

WELCOME TO C4H ONLINE, POWERED BY VIVERAE

EARNING POINTS

You will be able to earn points and rewards for completing program activities in the Connect4Health Wellness Program. In addition, you will be able to manage all your program activities and log points at www.C4Honline.com, which is powered by Viverae, an external wellness portal.

You have the opportunity to earn additional rewards for keeping your health a priority! “Healthy Habits” are those activities that will earn you extra points throughout the incentive year.

To save **\$600** on 2018 health insurance premiums, employees and their spouse/domestic partner covered on the health plan as of January 1, 2017 need to complete the three actions below on or before **September 30, 2017**.

Connect4Health Premium Incentive Discount

ASSESSMENTS (REQUIRED)	POINTS
Member Health Assessment (MHA)	10
Biometric Screening	45
PREVENTIVE EXAM COMPLIANCE (REQUIRED)	POINTS
Preventive Exam Compliance	45
Total points needed for Premium Discount	100

Ways to earn additional rewards!

HEALTHY HABITS	POINTS/MAX
Online Targeted Programs	30 each / 90 max
Online Courses	15 each / 90 max
Online Employer Challenges	25 each / 75 max
Online Peer Challenges	15 each / 45 max
250,000 steps (App & Device)	5 each / 45 max
Contact Compass to solve an issue	10 each / 30 max
Approved Community Races/Events	15 each / 90 max
Point Goals for Additional Rewards	150 200 250

NEW TO CONNECT4HEALTH!!

MEMBER HEALTH ASSESSMENT (MHA)

You will be able to complete your Member Health Assessment (MHA) via www.C4Honline.com, which is powered by Viverae.

The MHA is a 20-question survey that asks questions about specific lifestyle habits and takes less than 10 minutes to complete. This information is confidential and will be used to customize wellness programs that meet your individual needs.

The completion of the MHA is a required component of the 2018 Connect4Health Premium Incentive Discount.

HOW TO REGISTER

Step 1

- » Visit www.c4honline.com
- » Enter your last name and date of birth (DOB)
- » Click **New User Registration**
- » Enter your identifier:
 - » **Employee/retiree:**
Enter your **5-Digit Employee ID Number**
 - » **Spouse/Domestic Partner** (Health Plan covered only):
Enter **SP-Employee ID Number**
(example: SP-12345)
- » Enter the registration code: **cityofplano**

Step 2

- » Create a user name (5 – 25 characters)
- » Create a password (8 – 12 characters) using letters (upper and/or lowercase), numerals and/or special characters (such as @\$%&#)
- » Select a security question and answer, then click **Save**

INCENTIVE PROGRAM INFORMATION

- » Go to your **Dashboard**
- » View the top **green** panel titled **Incentive Programs**
- » Click on **Earn More Points** to view a detailed overview of the program

Trouble logging in? Please call and speak with a Viverae Team Member at 1-888-Viverae (1-888-848-3723)