Option 1 enrolled in an Intermountain medical plan

Caregivers and spouses/domestic partners who are currently on an Intermountain sponsored medical plan are eligible to earn reward dollars for completing an eligible preventive wellness exam and/or cancer screening.

Reward eligible screenings include:

- › Preventive wellness exam
- › Breast cancer screening
- › Cervical cancer screening
- › Colorectal cancer screening

There are two steps to earning the reward for completing an eligible preventive wellness exam and cancer screenings.

- 1 Once an eligible preventive wellness exam or cancer screening is completed, it is automatically reported through claims data from participating medical plan providers (no PHI is shared). This can take up to 60 days to be reported.
- 2 Caregivers will also need to opt in to the sharing of their medical claims data before the reward will be deposited. This can be completed by signing and dating the self-attestation on the second tab of the rewards tracker in the recognition portal.

Option 2 not enrolled in an Intermountain medical plan

Caregivers who are not enrolled on an Intermountain medical plan are eligible to participate in a biometric screening, through Quest Diagnostics, and earn a **\$50** reward. This is an alternative to completing the traditional preventive wellness exam activity. This activity can be completed through one of the following options.

- › Download and complete the physician results form.
- › Attend a scheduled onsite screening event.
- › Schedule a Patient Service Center appointment.
- › Additionally, through Quest, caregivers who are 45 years of age or older can complete an at home colorectal cancer screening kit and earn another **\$50** reward.
- › There is not currently an alternative option for completing a mammogram or cervical cancer screening for those not on an Intermountain sponsored medical plan.



Preventive Exam/Cancer Screening Pro Tips

Tip | 1: To opt in to the program participation for a preventive wellness exam and cancer screenings for caregivers on an Intermountain sponsored medical plan, go to the Be Well rewards tracker found on the Recognition Portal. Then, click on the second tab at the top right of the page, and digitally sign and date to acknowledge your attestation.

Tip | 2: If it has been longer than 60 days and you have not received the reward, be sure that you've completed the self-attestation on your rewards tracker. If you've completed this step, please contact member services for your medical plan to verify your completion of an eligible screening and indicate you would like it to be reported to Be Well for the reward.

Tip | 3: If as a caregiver, you are the dependent (not a subscriber) on an Intermountain sponsored plan, you will need to contact Member Services to verify your completion of an eligible screening and request that these be sent to Be Well for the reward.

Take-10 Activity Break Program

Take-10 is a participation-based virtual wellness program that is designed to support caregivers in their physical activity goals. To begin participating in this program and to earn the reward, caregivers need to complete the following:

Step 1

Register

Register for the Take-10 Activity Break Course by clicking or scanning the QR code. If you've registered to participate previously, you do not need to register again.



Step 2

Watch the Orientation Video

Click or scan the QR code to play it now!



Step 3

Attend Classes

Fitting in a quick activity break during your work day couldn't be simpler. Choose from a variety of classes that include chair yoga, strength, stretch, core, and more. Visit the Take-10 website to explore this month's class schedule and find the attendance survey link. Click or scan the QR code to start moving, learning, and earning!



For a \$10 Be Well Reward	For a \$20 Be Well Reward	Recorded Class option
<ul style="list-style-type: none"> › Complete this registration and watch the orientation video. › Participate in a minimum of four Take-10 classes during the month. Only one class per week will count toward the minimum. › Complete a quick attendance survey after each class to receive credit. 	<ul style="list-style-type: none"> › Complete this registration and watch the orientation video. › Participate in a minimum of eight Take-10 classes during the month. Only 2 classes per week will count toward the minimum. Classes must be on different days. › Complete a quick attendance survey after each class to receive credit. 	<ul style="list-style-type: none"> › If you're unable to attend live classes, you can earn the \$10 reward by participating in one recorded class per week. › The recording will open Monday morning and close Sunday night. › To earn the \$20 reward, you will also need to attend one live class per week.

How to Access the Be Well Rewards Tracker

Be Well activities can be completed at your own pace throughout the year. To access the rewards tracker in the recognition portal and get started, follow the steps below:

Step 1

Click or scan the QR code to navigate to the Intermountain recognition portal, or go to IntermountainRecognition.com

Caregivers will need to PingID authentication to access the recognition portal, spouses and domestic partners will enter their login credentials.



Step 2

Click "Start here," within the Be Well activities banner in the middle of the screen.

Step 3

The rewards tracker shows a list of activities eligible for rewards, activities that you have completed, and the total amount of Be Well reward dollars you have earned.





Helpful Websites and Links

To learn more about Be Well:

- › [Caregiver Be Well website](#)
- › [Spouse/domestic partner Be Well website](#)
- › [Virgin Pulse](#)
- › [Recognition Portal](#)

For Take-10 or onsite Fitness Center questions:

- › [Take-10 Website](#)
- › [Onsite Fitness Center website](#)
- › Email: Fitness@imail.org

For gift card or reward redemption questions, contact:

- › Email: awardsupportcenter@awardsupportcenter.com
- › Phone: 1-888-292-7341

For Be Well program questions:

- › [Ask a question in Service Hub](#)
- › Call 801-442-7547 or 833-442-7547.

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