

# Increase your *WELLth* by doing what's good for your *HEALTH!*



Employees who complete **1, 2, 3 & 4** will be entered into a random drawing for one of **EIGHTY \$500 cash prizes!**

- ▶ You **MUST** be a regular County Employee
- ▶ You **MUST** complete ALL 4 requirements
- ▶ NO guarantee of winning
- ▶ WELLthy cash prizes are considered taxable income per IRS guidelines.
- ▶ Even if you don't win--you're a **WINNER** in health!

## **1.** COMPLETE the Wellness Program's "Wellness Profile" Screening anytime in 2018.

ALL CONFIDENTIAL - Your results and privacy are protected by law (HIPAA).

This FREE, CONFIDENTIAL screening measures blood pressure, height, weight, BMI, Body Fat %, cholesterol, HDL, LDL, glucose & triglycerides. A 12-hour fast is RECOMMENDED, but not required. REGISTER @ [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). If you can't fast--or forget to fast, YOU CAN STILL GET YOUR SCREENING. The results will be compared to non-fasting results. Appointments are in the morning and take about 30 minutes.

*If it is more convenient*, you can get your screening (or Annual Physical), done by your health care provider in 2018. Your doctor must complete the [VCWELL WELLthy Cash Physician Submittal Form](#). Return the form via our secure Fax: 805.658.4527 or our secure email: [wellness.program@ventura.org](mailto:wellness.program@ventura.org). If you are sending the form to the Wellness Program from your personal email account, type #secure# in the subject line.

**~AND~**

ALL CONFIDENTIAL - Your results and privacy are protected by law (HIPAA).

## **2.** COMPLETE the "Wellness Profile" Questionnaire (Assessment) anytime in 2018.

A CONFIDENTIAL online health-related questionnaire consisting of about 50-60 questions. Login @ [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). Once logged in, click on your name, then "Complete My Wellness Questionnaire NOW!" (left side of page). Answer the health related questions then enter your Wellness Profile screening result on the last page.

See page 3 for instructions to disable your "pop-up blocker".

Access the Wellness Program Questionnaire/ Assessment from a desktop computer.



Internet Explorer Browser is recommended. (Be sure to the **DISABLE "POP-UP BLOCKER"**)

## **3.** COMPLETE the above + the WELLtrek "Physical Activity Challenge", 5 Weeks, 9/24 - 10/28.

**CHALLENGE COMPLETION REQUIREMENTS: Participants MUST BEGIN ON 9/24/18 & average 7,000 steps/day.**

To participate in the virtual WELLtrek competition, [log in](#) or [create a new account](#) @ <https://vcwelltrek.walkertracker.com>.

(Reasonable accommodation or an alternative standard available. To request a reasonable accommodation or an alternative standard contact the Wellness Program at [wellness.program@ventura.org](mailto:wellness.program@ventura.org).)

## **4.** SUBMIT the "WELLthy CASH" prize form (pg 2). Must be submitted NO LATER than 5pm 11/14/18.

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We recommend that you use INTERNET EXPLORER as your browser, (to access, complete and submit your form).



## For Regular County Employees ONLY

By submitting this form, under the penalty of perjury, I state that I have completed ONE ITEM in EACH SECTION via a CHECKMARK (for a total of 3 ITEMS/CHECKMARKS), and certify the items therein set out are true and correct. I will submit supporting documentation to verify the accuracy of this form if requested. I am aware that submittal of this form does not guarantee I will be entered into the WELLthy cash prize drawing or receive a WELLthy cash prize. WELLthy cash prizes are considered taxable income per IRS guidelines.

I COMPLETED the VC-WELL "WELLNESS PROFILE" SCREENING in 2018.  
My Wellness Profile Screening Date:

1.

r C F r

I had the HEALTH SCREENING through my HEALTH CARE PROVIDER in 2018. Attached is the Physician Results form.

My Health Care Providers Name: \_\_\_\_\_ Date of my visit: \_\_\_\_\_

2.

