



FOOTHILL-DE ANZA
Community College District

WELLNESS



Presented

by

Christine Vo, Benefits Manager

Jeff Sirmon, OptumHealth

June 3, 2009



WELLNESS

Introduction of FHDA Wellness Champions:

Wellness Advisory Committee Members

Jim Haynes

David Jones

Rob Mieso

Karen Smith

Jean Wirth



Naomi Kitajima

Mary Jo Lomax

Rich Schroeder

Ryan Tao

Tina Woo

Patience McHenry



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Presentation Agenda

- Privacy and Confidentiality
- Health Risk Assessments Overview
- Personal Wellness Report
- Health Coaching
- Health Assessments Incentive





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Security and Confidentiality

Secure site login

- Participants choose their own secure User ID and Password

OptumHealth Online uses Secure Socket Layer technology

[https://healthatoz.myuhc.com/portal/bridge/FHDA.](https://healthatoz.myuhc.com/portal/bridge/FHDA)

OptumHealth is HIPAA compliant

Confidential results

- FDHA will never see your results
- You have the option to send your results to your health plan so that they may inform you of additional services you may be eligible to receive.



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Health Risk Appraisal Overview



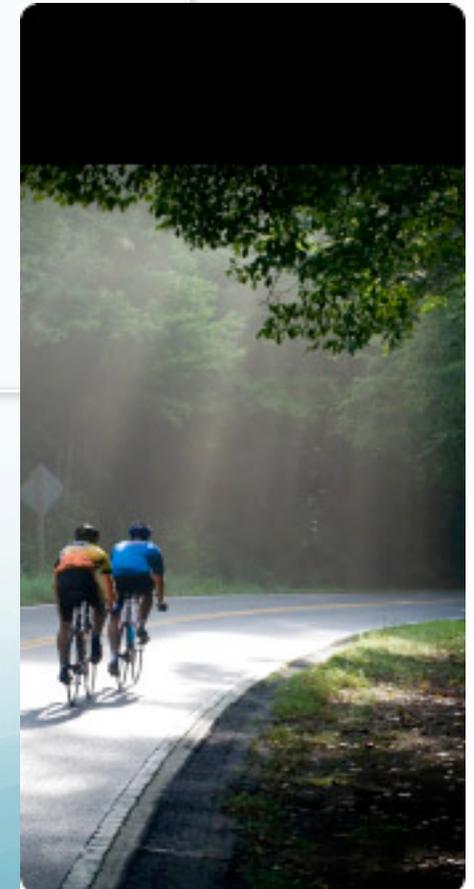
Health Risk Assessment

Take our online health risk assessment to understand your personal risk factors



Health Screening Results

Track your blood glucose, blood pressure, cholesterol and more



Health Coaching

Talk with our health coaches about your screening results or wellness goals



Incentive Program

Track your incentive points for getting and staying healthy



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What is a Health Assessment?

Health Assessment:

The OptumHealth program is designed to modifiable health risks (risks they can reduce through changes in their everyday behaviors) and help them take successful steps to manage their health risks.



