

WHEEL OF WELLNESS

Take Simple Steps. Earn Points. Great Rewards.



GET STARTED

Complete these 2 steps to become eligible.

-  **ANNUAL WELLNESS VISIT**
-  **COMPLETE YOUR HEALTH ASSESSMENT (PHA)**
Complete your PHA on Aetna Health Your Way at: <https://www.aetna.com/>



Both pre-requisites must be completed in order to be eligible for the cash rewards at the end of the year!

ACCESS YOUR WHEEL OF WELLNESS

-  Log in to your **Infor** - Employee Home
-  Select **Wellness**
-  Click **Wheel of Wellness**
-  Complete eligible **wellness activities**
-  Upload proof when required



Upload proof Examples:

- screenshots
- appointment confirmations
- photos

EARN POINTS IN THESE CATEGORIES



FINANCIAL WELLNESS

- Meet with a financial advisor
- Open a retirement or savings account
- Attend a financial wellness workshop / webinar



DISEASE MANAGEMENT

Connect with an Aetna One Health Concierge 1-800-558-0860. Point will be accredited after 60 days of completion.



WEIGHT WATCHERS

Download app and enroll in Weight Watchers. After a 90 day streak, upload a picture of your achievement for your points!



BIOMETRIC SCREENING

Complete your annual biometric screening to earn points.



EMOTIONAL WELLNESS

- Behavioral Health appointment confirmations
- Meditation sessions
- Headspace app



WELLNESS CHALLENGES

- Fitness Classes
- Run / Walk Challenges
- Proof of joining a gym



FIT FOR PURPOSE

- Volunteer
- Donations for cause
- Community Service Opportunity



COMPLETE PIVIO JOURNEY

Complete 12 week course to learn about healthier lifestyle habits (formerly known as CHIP)
For more info: email HR-Benefits!



BONUS: DOWNLOAD HEYJACK FOR 10 POINTS!



Download the HeyJack app



Take a screenshot showing the app is installed



Email the screenshot to HR-Benefits@jhs-miami.org

QUESTIONS OR NEED MORE INFORMATION? VISIT JacksonBenefits.org