

2024 |

MARATHON
EMPLOYEE
WELLNESS
PROGRAM MANUAL



PREVENTIVE HEALTH QUALIFIER PACKAGE

Be a "Champion of your Health" by participating in Marathon County's 2024 Wellness Program!

Complete your Annual Preventive Health Exam and select other preventive services to earn wellness points.

When you achieve 450 Wellness Points, you will earn a 5% discount off your 2025 health insurance premium contribution or be eligible for great prizes if not enrolled in health insurance.

Please note: To qualify for the incentive, employees hired on or after August 1, 2024 can substitute a consultation with the Employee Health and Wellness Center for the Annual Preventive Health Exam. Employees hired on or after October 1, 2024 may also complete the PreventionCloud online Health Assessment as an alternative to the Annual Preventive Health Exam.

ACTIVITY	REQUIRED/OPTIONAL	POINTS
Annual Preventive Health Exam	Required	300
Mammogram	Optional	100
Prostate Specific Antigen (PSA) Test	Optional	100
Colonoscopy	Optional	100
Tobacco Cessation	Optional	100
Skin Cancer Screening	Optional	100
Dental Exam	Optional	50 (100 max)
Vision Exam	Optional	50
Covid 19 Vaccine + Booster	Optional	50
Influenza (Flu) Vaccination	Optional	50
Shingles Vaccination	Optional	50
Mental Health Screening/Treatment	Optional	50
Real Appeal - 9 Week Session(s)	Optional	50 (200 max)

All exams must be identified as "preventive" exams and all services must be incurred between November 1, 2023 and October 31, 2024.

Points for vaccines, boosters, and other services not administered within this time frame can be granted if you submit documentation from your physician confirming that you are current and not due for a repeat procedure or vaccination between November 1, 2023, and October 31, 2024.



CHAMPION OF YOUR HEALTH

Participants who earn 1,000 points or more will be eligible to win some great prize incentives after completion of the Wellness Program.

ACTIVITY	OPTIONAL	POINTS
Steps (Track 5,000 Avg Steps/Day for a month in Prevention Cloud)	Optional	25 (100 max)
Nutrition Tracker (Track 15 Days of Month in PreventionCloud)	Optional	25 (100 max)
Challenges	Optional	25 each
Special Activities	Optional	25 (100 max)
Webinar Recordings w/ Quiz	Optional	25 each
EAP Lunch and Learn Education	Optional	25 each



PRIZES	
1st Prize	1 year paid 2025 health insurance premium (paid employee contribution of a single plan)
2nd Prize	Paid Wellness Day in 2025 (equivalent to one Rewards Day of employee's regularly scheduled shift/day)
3rd Prize	Gym Membership Reimbursement (\$500 maximum reimbursement for minimum 6 month gym enrollment period in 2025)

Prizes may be subject to taxation

REGISTRATION / LOGIN

NEW AND EXISTING USERS:

Using your computer or mobile device, go to <https://www.PreventionCloud.com>.

First Time User:

Using your computer or mobile device, go to <https://www.PreventionCloud.com> or download the *PreventionCloud App*.

An account has been established for you already using information on file with your employer, please follow the instructions below to login for the first time.

Returning User:

Once you have registered, please use your same username and password that you created after your first time login.

If you ever forget your password, click on the forgot password to help recover it.

Instructions:

Username:

FIRSTNAMELASTNAMEBirthyear
(ex. JOHNSMITH1972)

Initial Password:

Birthdate (MMDDYYYY)

Initial Password:

Birthdate (MMDDYYYY)

Upon your first login, you will be asked to change your password. Please use this password every time you login.

To change your password again, hover over your username (profile) and click “edit password” once in your account.

PreventionCloud

Login to your account

Remember me

Forgot your password or username ?

No worries, click [here](#) to reset your password or click [here](#) to retrieve your username.

Questions? Contact support by clicking [here](#).

2020 © PreventionCloud.com | Privacy Policy

Please direct any questions or concerns to support@preventioncloud.com

SUBMIT DOCUMENTATION OF YOUR PREVENTIVE HEALTH SERVICES TO EARN POINTS!