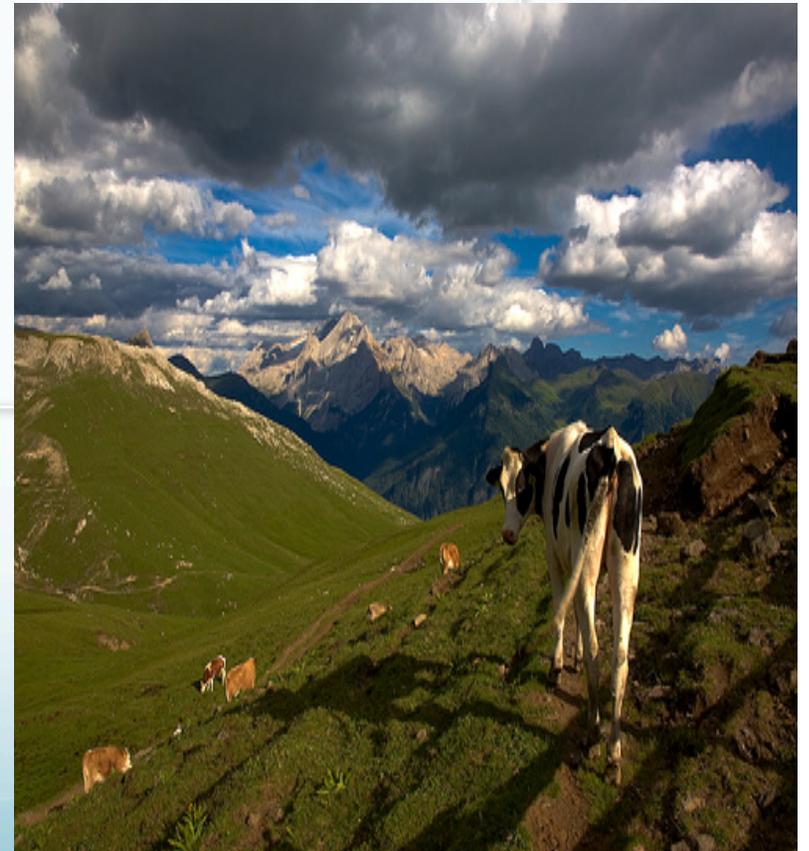


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Why Take a Health Assessment?

- Receive personalized and tailored results based on how you answer questions on the health assessment
- Learn which lifestyle areas are working for you as well as areas that may need attention
- Find out if you are up to date on your preventive exams
- Learn to better manage chronic conditions
- Use your results to set health goals for the year
- Get the opportunity to work with your own personal health coach if your results show you could benefit
- Earn a \$100 gift card to your choice of 350 popular stores.





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OptumHealth Health Assessment

- Completely voluntary
- Approximately 52 questions
- Takes 15 minutes to complete
- Online or paper format
- Spanish paper and online version available
- Personalized results based on your answers



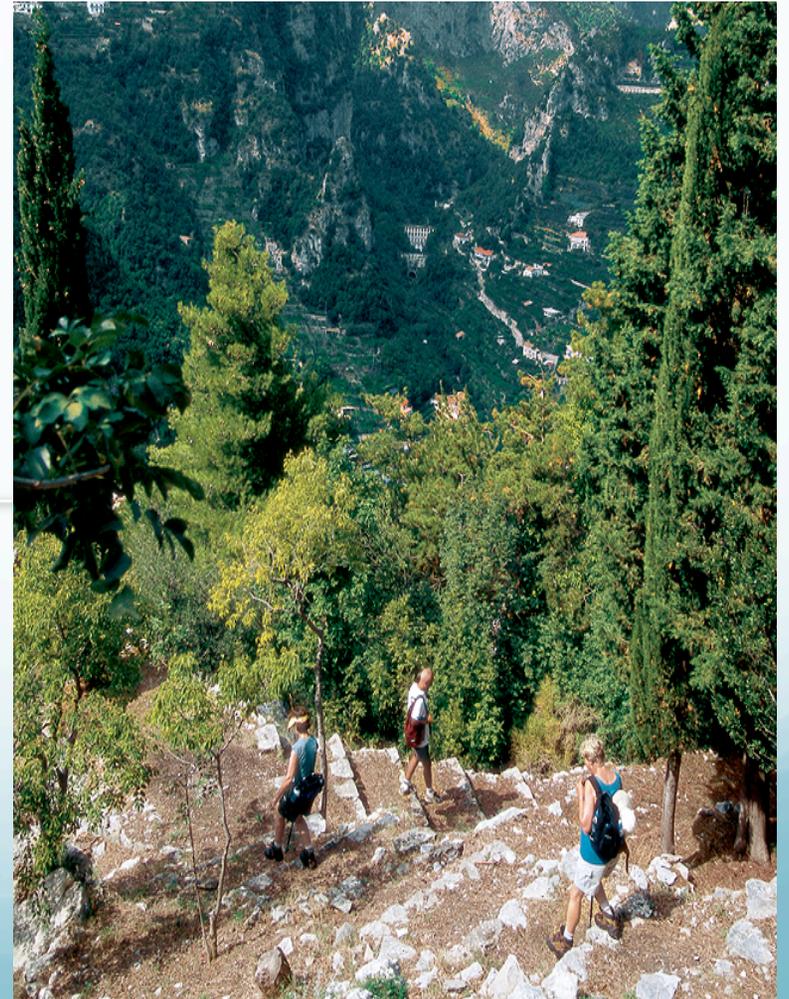


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What is Wellness Coaching?