I COMPLETED THE "WELLNESS PROFILE" QUESTIONNAIRE/ASSESSMENT IN 2018. Month and year completed: \_\_\_\_\_

I entered my lab results on the last page of my 2018  
"Wellness Profile" Questionnaire/Assessment.

3.

I COMPLETED the WELLtrek "Physical Activity Challenge" (5 WEEKS, 9/24/18 through 10/28/18) with an average of 7,000 steps/day.

4.

Submit the form by completing the additional information below--then click on the Easy Peasy Form Submission Button.

**(PLEASE NOTE: Your form WILL BE REJECTED if SUBMITTED PRIOR TO 8:00 a.m. on 9/28/18 and/or IF ALL requirements above are NOT MET at the time of your "SUBMISSION DATE".)**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Employee ID: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Daytime Phone (w/area code): \_\_\_\_\_

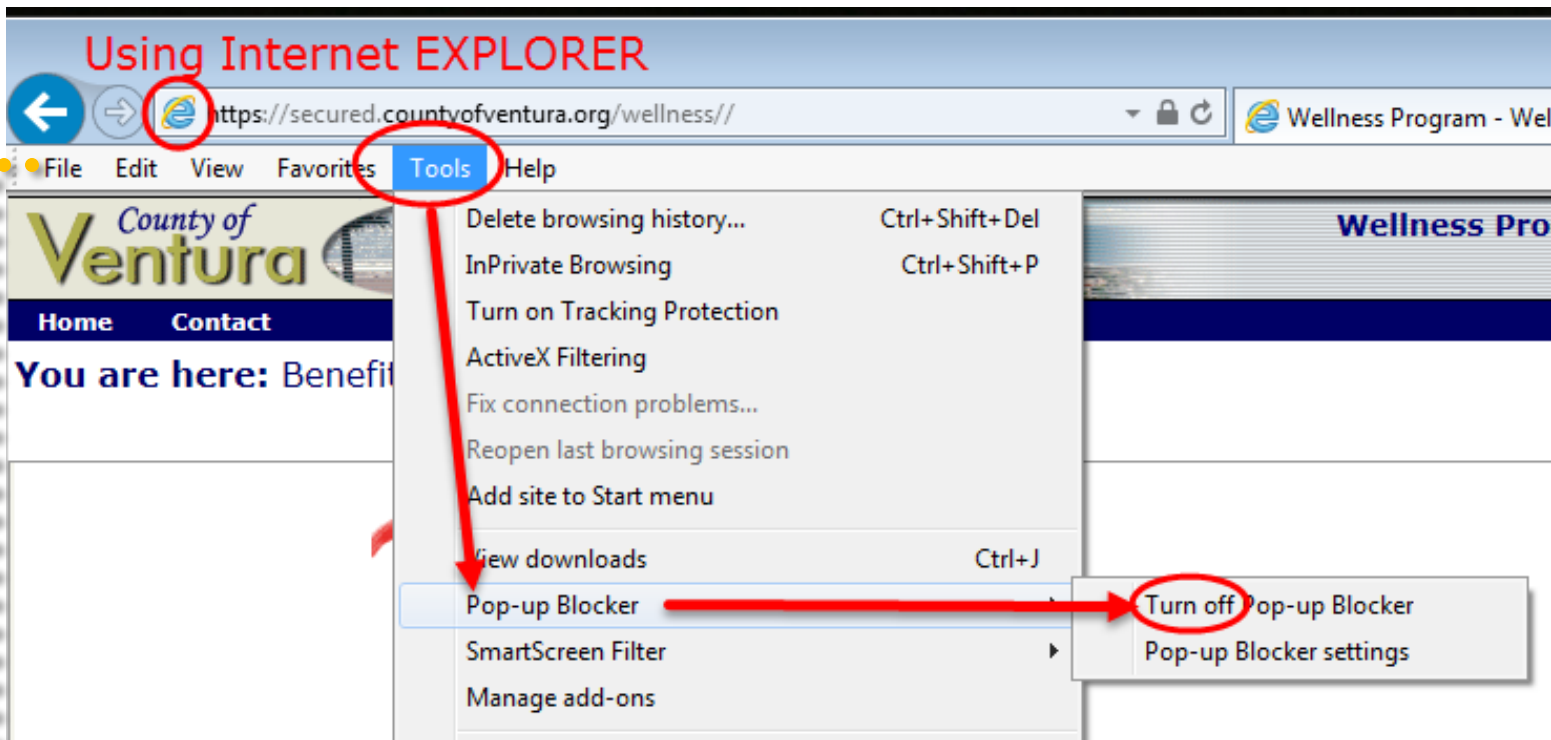
Email: \_\_\_\_\_


I approve of the Wellness Program using my name when announcing the "WELLthy Prize

