## **Wellness Portal**

Member will go to the URL: https://healthatoz.myuhc.com/portal/bridge/FHDA

#### Member arrives at the Landing Page (shown below)

#### Member clicks on "Register/Log in"



# **Registration Page**

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Member fully completes Section 1 and 2. All fields in section 1 and 2 are required fields.

. . . . . . . . . . . . . . .

	SEARCH	FOOTHIL Community C	E-DE ANZA College District
Home   Conditions AtoZ   Tools	Lifestyles   Drug Guide	Encyclopedia	My Topics   Online Health Coach   Personal Healt
Register   Log in			registration r
* denotes required field	ation		Already registered?
Employer:	Foothill-De Anza Communit District	y College	Password:
Employee SSN: *	Enter Employee SSN here.		Forgot your password? Sign in
Username: *	6-20 letters and/or numbers.		December 1 in
Email: *			Reasons to Join
Password: * Confirm			Need help managing your health? The Online Health Coach provides plans to manage weight loss, stress, diabetes, and heart-healthy lifestyle
Password: *		_	Personal Health Record (PHR) Record information about immunizations, allergi
2 Personalize your Exp First Name: *	erience 3		contact information and more so it's always easy locate.

# **Registration (con't)**

Member reads the Terms of Agreement and checks the box next to "I have read and

understand the Terms of Agreement" to proceed. Member clicks the "Register" button at the bottom of the screen.

	2 Personalize your Experience First Name: *	Record information about immunizations, allergies, past surgeries and hospitalizations, medical history, contact information and more so it's always easy to locate.
	Last Name: *	Customizable Home Page With HealthAtoZ, you're in the driver's seat. Personalize your home page to reflect your own health care needs and interests. Choose topics that
	Phone Number: * () (2)	interest you.
	Zip Code: * DOB: * Month T Day T Year T	Health Assessment Our comprehensive Health Assessment will help you determine your potential health risks. Find out more about what you are doing right and what you could be doing better when it comes to your health.
	Gender: * O Male O Female	
	Height * - 🖛 ft 0 💌 in	
	Weight: * Ibs	
	3 Optional Information	
	I would like to receive personalized messages	
	*  I have read and understand the <u>Terms of Agreement</u> .  Register	
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- F		

# **HealthAtoZ Dashboard**



# **Take a Health Assessment**



Member arrives at the Health Assessment launch page, selects Language and

clicks the 'launch' button to begin

A world of health at your fingertips	t
Home   Conditions AtoZ   Tools   Lifestyles   Drug Guide   Encyclopedia My Topics	Personal Health Center ;   Online Health Coach   Personal Health Record
Profile   Log Out Secure Message Center $\Omega$ 0 Health Dollars Health Assessment	Ask Our Experts
O Spanish Health Assessment 💽 English Health Assessment	Health Headlines • Walk 100 Steps a Minute for 'Moderate' Exercise
The Health Assessment, administered by the University of Michigan, gives you a head start on your Health Improvement Plan. When you're done, we'll go to work for you with instant feedback and home page personalization.	<ul> <li>Black Male Children Face Highest Risk for Food Allergies</li> <li>Using Music and Sports to Improve</li> </ul>
	Exposure to Peanuts May Build
Quick Tip! Click the "Finish" button after reading your Health Assessment results. You'll return to your personalized home page where you can get started on your Health Improvement Plan.	- Child's Food Allergies Take Toll on
Quick Tip! Click the "Finish" button after reading your Health Assessment results. You'll return to your personalized home page where you can get started on your Health Improvement Plan.	Child's Food Allergy Child's Food Allergies Take Toll on Family Plans My Feature Article

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# Member arrives at the Health Assessment entry point and clicks on "enter".