- Access to specially trained personal Wellness Coaches — at no cost to you, as part of your benefit plan!
- To fit your needs and busy schedule, coaching is offered by:
 - Telephone
 - Online
 - Mail





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Wellness Coaching Process

- **Collaborative vs Prescriptive**
 - Stage-based motivational & behavioral support
 - Facilitation of self-change processes
 - Focus on empowerment & self-sufficiency
 - Coaching goal: independence
- **Success Factors**
 - Collaborative goal-oriented coaching approach
 - Tailored interaction process based on participant's current Stage of Change, motivation, self-efficacy
 - Solution based strategies
 - Overcoming barriers/relapse
 - Program goal: behavioral risk reduction

Will this program cost me anything? No, wellness coaching is available at no cost to you, as part of your benefit plan.

What programs are available?

Wellness Coaching Programs are available for:

- Weight management
- Exercise
- Nutrition
- Tobacco cessation
- Stress management
- Heart health
- Diabetes lifestyle



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Behavior Change Programs

- **Delivery Options**
 - Online-based
 - Mail-based
 - Telephone-based wellness coaching
- **Multilingual**
 - Spanish, Mandarin Chinese, Hindi, Urdu and Punjabi
 - TDD/TTY services for the hearing-impaired
 - Language Line translation services (over 150 languages)
- **Behavior Change Stratification**
 - One or more high risks





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Wellness Coaching Process





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Mail-Based Programs

- Educational Information sent over a 6-month period
 - Serial Mailings
 - Unlimited Access to Help Line
 - Personalized based on stage of change
 - Action-oriented
 - Informative
 - Planning & Tracking





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Online-Based Programs

- Six-week to 12 month programs
- Integrated with the online Health Assessment
- Personalized & Comprehensive
 - ✓ 10 lifestyle action plans tailored to an individual's risk profile, readiness to change, tastes, and lifestyle
 - ✓ Personalized to engage individuals in managing their own health, including weekly email communications
 - ✓ Includes tools such as Meal Planners, Fitness Planner, and Walking Trackers



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Wellness Portal: URL: <https://healthatoz.myuhc.com/portal/bridge/FHDA>

- Member arrives at the Landing Page (shown below)
- clicks on "Register/Log in"

HealthAtoZ
A world of health at your fingertips

FOOTHILL-DE ANZA
Community College District

Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia | My Topics | Online Health Coach | Personal Health Record registration required

Register | Log in

Learn More About HealthAtoZ!
Find out why so many people are taking advantage of our one-of-a-kind approach to better health. We offer custom-made health programs and many other great features that you won't find anywhere else on the Internet. Best of all, it's **FREE!**

Are YOU at Risk?
CHECK OUT OUR QUIZZES & TOOLS SECTION.
Learn more

Online Health Coach
Personalized programs created just for you.

- Weight Loss
- Exercise
- Smoking
- Heart Health
- Diabetes
- Nutrition
- Stress
- Back Pain

Your Life. Your Goals.
registration required

Ask Our Experts

Nurse Chat
Chat now with a live nurse to answer all of your health questions!

Ask the Nutritionist
How does red wine affect your blood sugar? And how can you eat right when a health condition requires you to limit protein and carbs?
If you have diabetes, drinking a glass of red wine a day is fine... depending on what you eat with it. Learn more about diabetes and alcohol, and find out how to get the calories you need and feel full.

Health Headlines

- Transition From Home to Hospital Rarely Seamless
- Doctor's Training

Conditions AtoZ
Need more information about a disease or managing your condition? We've got you covered. A to Z...

Healthy Lifestyles
Learn more about how to live a healthier, happier life for you and your family.

- Women's Health
- Men's Health
- Children's Health
- Parenting
- Senior Health



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Registration Page

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



[Home](#) | [Conditions AtoZ](#) | [Tools](#) | [Lifestyles](#) | [Drug Guide](#) | [Encyclopedia](#) | [My Topics](#) | [Online Health Coach](#) | [Personal Health Record](#)
[Register](#) | [Log in](#) registration required

*** denotes required field**

1 Registration Information

Employer: Foothill-De Anza Community College District

Employee SSN: *
Enter Employee SSN here.

Username: *
6-20 letters and/or numbers.

Email: *

Password: *

Confirm Password: *

2 Personalize your Experience

First Name: *

Already registered?