Submit your Explanation of Benefits or Access the Annual Preventive Health Exam & Preventive Screening Forms

FROM THE WELLNESS DASHBOARD

Click on



Click on

HIPAA Releases Online



Once completed, you may download and print the Annual Preventive Health Exam Form.

Form Download



Take your form to your primary care physician. After your physician completes their section, you will fax or input the information to PreventionCloud.

The screenshot shows the Marathon County Wellness Dashboard. On the left is a dark blue sidebar with navigation options: Dashboard, Activities, Activity Forms, Health Forms, My Health, Trackers, Challenges, Quizzes, Support, Emotional Well-Being, and Fitness Videos. The main content area features a large banner with a photo of a diverse group of people and the text "WELCOME TO YOUR 2024 WELLNESS PROGRAM". Below the banner are four buttons: "ANNUAL PREVENTIVE HEALTH EXAM" (highlighted with an orange border), "SUBMIT YOUR HEALTH FORM", "PROGRAM MANUAL", and "REAL APPEAL WEIGHT LOSS PROGRAM". At the bottom, there are two summary cards: "Participation Summary" showing "Preventive Health Qualifier Package" and "Be A Champion of Your Health (1,000 points)", and "Current Points" showing "2024 Preventive Health Qualifier" and "2024 Preventive Health Qualifier Package" with a progress bar.

An established relationship with your primary care physician is essential for early detection of health issues/disease and for keeping you healthy.

Please refer to your physician visit form for further instructions.



HEALTH RISK ASSESSMENT

The assessment is a set of questions to help you understand how you can improve or maintain your health. You will gain awareness of your health and behavior in the following assessment areas: overall health, prevention, nutrition, exercise, and emotional health.

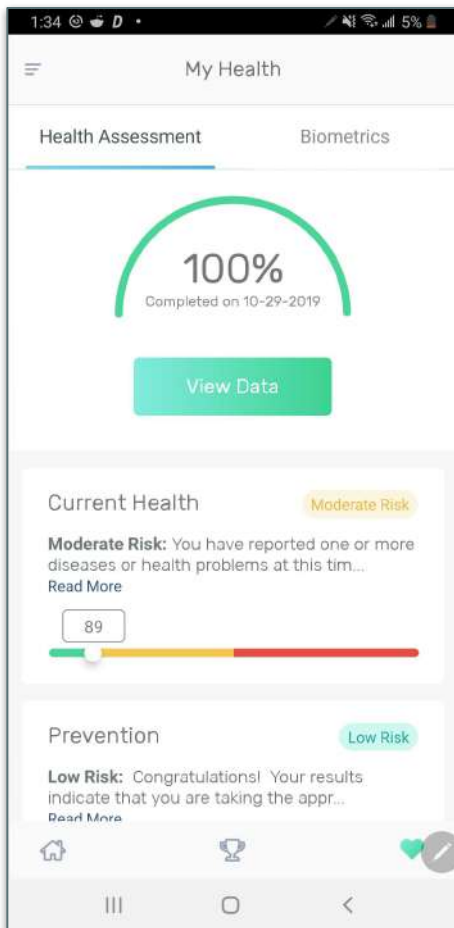


Smartphone (Mobile Device) Health Risk Assessment Steps:

Download your PreventionCloud app on your mobile device, Select “☰” located on the upper left and select “Health”