	HMRC Version 1/2007	
Before beginni most recent pr information is r	ng this assessment, please have your medica aventive services and health screenings, and equired, including it will make your Health Ass	l information at hand, including your height, weight, approximate dates of blood pressure and cholesterol measurements, if known. While none of this sessment Results report more accurate and complete.
You may subm wish.	t a assessment as frequently as every six mo	nths. You may return here to see your current results report whenever you
Member ID Co	nfirmed Authorization Confirmed	
To personalize	your assessment:	
<i>Cigarette Sm</i> How would yo	o <i>king</i> ou describe your <i>cigarette</i> smoking habits?	<ul> <li>Still smoke cigarettes</li> <li>Used to smoke cigarettes</li> <li>Never smoked cigarettes</li> </ul>
The Health Ass physician or a i	essment is not a substitute for a medical exam nealth professional to review the results with yo	- . If you have health concerns or if the report raises questions, please consult your u.
	nent: Background and Security This is a Comodo Authentic Site CREE CR	mply with the HONcode standard for <u>trustworthy health information</u> : h <u>ere</u> .
This Web site i may also need	s designed so that you don't need to use you to dick <b>[Refresh]</b> or <b>[Reload]</b> as instructed.	r browser's <b>[Back]</b> button. But if you do for the privacy of your data, you
		Enter

Member accesses the Health Assessment, completes the health assessment and clicks "Submit to University of Michigan for Analysis" button at bottom of questionnaire.

University of Mich Health As HMRC Versio	nigan Health Management Research Center Sessment In 1/2007
(Do not use your browser's [Back] button.) The following questions remain without valid answers: 4, 7-24, 26-31, 34, 36-44, 46-52 Will you complete them? In particular, questions 7, 8, 10-15, 18, 19, 23, 24, 26-29, 37, 46 are recommended for a meaningful results report.	
<ul> <li>(Do not use your browser's [Back] button.)</li> <li>You answered: <ul> <li>38 years old</li> <li>5 feet 5 inches (165 centimeters)</li> <li>120 pounds (54 kilograms)</li> </ul> </li> </ul>	Edit
Do you need to edit these or any other answers, or would you	like to review all your answers? alth Assessment, click this button:
	Submit
May 19, 2009; 15:29:30 EDT	Contact

Member gets notification when HA submitted successfully and can review their personal results profile.

1	University of Michigan Health Manage Health Assessment R HMRC Version 1/2007	ment Research Center esuits	informatio
Congratulations for completing your Health Asse	ssment!		
Last update: May 19, 2009 Next update: after Novembe	r 18, 2009		
This Health Assessment is not design	ned for people who already have Heart disease, Cancer,	Kidney disease, or other serious conditions.	
Top 3 areas to improve o	or maintain your health right now!	Stress Physical Activity Weight* * Keep up the good wor	k!
Wellness Score			
	Poor Fai	· Good Good Excellent	
	O Vour coore is <b>60</b>	100	

# A few recommendations to ensure successful Registration:

Please ensure the URL entered in the address bar is accurate as shown below:

https://healthatoz.myuhc.com/portal/bridge/FHDA

First time users, please click on "Register". Once a user is registered, the user can then "Log In" using the Username and Password.

- During Registration all the fields with a red asterisk are mandatory or required.
- Once all the requested information is entered, Please remember to check the box next to "I have read and understand the Terms of Agreement" to proceed.

If there is missing information, the user will be prompted to enter the missing information. After entering the missing information, please make sure you have checked the "I have read and understand the Terms of Agreement" once again to proceed.

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Incentive Process – Gift Cards
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### **High-level Process**

- Member completes activity on Health & Wellness Portal
- Member receives email notification from our vendor notifying them of the issued award
  - Award subject and sender masked as "from UnitedHealthcare"
  - We encourage clients to add our vendor's information to their IT white list so that members who use company email addresses do not have their award emails blocked as junk mail.
- Member can click link within email to view certificate and proceed to online gift card redemption
- Member selects gift card(s) from retailer(s) of their choice. Rewards are always in stock and available in any \$5 denomination, starting at \$10.
- Member confirms shipping address, email and receives confirmation
   number upon completion of order
- Orders placed by 2 p.m. CT are shipped SAME DAY!