Username:

Password:

[Forgot your password?](#)

Reasons to Join...

Online Health Coaching
Need help managing your health? The Online Health Coach provides plans to manage weight loss, stress, diabetes, and heart-healthy lifestyles.

Personal Health Record (PHR)
Record information about immunizations, allergies, past surgeries and hospitalizations, medical history, contact information and more so it's always easy to locate.



WELLNESS

Registration Page

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



Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia | My Topics | **Online Health Coach** | Personal Health Record
registration required

Register | Log in

*** denotes required field**

1 Registration Information

Employer: Foothill-De Anza Community College District

Employee SSN: *
Enter Employee SSN here.

Username: *
6-20 letters and/or numbers.

Email: *

Password: *

Confirm Password: *

Already registered?

Username:

Password:

[Forgot your password?](#)

Reasons to Join...

Online Health Coaching
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2 Personalize your Experience

First Name: *



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Registration Continued....

- 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: * ?

Last Name: * ?

Phone Number: * () - - ?

Zip Code: *

DOB: * Month Day Year

Gender: * Male Female

Height: * ft. in

Weight: * lbs

3 Optional Information

I would like to receive personalized messages

* I have read and understand the [Terms of Agreement](#).

Register

Record information about immunizations, allergies, past surgeries and hospitalizations, medical history, contact information and more so it's always easy to locate.

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 interest you.

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.



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HealthAtoZ Dashboard

**HealthAtoZ**
A world of health at your fingertips

**FOOTHILL-DE ANZA**
Community College District

Personal Health Center
My Topics | Online Health Coach | Personal Health Record

[Home](#) | [Conditions AtoZ](#) | [Tools](#) | [Lifestyles](#) | [Drug Guide](#) | [Encyclopedia](#)

[Profile](#) | [Log Out](#)

 [Secure Message Center](#)

 [0 Health Dollars](#)

Symptom Checker

Learn about what's going on in your body by using the [Symptom Checker](#)



[Go to Symptom Checker](#)

Take a Health Assessment!

Or, if it's been 6 months since your last Assessment, re-take it today and check your progress!



Ask Our Experts

Health Headlines

- Drug May Help Against Inflammatory Breast Cancer
- Outgoing Nature Could Get You to 100
- Study Rates Breast Cancer Risks Among Races

[More..](#)

Personal Health Record

- Emergency Contacts
- Medical History
- drugs & Interactions

[more...](#)

Take a Health Assessment

My Health Improvement Plan

Here are your latest personalized plan updates:

My Feature Article



Being Overweight Is Risky Business
Health risks of obesity



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Take a Health Assessment





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Personal Health Center
My Topics | Online Health Coach | Personal Health Record

Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia

[Profile](#) | [Log Out](#)

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- Drug May Help Against Inflammatory Breast Cancer
- Outgoing Nature Could Get You to 100
- Study Rates Breast Cancer Risks Among Races

[More..](#)

My Feature Article



Being Overweight Is Risky Business
Health risks of obesity



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Health Assessment

- Member arrives at the Health Assessment launch page, selects Language and clicks the “launch” button to begin:

The screenshot displays the HealthAtoZ website interface. At the top left is the HealthAtoZ logo with the tagline "A world of health at your fingertips". To its right is the Foothill-De Anza Community College District logo. Below the logos is a search bar with a "SEARCH" button. A navigation bar contains links for Home, Conditions AtoZ, Tools, Lifestyles, Drug Guide, Encyclopedia, My Topics, Online Health Coach, and Personal Health Record. Below the navigation bar are links for Profile | Log Out, Secure Message Center, and 0 Health Dollars. The main content area features a "Health Assessment" section with radio buttons for "Spanish Health Assessment" and "English Health Assessment". Below this is a paragraph explaining the assessment and a "Quick Tip!" section. A prominent "Launch University of Michigan Health Assessment" button is highlighted with a red box. To the right, there is an "Ask Our Experts" section with "Health Headlines" and a "My Feature Article" section with a small image of a person.

HealthAtoZ
A world of health at your fingertips

FOOTHILL-DE ANZA
Community College District

SEARCH

Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia | My Topics | Online Health Coach | Personal Health Record

Profile | Log Out | Secure Message Center | 0 Health Dollars

Health Assessment

Spanish Health Assessment English Health Assessment

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.