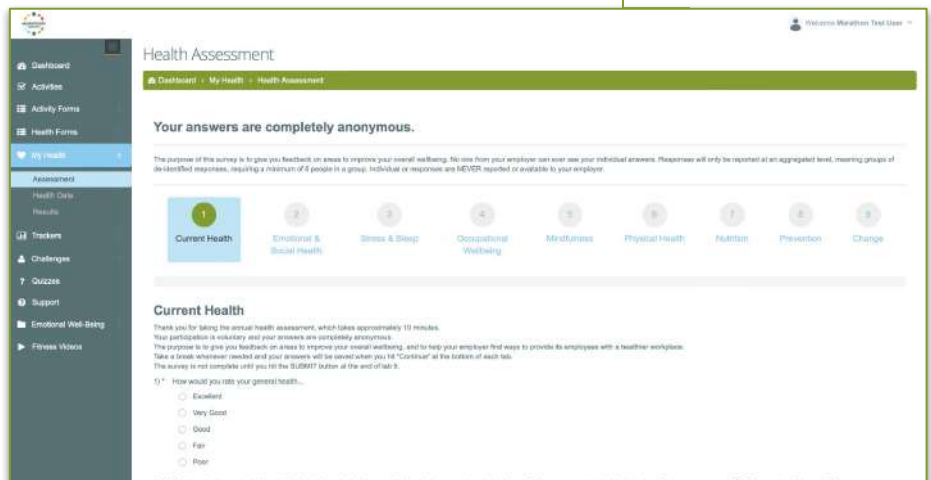
Computer Health Risk Assessment Steps:

Log into PreventionCloud.com through your computer, select “**My Health**” located on the left menu and then select “**Assessment**” from your computer



Mobile App Health Risk Assessment

Computer Health Risk Assessment



Protected Health Information (PHI) collected through the Online Health Risk Assessment is managed through a secure Health Management System and is only used to help determine your current health status and provide you with the most effective health improvement strategy. Policies and procedures are in place to properly safeguard and maintain the confidentiality of your PHI. PHI is only used as permitted in accordance with HIPAA laws. Your PHI will not be shared with C&D Technologies/Trojan Battery.

PREVENTATIVE SCREENING LIST

Preventive Screening Forms are located on page 3 of your Annual Preventive Health Exam Form. These activities must be submitted separately from your Annual Preventive Health Exam. You will see a separate drop down for Preventive Care within your platform. You can submit an Explanation of Benefits as an alternative to the Annual Preventive Health Exam Form. The EOB must identify the procedure. You will be provided with points for each screening visit you submit, they do not have to be submitted all at once.

**Some screenings are not considered preventive and may require out of pocket expenses. These costs will be the responsibility of the employee. This is an optional activity.*

Age 19-39 Male & Female	Age 40-64 Male & Female	Age 65+ Male & Female
Breast Cancer Screening (Female-Clinical Exam by Health Care provider every 1-3 years)	Breast Cancer Screening (Female-Clinical Exam and Mammogram every year)	Breast Cancer Screening (Female-Clinical Exam and Mammogram every year)
Skin Cancer Screening	Skin Cancer Screening	Skin Cancer Screening
Dental Exam	Prostate Cancer Screening (Male)	Prostate Cancer Screening (Male)
Vision Screening	Zoster (Shingles Age 50+ single dose)	Zoster (Shingles Age 50+ single dose)
Covid-19 Vaccine	Colorectal Cancer Screening (beginning at age 50) for smokers and/or asthmatics)	Colorectal Cancer Screening
Influenza (Flu) Vaccine	Dental Exam	Dental Exam
	Vision Screening	Vision Screening
	Covid-19 Vaccine	Covid-19 Vaccine
	Influenza (Flu) Vaccine	Influenza (Flu) Vaccine

SUBMITTING THE PREVENTIVE HEALTH EXAM & PREVENTIVE SCREENING FORMS OR EXPLANATION OF BENEFITS

Note: Preventive Screening Forms are located on page 3 of your Annual Preventive Health Exam. These activities must be submitted separately from your annual Physician Visit Form.

Three Convenient Options to Submit your Forms:

1. **SECURE ONLINE USER UPLOAD: PREFERRED METHOD**

Submit via your computer or smartphone.

Points will be reflected within 5 business days.

- Log on to your personal portal.
- Click “Health Forms” located on your left menu.
- Click “Submit Forms” located on your left menu.
- In “Select Form” section: Click the dropdown arrow to select the proper form you wish to submit.
- Attach your saved form and click “Submit”
 - **if you are using your smartphone you can take a picture of your form.*
- You can view your submitted forms and check to see when they have been approved by clicking on your “Submitted Forms” tab located on your left menu.