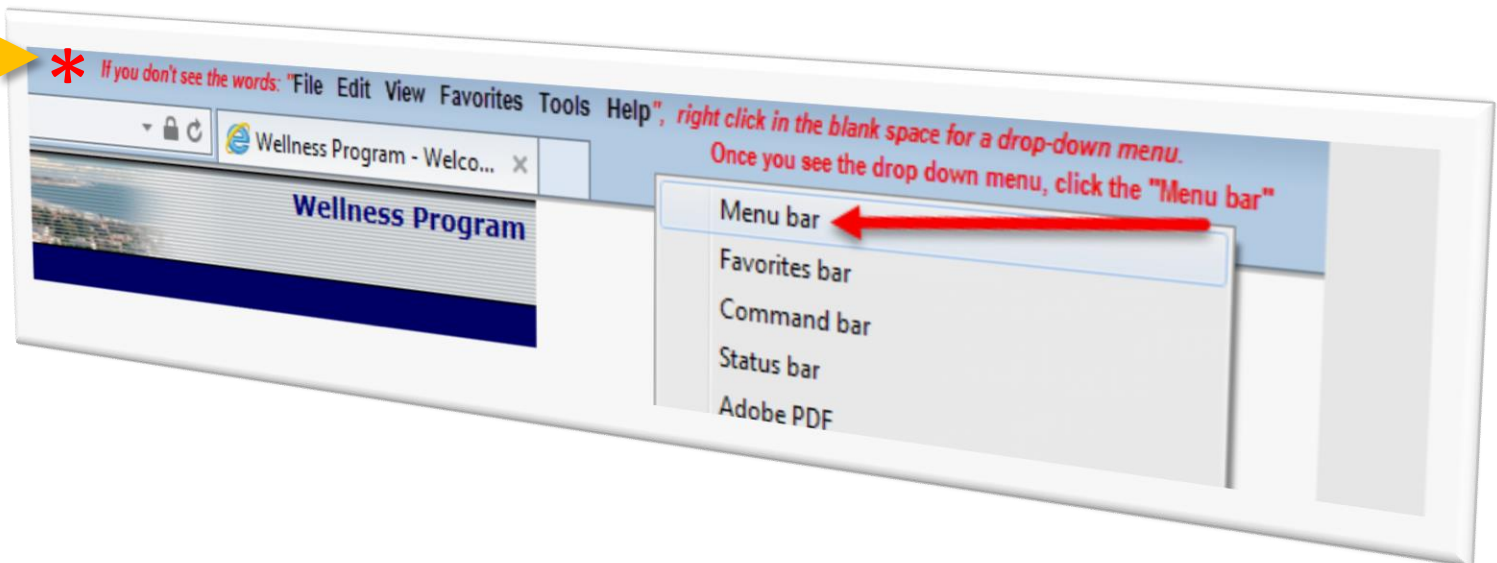
Winners in Wellness Program marketing materials (including the Benefits "In Sync" newsletter)

**SUBMISSION DATE:** \_\_\_\_\_





1. Using Internet Explorer  click on the word, **"Tools"** \*
- #2. Move your mouse downward to the words, **"Pop-up Blocker"**.
3. If your **"Pop-up Blocker"** says, **"Turn off..."** click on *those words* to turn it off.
4. Now, you should be able to proceed to the questionnaire portion of your Wellness Profile.



After you click on the words, **"Menu bar"**—you should see the words, **"File Edit View Favorites Tools Help"**.

Click on **"Tools"** and continue to #2 in the steps above.