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.

Launch University of Michigan Health Assessment

Did you know...? The health information you provide is only used to help you reach your health goals. By using the Health Assessment, you agree that the University of Michigan may collect and report your results to this web site - giving you a head start on your personalized Health Improvement Plan.

Ask Our Experts

Health Headlines

- Walk 100 Steps a Minute for 'Moderate' Exercise
- Black Male Children Face Highest Risk for Food Allergies
- Using Music and Sports to Improve Kids' Asthma
- Exposure to Peanuts May Build Tolerance to Allergy
- Child's Food Allergies Take Toll on Family Plans

My Feature Article

Not Getting Better? It Could Be Mono
You may think you have the flu or some other



WELLNESS

Health Assessment

- Member arrives at the Health Assessment entry point and clicks on “enter”.

 **University of Michigan Health Management Research Center**
Health Assessment
HMRC Version 1/2007

[information](#) this Health Assessment and return to the Health Dashboard.

Before beginning this assessment, please have your medical information at hand, including your height, weight, approximate dates of most recent preventive services and health screenings, and blood pressure and cholesterol measurements, if known. While none of this information is required, including it will make your Health Assessment Results report more accurate and complete.

You may submit a assessment as frequently as every six months. You may return here to see your current results report whenever you wish.

Member ID Confirmed **Authorization** Confirmed

To personalize your assessment:

Cigarette Smoking
How would you describe your *cigarette* smoking habits?

Still smoke cigarettes
 Used to smoke cigarettes
 Never smoked cigarettes

The Health Assessment is not a substitute for a medical exam. If you have health concerns or if the report raises questions, please consult your physician or a health professional to review the results with you.

[Health Assessment: Background and Security](#)

 This is a Comodo Authentic Site
 We comply with the HONcode standard for [trustworthy health information](#):
[verify here.](#)

This Web site is designed so that you don't need to use your browser's **[Back]** button. But if you do ... for the privacy of your data, you may also need to click **[Refresh]** or **[Reload]** as instructed.



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Health Assessment

- Member accesses the Health Assessment, completes the health assessment and clicks “submit to University of Michigan for Analysis” button at bottom of questionnaire.

myuhc.com®  UnitedHealthcare®
A UnitedHealth Group Company

 University of Michigan Health Management Research Center
Health Assessment
HMRC Version 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.

(Do not use your browser's [Back] button.)
You answered:

- 38 years old
- 5 feet 5 inches (165 centimeters)
- 120 pounds (54 kilograms)

Do you need to edit these or any other answers, or would you like to review all your answers?

To save and finish your Health Assessment, click this button:

May 19, 2009; 15:29:30 EDT

Contact Corrections



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Health Assessment

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

myuhc.com®

UnitedHealthcare®
A UnitedHealth Group Company



University of Michigan Health Management Research Center
Health Assessment Results
HMRC Version 1/2007

information

Congratulations

for completing your Health Assessment!

Last update: June 1, 2009

Next update: after December 1, 2009

This Health Assessment is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

Top 3 areas to improve or maintain your health right now!

Medical Problems
Physical Activity*
Weight*

* Keep up the good work!

Wellness Score



Your Wellness Score comes from the information you gave on your Health Assessment. Improving your health and updating your routine preventive services will improve your score in the future.

Age: 47
Sex: Female

What you're doing well:

- You do not use tobacco.
- You drink little or no alcohol.
- You have a regular breast exam.
- You have a regular Pap test.
- You have a regular mammogram.
- Your systolic blood pressure is under 120.
- Your weight is within desirable range.
- You use a safety belt all the time.

What you can do better:

- Do a breast self-exam monthly.

- You travel close to speed limit.
- Your physical activity level is good.
- You eat a low fat/low cholesterol diet.
- You have good overall physical health.
- You have a regular rectal exam.
- Your cholesterol level is below 200.
- You have a positive outlook on life.
- You have your routine preventive services.

- Decrease your diastolic blood pressure to 79 or less.



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Incentive Process – Gift Cards: 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 on-line 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!



Incentive Process continued....