2. **FAX THE FORM: FAX ALL PAGES TO 713-714-2273**

Points will be reflected within 5 business days.

- Make sure you receive a fax confirmation from your fax machine.



Please allow up to 5 business days to receive points towards your incentive after submitting the Annual Wellness Exam Form.

Please contact support@preventioncloud.com for any questions.

CHALLENGES



MUSCULOSKELETAL CHALLENGE

Mar 3 - Mar 30

Musculoskeletal health is the health of our muscles, bones, joints, ligaments, and tendons. Complete this 4-week challenge by completing at least 3 daily tasks each week.

Learn each week about Proper Lifting Techniques, Proper Ergonomics, Strength Training, Flexibility, and Safety. By the end of the challenge, you may find you have less strain and pain on your body!

ABC'S OF HEALTHY EATING

May 1 - May 31

Complete 20 out of 26 activities

The objective of this challenge is to encourage healthy eating habits by selecting a healthy item starting with each letter of the alphabet beginning with **A** and ending with **Z**. The food selections can be either a fruit, vegetable, legume, protein, healthy fat, spice, herb, or other commonly known healthy food items.

CHALLENGES



STRESS LESS

Aug 4 - Sep 14

This individual based six week challenge incorporates a new stress management technique. Each week introduces a new weekly task. End goal is to use these learned skills to navigate through life's daily stressors.

FINANCIAL WELLNESS BINGO

Nov 1 - Nov 30

Complete 20 out of 25 activities

The Financial BINGO Challenge will encourage participants to take control of their finances, pay off debt, prepare for retirement, and build wealth.

WEBINARS / QUIZZES

Once you webinar starts, log in to your portal and watch the webinar under quicklinks. Once the webinar is watched go to your “Quiz” tab on your left menu. Receive a 70 or above score and receive wellness points.

Good and Bad Carb

Financial Stress

Exercise of Brain

Pain Management

Back Health

Slow Down the Stress

Stretching While In Your Workspace

Gift of Gratitude

Food Label Detective

Creative Ways to Stay Active



EMOTIONAL WELL-BEING VIDEOS

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. You now have access pre-recorded emotional well-being videos from a certified mental health professional. These recordings range from 3 minutes to 30 minutes and cover a wide variety of topics.



Accessing the Recordings:

- Log into your *PreventionCloud* account.
- Click “*Emotional Well-Being Videos*” located on your left menu.
- Find the topic you would like to watch and then click the “*Watch*” button.

The Emotional Well-Being Support topics include:

- Activate the Pause
- Being Clear and Direct
- Break to Reignite Your Workflow
- Compassion in the Workplace
- Creating Purpose-Driven Space
- Cultivating Gratitude
- Dealing with Difficult People
- Dealing with News & Current Events
- Deep Relaxation
- Email Overload
- Instant Stress Relief
- Leave Work at Work
- Letting Go of Resentment
- Mini Vacation for Your Mind
- Navigating a Tough Conversation
- Navigating Anxiety
- Nurturing and Self Care
- Quick Sleep Meditation
- Relationships 101
- Shift Your Perspective
- Staying Calm When You're Overwhelmed
- The Art of Non-Judgmental Listening
- The Power of Breath
- The Power of Joy
- Turning Difficulties into Growth
- Visualizing Our Greatest Selves
- What To Do When Someone is Driving You Crazy
- What To Do When You Feel Stuck
- Working Through Conflict
- You Are Enough
- *And More Being Added Soon!*

If you have any questions, please contact support@preventioncloud.com.

FITNESS VIDEOS

Log into your PreventionCloud account and click on Fitness Videos on the left navigation menu to find a variety of exercise videos for your home workout. You can choose from hundreds of videos regardless of your age, access to equipment, fitness level, or workout preference - there is something for everyone!



Join one of thousands of recorded classes on *PreventionCloud*.

You can choose a workout category, focus areas, equipment, duration or even a specific series.