#### Health & Wellness Portal

• Member logs in to wellness portal and clicks on Health & Wellness tab

• Member sees current rewards balance (1) and incentive promotional campaign banner (2)



#### **Health & Wellness Portal**

• Upon completion of incentive activity, member will see balance in reward balance indicator. By clicking on the indicator, member will see incentive interface



#### **Electronic Award Notification**

• Email message is sent upon completion (24-48 hours from completion) to member's address informing them of award issuance

Dear Michael,

Congratulations! UnitedHealthcare has sent you a Premiere Choice Award via email in the amount of \$10.00. Your Premiere Choice Award is redeemable for gift card(s)/certificate(s) from more than 350 merchants available on PremiereChoiceAward.com. We've partnered with leading retailers, restaurants, entertainment and travel providers to give you a wide array of gift card/certificate choices.

1. To view your award\*, simply click here!

2. To select your gift card(s)/certificate(s), simply click on the link below the award.

If you are unable to view your Premiere Choice Award through the above link, simply copy and paste the following link into the address line of your Web browser.

http://www.hallmarkinsights.com/Optum/HealthWellness/UHC/Redemption/RedeemVirtual.aspx?key=%KEY% &PIN=%PIN%&M=1

If you have any questions or would like additional assistance, our Customer Service Consultants are available at 866.802.1117, Monday through Friday, between 7:00 a.m. - 7:00 p.m. Central time.

Again, congratulations on receiving a Premiere Choice Award.

Customer Service | UnitedHealthcare Award Center | 866.802.1117 Customer.Service@HallmarkInsights.com | Meaningful. Memorable. Measurable. %ORD\_NUM% %SEQ\_NUM%

\*Please note that the award you will view has no cash value and is redeemable only on the website above.

#### **Online Certificate**

- Upon clicking link in email or link on portal, member is taken to web site
- Certificate is presented which is branded with UnitedHealthcare logo and default message.
- Member can download
   printable version
- Member proceeds by clicking "redeem now" button above certificate



- Member's available balance shown at right
- Member can search for retailer of choice or browse by name or category
- Member proceeds by selecting retailer or using search function



- Member can select denomination and quantity to add to cart.
- Member can also review individual retailer policies regarding gift card use.
- Member proceeds by clicking "add to cart" or "view full merchant list" to keep shopping.



- Upon "add to cart" member is taken to shopping cart
- Member can continue shopping if they have remaining balance or can check out, edit their order, etc.

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- Upon checkout, member is asked to enter shipping address as well as email address for verification and status emails.
- Member can choose to receive verification email of order as well.



- Final checkout process is to confirm user entered information. Upon completion of order, user is provided a confirmation number.
- User will be emailed with status updates once award has shipped.



#### **Receipt of award**

- Member will receive mailer in plain envelope labeled with "important information from UnitedHealthcare"
- Orders placed by 2 p.m. CT will be shipped same-day.





# Assistance

• Members can visit the online help section at any time for FAQ's

	HALLMARK Jusights Business incentive solutions
Allsweis	Search by Category 🕄 Search by Keyword Search Tips          All       Image: Search by Category Image: Search by Keyword Search Tips         All       Image: Search by Category Image: Search by Keyword Search Tips         Poweredby Right       Poweredby Right
36 Answers A	vailable 🗟 Summary
1	
2	Referencia - VIRTUAI certificate
3	Redemotion instructions
4	Merchant List
5 [	Difference between the Premiere Choice Award and a gift certificate
6	Premiere Choice Award - Redemption
7	Premiere Choice Award - Expiration
8	Use of MSN Hotmail, Yahoo! Mail or AOL Mail
9	Redemption - both PHYSICAL certificate and VIRTUAL certificate
10	Redemption - PHYSICAL certificate
11	Virtual Certificates - How they work
12	Redemption - More than one merchant
13	Redemption - More than one award
14	Premiere Choice Award - Description
15	Premiere Choice Award - Redeemed for more than one gift certificate
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