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

HealthAtoZ
A world of health at your fingertips

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Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia | Personal Health Center | My Topics | Online Health Coach | Personal Health Record

Christine Vo
Profile | Log Out | Secure Message Center | 50 Health Dollars

My Health Dollars

My Health Dollars | **Earning Health Dollars** | Rewards & Redemption

Listed below are the activities and actions you can take to earn Health Dollars.

| Action or Event | Reward |
|------------------------------------|--------|
| Complete Health Assessment | \$50 |
| Participate in on-site Health Fair | \$50 |

Ask Our Experts

Health Headlines

- Walk 100 Steps a Minute for 'Moderate' Exercise
- Black Male Children Face Highest Risk for Food Allergies
- Using Music and Sports to Improve Kids' Asthma
- Exposure to Peanuts May Build Tolerance to Allergy
- Child's Food Allergies Take Toll on Family Plans

My Feature Article

Not Getting Better? It Could Be Mono
You may think you have the flu or some other illness, but it's just not getting better. Learn how to recognize and care for mononucleosis.

[continued...](#)

[Health Exclusive Archive](#)

Health Information

- Conditions AtoZ
- Lifestyles
- Drug Guide
- Encyclopedia

• [Healthwise en Espanol](#)



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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.



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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

Over 350 rewards
for a job well done.
Enjoy!

Download Printable Award

Redeem Award

PREMIERE CHOICE[®] AWARD

MEMBERS NAME

THANK YOU FOR YOUR PARTICIPATION IN OUR PROGRAM!

UnitedHealthcare
Healing health care. Together.



Gift Card Redemption Process

- 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

The screenshot shows the 'Redeem Your Award' page. At the top right, there are links for 'Cart | Redeem | Help | Contact Us'. Below this is a banner with the 'Premiere Choice Award' logo and the text 'Over 350 rewards for a job well done. Enjoy!'. The main heading is 'Redeem Your Award' with a sub-heading 'STEP 2: VIEW MERCHANTS'. A search section includes 'Search by Name' and 'Search by Category' with a 'Select' dropdown, a 'Search' button, and a 'RESET' link. Below the search is a 'Merchants' section with three columns of retailer names and links, categorized by 'ADVENTURE EXPERIENCE', 'APPAREL', 'FRESH FLOWERS/PLANTS', 'GIFT CARD MERCHANTS', 'SHOES & ACCESSORIES', and 'SPECIALTY STORES & SERVICES'. On the right side, there is an 'Award Balance' summary table and a 'Need More Help?' section with contact information.

| Award Balance | |
|-------------------|------|
| Total Award Value | \$25 |
| Total Redeemed | \$0 |
| <hr/> | |
| Total Remaining | \$25 |

[Enter Another Award](#)

Redeeming Your Award Is Quick and Easy

STEP 1: Submit Award
STEP 2: View Merchants
STEP 3: Select Merchant
STEP 4: Review Cart
STEP 5: Checkout

Need More Help?

Visit our [Help](#) section or contact our Customer Support by [email](#) or call 866-802-1117.



Gift Card Redemption Process

- 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

The screenshot shows the 'Redeem Your Award' page. At the top right, there are links for 'Cart | Redeem | Help | Contact Us'. Below this is a banner with a logo and the text 'Over 350 rewards for a job well done. Enjoy!'. The main heading is 'Redeem Your Award' with a sub-heading 'STEP 2: VIEW MERCHANTS'. A search section includes 'Search by Name' and 'Search by Category' with a 'Search' button and a 'RESET' button. Below the search section is a list of merchants categorized into: ADVENTURE/EXPERIENCE, APPAREL, FRESH FLOWERS/PLANTS, GIFT CARD MERCHANTS, SHOES & ACCESSORIES, and SPECIALTY GIFTS. A 'Need More Help?' section is also visible on the right side of the page.

Cart | Redeem | Help | Contact Us

Over 350 rewards for a job well done. Enjoy!

Redeem Your Award

STEP 2: VIEW MERCHANTS

To learn more about a merchant or to make your selection for your gift card or certificate, click on the merchant's name below. If you have a certain merchant, location or category in mind, use our search boxes below. To start a new search, simply click on the "RESET" button.