**Fitness videos not available through the mobile app, please use the URL by typing www.preventioncloud.com*

INTRODUCING THE PREVENTIONCLOUD APP!

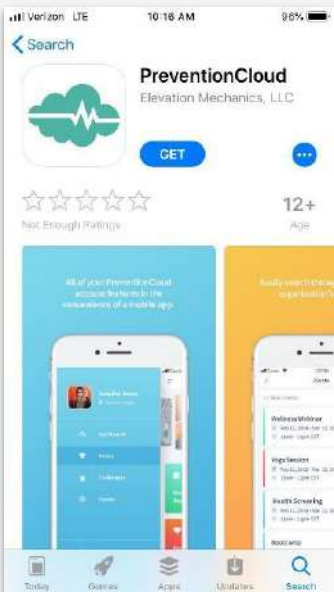
You can now participate in the wellness program through your mobile device.



HOW TO DOWNLOAD THE PREVENTIONCLOUD APP (2 OPTIONS)

Option 1

Open your app store on your mobile device and search 'PreventionCloud' (1 word)



Option 2

Take a picture from your mobile device of the appropriate QR Code Below and download and open the PreventionCloud App

ANDROID QR CODE

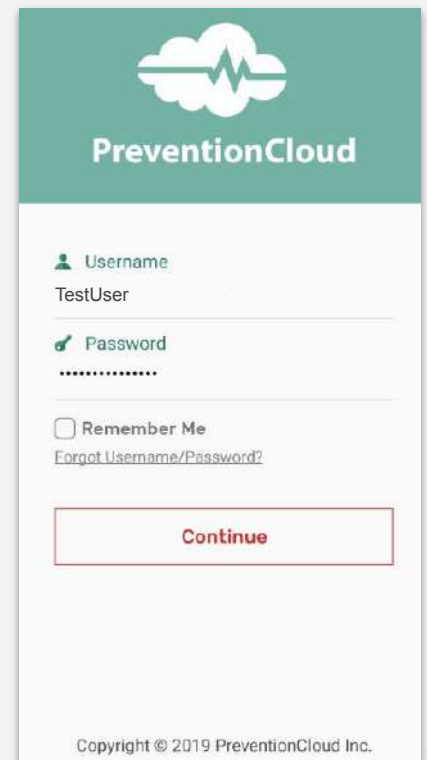


IOS QR CODE



HOW TO LOG INTO YOUR PREVENTION CLOUD APP

Username: FIRST NAME + LAST NAME + DOB (JOHNDOE1971)
Password: DOB (mmddyyyy)



HOW TO SYNC YOUR FITNESS DEVICE

Please complete the following instructions to sync your device with PreventionCloud. Once your device is synced your steps will automatically log.

Example on How to Sync Your Device

...

To sync your device data with PreventionCloud, your device should be connected to an app on your mobile device. For example, FitBit devices have the FitBit app on your phone. That FitBit app connects with the Health Kit app on iOS devices and Google Fit on Android devices. The data from your Health Kit app or Google Fit app will sync with the PreventionCloud app each time you open the app.

Apple (iOS) – Health Kit



1. Download/Open the Health Kit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Health Kit settings)
3. Download the **PreventionCloud** mobile app from the App Store
4. Click on the app icon from your home screen to open it
5. Login using your username and password
Username: FIRST NAME + LAST NAME + Employee ID (JOHNSMITH3981)
Password: DOB (mmddyyyy).
6. From your PreventionCloud app click "Health Kit"
7. Enable Sync
8. The app will sync with Health Kit every time you open it and push the data to www.PreventionCloud.com

Google (Android) – Google Fit



1. Download/Open the Google Fit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Google Fit settings)
3. Download the **PreventionCloud** mobile app from the Play Store
4. Login using your username and password
Username: FIRST NAME + LAST NAME + Employee ID (JOHNSMITH3981)
Password: DOB (mmddyyyy)
5. From your PreventionCloud app click "Google Fit"
6. Select the account which you use on Google Fit
7. You can verify that Google Fit is connected to the PreventionCloud app by opening the Google Fit app on your mobile device. Once open, click on the settings icon on the top right, then click on "Manage connected apps". There you should see PreventionCloud listed. If you do not see it listed, then click on the dropdown and select "All apps & devices". If you still do not see it please repeat steps 1 through 7 to verify they were done.
8. The app will sync with Google Fit every time you open it and push the data to www.PreventionCloud.com.

DEVICES AND APPS YOU CAN SYNC

COMPATIBLE DEVICES

- Apple Watch Series 3 +
- Amazfit
- LG Watch Sport
- Xiaomi Mi Band 2
- Misfit Ray
- Polar
- Wahoo Tickr X
- Garmin
- Misfit
- Withings
- Jawbone
- Samsung
- Fitbit
- Moov
- Sensoria
- Nokia

GOOGLE FIT (ANDROID) APPS

- Google Fit: Health and Fitness
- Calorie Counter – Asken Diet
- Lose it! – Calorie Counter
- Under Armour Record
- Workout training
- Runkeeper – GPS Track Run Walk
- Runtastic Running App: Run & Mileage Tracker
- Nike Run Club
- Fitwell- 30 Day Fitness Workout Diet Step Counter
- Runtastic Results
- Calm – Meditate, Sleep, Relax
- Calorie Counter – MyFitnessPal
- 8fit Workouts & Meal Planner
- Run with Map My Run
- Map My Fitness Workout Trainer
- Walk with Map My Walk
- BodySpace – Social Fitness
- Endomondo – Running & Walking
- Instant Heart Rate: HR Monitor & Pulse Checker
- Noom: Health & Weight
- Health Mate – Total Health Tracking
- Map My Ride GPS Cycling Riding
- Seven – 7 Minute Workout
- Progression Workout Tracker
- Weight Track Assistant
- Runtastic Steps
- PlexFit for Pebble
- SmartBand Talk SWR30
- Pedometer
- SmartBand 2 SWR12
- Magra – Weight Loss Coach
- Instant

APPLE HEALTH (IOS) APPS

- Nike+ Run Club
- Human
- Garmin Connect Mobile
- Runtastic
- DailyBurn
- Carrot Fit
- Fjuul
- Dance Party
- Get Moving
- Map My Run
- PEAR Personal Coach
- Strava Running and Cycling
- Zova Personal Trainer
- Runkeeper
- Zombie, Run!
- Strava
- Lifesum
- Streaks
- Gymaholic
- MyFitnessPal
- Swing Tennis Tracker
- Pocket Yoga

HOW TO SYNC YOUR FITBIT

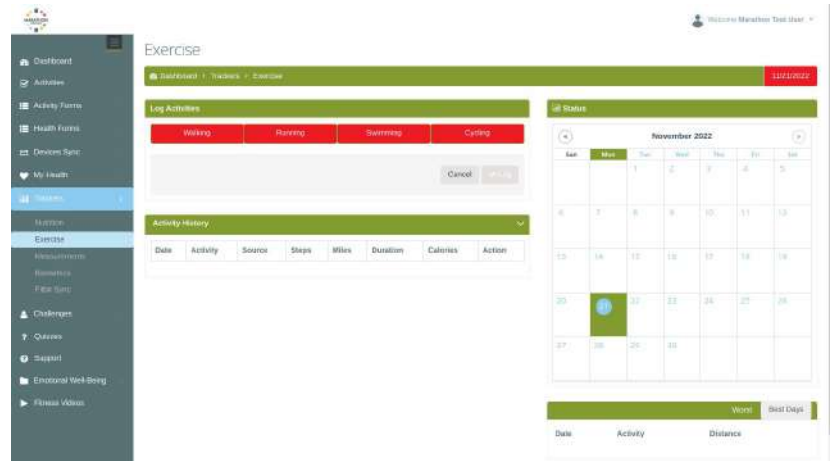
ESTIMATED TIME REQUIRED: 5 MINUTES OR LESS!