Search by Name Search by Category

Merchants

| ADVENTURE/EXPERIENCE | FRESH FLOWERS/PLANTS | SHOES & ACCESSORIES |
|---|---|--|
| Club TeeTime Golf | Calyx Flowers | Amazon.com@ |
| Great American Days@ Broadway Tickets | The Home Depot@ | Blue Nile@ |
| Great American Days@ | Target | Bostonian@ |
| Great American Days@ Hot Air Balloon Ride | GIFT CARD MERCHANTS | Clarks@ |
| Great American Days@ Scuba Diving | 9:24Sports | Gordon's Jewelers |
| Great American Days@ Stock Car Ridealong | A Pea In The Pod@ | JCPenney e-Gift Card |
| Ticket Jones | Amazon.com@ | Piercing Pagoda |
| APPAREL | AMC Theatres@ | Sunglass Hut |
| 9:24Sports | American Airlines@ (\$50 minimum) | Zales Jewelers |
| A Pea In The Pod@ | Applebee's@ | Zappos.com@ |
| Amazon.com@ | Ebbies"R"Us | SPECIALTY GIFTS |
| Bass Pro Shops@ | Bass Pro Shops@ | Calyx Flowers |
| Belk | Bath & Body Works@ | Glamour Shots@ |
| Bloomingdale's | Bed Bath & Beyond@ | Hallmark Gold Crown |
| Bostonian@ | Belk | SPECIALTY STORES & SERVICES |
| The Buckle | Best Buy | Barewalls.com |
| Cabela's@ | Best Western@ | Bath & Body Works@ |
| Catalina@ | BLOCKBUSTER@ | Bed Bath & Beyond@ |
| | Bloomingdale's | BedandBreakfast.com |
| | Bonfish Grill@ | Calyx Flowers |

Award Balance

| | |
|-------------------|------|
| Total Award Value | \$25 |
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Redeeming Your Award Is Quick and Easy

STEP 1: Submit Award
STEP 2: View Merchants
STEP 3: Select Merchant
STEP 4: Review Cart
STEP 5: Checkout

Need More Help?

Visit our [Help](#) section or contact our Customer Support by [email](#) or call 866-802-1117.



Gift Card Redemption Process

- 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.

Cart | Redeem | Help | Contact Us



Over 350 rewards
for a job well done.
Enjoy!

Redeem Your Award

STEP 3: SELECT MERCHANT

Please review the merchant information, your gift card amount, quantity and delivery type below. Click on the "Add to Cart" button below to continue.

Please note: The minimum gift card value is \$10 per card, so if you have an award balance of \$20 or more, you have the option of using some or all of your award for a gift card from this merchant. If you wish to split your awards, edit the amount, quantity and delivery type (if applicable) of the gift card in the form below and click on the "Add to Cart" button. You will see your remaining award balance in the right column. Then click "Continue Shopping" to select another merchant gift card.

View the [full merchant list](#) for more options.

| | | | |
|---------------------------------|--------------------------------|---------------|--|
| Certificate Dollar Value | Quantity | Delivery Type | |
| <input type="text" value="25"/> | <input type="text" value="1"/> | Gift Card | <input type="button" value="Add To Cart"/> |



A Target GiftCard is your opportunity to shop for thousands of items at more than 1,500 Target and SuperTarget® stores, as well as Target.com. From home decor, small appliances and electronics to fashion, accessories and music, find exactly what you're looking for at Target. No fees. No expiration. No kidding.SM

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View [terms and conditions](#) for Target.

Award Balance

| | |
|-------------------|------|
| Total Award Value | \$25 |
| Total Redeemed | \$0 |
| Total Remaining | \$25 |

Redeeming Your Award Is Quick and Easy

STEP 1: Submit Award
STEP 2: View Merchants
STEP 3: Select Merchant
STEP 4: Review Cart
STEP 5: Checkout

Need More Help?

Visit our [Help](#) section or contact our Customer Support by [email](#) or call 866-802-1117.



Gift Card Redemption Process

- 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.

Cart | Redeem | Help | Contact Us



Premiere Choice Award

Over 350 rewards for a job well done. Enjoy!

Redeem Your Award

STEP 4: REVIEW CART

Please review the merchants you have selected and the gift cards/certificates you have ordered. If you have additional award dollars to use, click "Continue Shopping" to return to the merchant list to select additional gift cards/certificates.