1. Log in to the **WELLNESS PORTAL**.
2. Click on “**TRACKERS**” from the left hand menu.
3. Click on “**FITBIT SYNC**” from the left hand menu.
4. Enter the email associated with your Fitbit and connect.
5. Enter your Fitbit account login information to complete the setup.



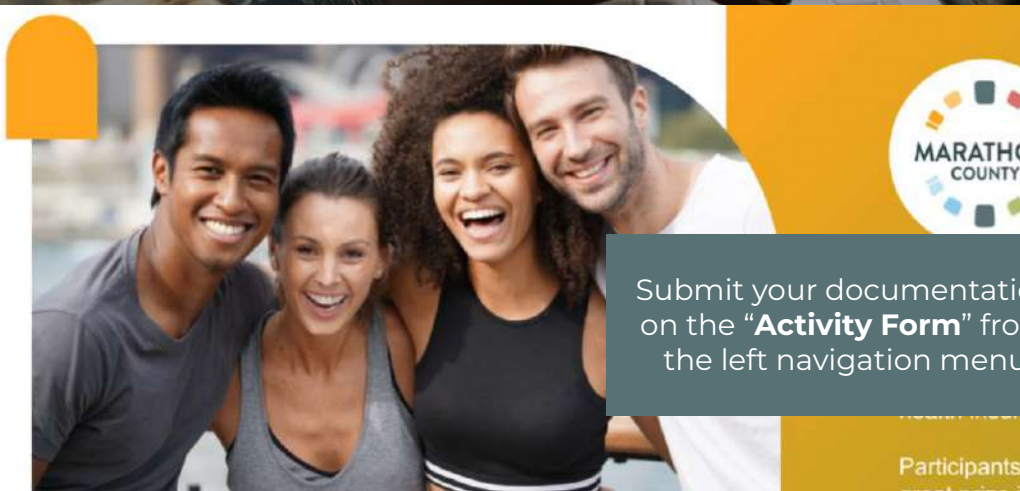
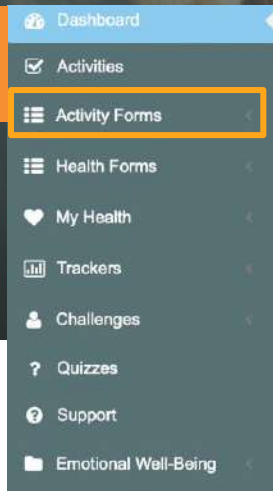
INSTRUCTIONS ON HOW TO LOG MANUAL STEPS FOR: WALKING/RUNNING/SWIMMING/CYCLING

1. Log in to the **WELLNESS PORTAL**. Click on **EXERCISE** under the **TRACKERS** left menu.
2. Select Walking, Running, Swimming, or Cycling.
3. Enter the distance and change the measurement unit (meters, miles, kilometers, steps, yards).
4. Click **LOG** and your exercise will automatically convert to steps and show under the activity history section on this page.
5. Any steps shown under the activity history section will automatically count for the challenge regardless of whether they are from Fitbit or manually entered.



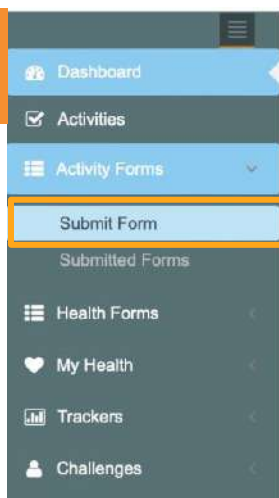
HOW TO SUBMIT ACTIVITIES

1



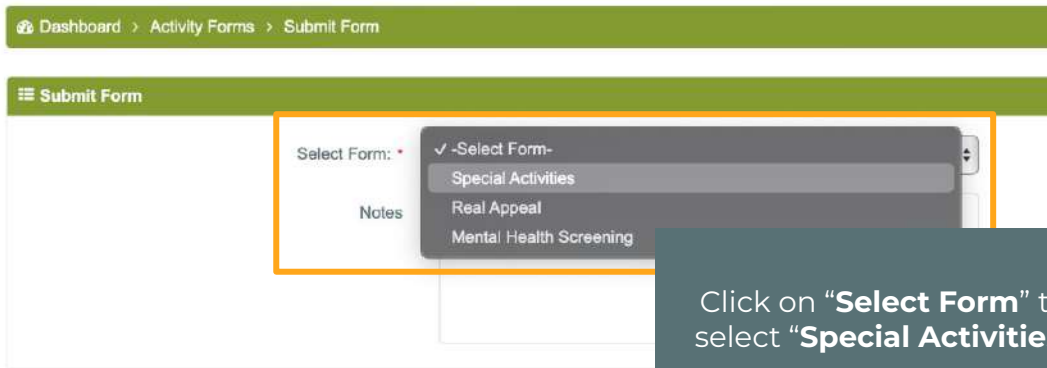
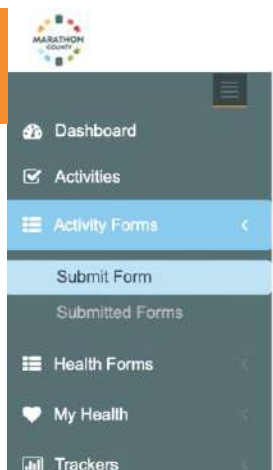
Submit your documentation on the “**Activity Form**” from the left navigation menu

2



Then click on “**Submit Form**”

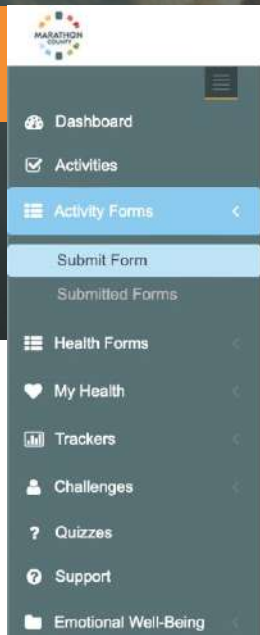
3



Click on “**Select Form**” to select “**Special Activities**”

HOW TO SUBMIT ACTIVITIES

4



Dashboard > Activity Forms > Submit Form

Submit Form

Select Form: * Special Activities

Select Activity: -Select Activity-

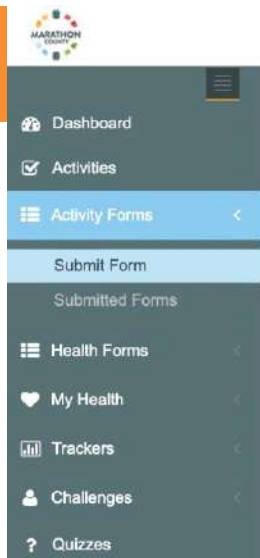
Activity Date: 01-05-2024

Attachment: Choose File no file selected
Max File Size : 2 MB.

Notes: Notes

Then in **“Select Activity”** click on the Activity completed

5




Dashboard > Activity Forms > Submit Form

Submit Form

Select Form: * Special Activities

Select Activity: -Select Activity-

Activity Date: 01-05-2024

Attachment: 

Notes: Notes

Then select **“Activity Date”** of receipt. Upload your documentation and click **“submit”**

PRIVACY OF YOUR HEALTH INFORMATION

Privacy Policy

What federal laws do Marathon County and PreventionCloud follow?

- Health Insurance Portability and Accountability Act (HIPAA) Compliant
- Genetic Information Nondiscrimination Act (GINA) Compliant

What does this mean?


All individually identified health information collected and maintained by PreventionCloud is kept 100% secure & private. No individually identifiable health information is shared with your employer or the Health Insurance Carrier. No family history is requested within the Health Risk Profile.


What is shared with Marathon County ?

Only aggregate reports summarizing total population health information is given to your employer. These aggregate reports will in no way reveal or provide any individually identified health information.

For Wellness Program and Technical Support
Contact *PreventionCloud*:



 1700 Post Oak Blvd. Suite 600
Houston TX 77056

 (877) 899-8996

 support@preventioncloud.com

 preventioncloud.com