Selected Merchants [Empty Cart](#)

| MERCHANT | AMT | QTY | TOTAL | OPTIONS |
|--|------|----------|-------------|---|
| Target Recipient Members Name Give to a Friend Preview Certificate | \$25 | 1 | \$25 | EDIT REMOVE |
| TOTAL | | 1 | \$25 | |

[Continue Shopping](#) [Checkout](#)

Helpful Hints

Click "edit" to adjust dollar amount and quantity. Then:

- click "update" to submit your order.
- click "cancel" to get out of edit mode.
- click "remove" to delete the entire selected merchant.

Award Balance

| | |
|-------------------|------|
| Total Award Value | \$25 |
| Total Redeemed | \$25 |
| Total Remaining | \$0 |

[Enter Another Award](#)

Redeeming Your Award Is Quick and Easy

STEP 1: Submit Award
STEP 2: View Merchants
STEP 3: Select Merchant
STEP 4: Review Cart
STEP 5: Checkout

Need More Help?

Visit our [Help](#) section or contact our Customer Support by [email](#) or call 866-902-1117.



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Gift Card Redemption Process

- 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.

Cart | Redeem | Help | Contact Us



Premiere Choice Award

Over 350 rewards for a job well done. Enjoy!

Redeem Your Award

STEP 5: CHECKOUT

Please confirm that all information below is correct. To view the terms and conditions of your selected gift card (s), click on the merchant name(s) below. Once you have confirmed your order, check the box indicating that you have read the terms and conditions and click "Place Order."

| Items Shipping To: | c r 1234 aplace, MN 55378 | Shipping Method: | USPS First-Class Mail | Upgrade Shipping | | |
|--------------------|---------------------------------|------------------|-----------------------|----------------------------------|-------|--------------------------------|
| RECIPIENT | MERCHANT | PRODUCT | AMT | QTY | TOTAL | OPTIONS |
| Members Name | Target | Gift Card | \$25 | 1 | \$25 | CHANGE ADDRESS |
| | | SUB TOTAL | | 1 | \$25 | |
| | | SHIPPING CHARGE | | | \$0 | |

Order Total: \$25.00

I understand and agree with the terms and conditions of the gift card(s) I've selected. (To view gift card terms and conditions, click on the merchant name(s) above.) I have verified that my address and merchant selection(s) are correct. I understand that gift card selections are final. Gift cards are non-refundable, cannot be exchanged and are not replaceable if lost or stolen, except where required by law.

[Cancel Order](#) [Place Order](#)

Redeeming Your Award Is Quick and Easy

STEP 1: Submit Award
STEP 2: View Merchants
STEP 3: Select Merchant
STEP 4: Review Cart
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Need More Help?

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Community College District

WELLNESS

Selection – over 350 retailers with all the top brands!

BABIES R US

★ macy's



KOHL'S
expect great things

LOWE'S
Let's Build Something Together™



Sears
where it begins



SPORTS
AUTHORITY



amazon.com

BED BATH &
BEYOND



Just Give
A Smarter Way to Give



REGISSALON
SALON & SPA

Royal Caribbean
INTERNATIONAL

SPAFINDER

Marriott



THE
SHARPER
IMAGE



Bath & Body Works

STAPLES
that was easy™



BORDERS

AMC
THEATRES

CALYX & COROLLA
LUXURY BOUTIQUE

Red Lobster

HYATT
HOTELS & RESORTS

Eddie Bauer
EST. 1920

REGAL
ENTERTAINMENT
GROUP



Foot Locker

Great
AMERICAN
Days





Gift Card Assistance

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

HALLMARK Insights
BUSINESS INCENTIVE SOLUTIONS

Answers **Ask a Question** My Previous Questions

Search by Category  Search by Keyword [Search Tips](#)

All

Powered by 

36 Answers Available 

| | Summary |
|----|---|
| 1 | Redemption - Shipping Times |
| 2 | Redemption - VIRTUAL certificate |
| 3 | Redemption 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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Community College District

WELLNESS

Help Line Call Center

- Provides full-time, front-line help desk support services to participants who need assistance.
 - Questions regarding how to answer the health assessment questionnaire
 - Questions regarding health assessment results
 - Questions regarding Health Coaching programs
 - Security and confidentiality concerns
 - Log-in problems
 - Forgotten passwords

Questions?

Please contact the Health and Wellness Technical Support:
1-866-868-5484, or email: portalsupport@healthatoz.com

and

Wellness Coaching Program: **1-800-478-1057**



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WELLNESS



Thank you!