

Renew You in 22

Free Wellness Program For ECU Health Team Members

ECU Health offers services to support team members on their wellness journey. Start with a FREE Health Risk Assessment (HRA) and Wellness Consult. Then take advantage of wellness services to achieve your goals.

Health Risk Assessment

HRA Step 1 – Biometrics

Complete a WellScreen or Physical.

HRA Step 2 – Know Your Number

Answer health and lifestyle questions in Wellworks.

HRA Step 3 – Review Results & Set Goals

Complete a Wellness Consult with a Lifestyle Coach.

- All ECU Health team members are **eligible**.
- The HRA and wellness program are **free and voluntary**.
- Complete your **HRA by November 30, 2022**.
- Get started by calling **252-847-5590** to schedule your WellScreen.
- Use the **Wellworks** portal or app at WellworksForYouLogin.com.
- For technical support call **Wellworks** at **800-425-4657**.

Support to Achieve Your Wellness Goals

Free Coaching

Partner with a Lifestyle Coach or Care Manager.

More Wellness Services

- Gym Discounts
- Personal Training
- Joint & Back Pain Program
- Lifestyle Medicine
- Diabetes Program & Supplies
- Nutrition & Weight Loss
- Mental Well-Being Counseling
- Tobacco Cessation
- Advance Directives
- Legal & Financial

Get started with a Wellness Navigator at 252-847-5990 or Vidantwellness@vidanthealth.com.

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Wellness Program for Team Members



HEALTH RISK ASSESSMENT INSTRUCTIONS

Renew You in 22 is a free voluntary wellness program for ECU Health team members that starts with a Health Risk Assessment (HRA) including a WellScreen with free labs, Know Your Number assessment, and setting your wellness goals. Call 252.847.5590 to start your personal wellness journey to Renew You in 22. **Complete all HRA steps by November 30, 2022.**



HRA STEP 1: Biometrics – Complete a WellScreen or Physical

Free WellScreen with a Lifestyle Coach

- **Onsite** at all ECU Health Hospitals and ECU Health Lifestyle Medicine. (WellScreens are NOT available in Occ. Health.)
- Appointment is required. **Call 252.847.5590 to schedule** your WellScreen.
- Includes **measurements** of blood pressure, height, weight, Body Mass Index, waist, body fat and labs.
- **New - Free Labs** from ECU Health labs for more accurate testing of lipid panel, glucose & Hemoglobin A1c. Two weeks before your WellScreen, get a fasting blood draw at **10 convenient locations**. No lab appointment needed.
- For **remote team members** who live outside of eastern NC, a LabCorp voucher is available. Call 252.847.5590.

Physicals are encouraged as an alternative to a WellScreen.

- Submit labs and biometric results from a physical or wellness check with your provider. Visits completed between Dec. 1, 2021 to Nov. 30, 2022 qualify. [HRA Physical Results Form](#)



HRA STEP 2: Answer Know Your Number (KYN) Questions in Wellworks

Within 30 days after your WellScreen or Physical, answer Know Your Number questions in Wellworks.

- Login online at [WellworksForYouLogin.com](#). See **instructions** on next page. Note: KYN is NOT available on the app.
- Select **Know Your Number Assessment** and answer all questions except for the health metrics section.
- If your health metrics are filled in, click **Finish**. If your health metrics are not yet entered, click **Save**.
- For **Technical Support** in logging in to Wellworks or completing your KYN, call Wellworks at **800.425.4657**.



HRA STEP 3: Review Results & Set Wellness Goals

View your KYN report

- Once you have completed the Biometrics and KYN, view your report in the **Wellworks portal**.

Set Your Wellness Goals in a Free Wellness Consult with a Lifestyle Coach

- Review your HRA results, set your personal wellness goals and get started with a plan to help you achieve your goals to Renew You in 22. In-person and virtual sessions are available. **Schedule by calling 252.847.5590.**

Renew You in 22 Wellness Program for ECU Health Team Members

Wellness Navigator: 252.847.5590 VidantWellness@VidantHealth.com

Wellworks Tech Support: 800.425.4657 WellworksforYouLogin.com

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Wellness Program for Team Members



WELLWORKS PORTAL INSTRUCTIONS

To complete your HRA you will need to register in the ECU Health Wellworks portal. Use Wellworks to complete the Know Your Number questions for your HRA, submit your Physical Results, review your HRA report, synch your health device to track your progress, and much more. The portal is available online or in a free mobile app. Note – the KYN is not available in the mobile app and must be completed online.



Online: WellworksForYouLogin.com

Free Mobile App: Search for Wellworks For You in the Play Store or App Store to download the free app to your device. Note – the KYN is not available in the mobile app and must be completed in the online portal.

New Users:

Your Wellworks account, username and password have already been generated for you. The temporary password is only for the first time you access the portal. You will be prompted to change it upon entry.

USERNAME	TEMPORARY PASSWORD	EXAMPLE
Your Vidant Health email address	Date of Birth in MMDDYYYY format including leading zeros	UN: JDoe@VidantHealth.com PW: 09121965

Former Users:

If you have accessed Wellworks in the past, continue to use your existing username and password.

Forgot Your Username or Password?

- Select the **Forgot Username** or **Forgot Password** link on the **WellworksForYouLogin.com** homepage.
- Call Wellworks at **800.425.4657** or **Contact Us** from the portal or app for technical, username or password support.

ECU Health Notice Regarding Wellness Programs

Read this notice about how your information is used and other program terms.

QUESTIONS?

TECHNICAL | PASSWORD | LOGIN HELP **800.425.4657**

For Wellworks password or login assistance, help with completing your HRA or other portal activities call Wellworks at 800.425.4657 or **Contact Us** from the portal or app homepage. M-F from 8:00 AM – 7:00 PM EST

WELLNESS APPOINTMENTS & QUESTIONS **252.847.5590**

To schedule a WellScreen, Wellness Consult, enroll in Coaching or Wellness programs, or for questions about labs or deadlines, call ECU Health Wellness Navigator at 252.847.5590 or email VidantWellness@VidantHealth.com.





Renew You in 22

Support To Help You Achieve Your Personal Wellness Goals

FREE Lifestyle Coaching

Partner with a Lifestyle Coach to set and achieve your goals.

- Need a plan for changing or sticking to healthy habits for diet, exercise, stress or sleep?
- Want help on how to lose weight or lower your cholesterol, blood pressure or glucose?
- Know what to do but need an accountability partner?

Onsite at ECU Health Hospitals, Lifestyle Medicine Clinics and Wellness Centers. **Virtual** options also available.

Free for all team members and covered adult dependents through ECU Health Wellness & Lifestyle Medicine.

Eligible participants with chronic conditions may also qualify for **free medication**.

Plus, many other wellness services to Renew You in 22

Health Risk Assessment

Free WellScreen with labs, Know Your Number report & Wellness Consult

Care Management

Free for high risk ECU Health Medical Plan VIC members

Free Medications for Chronic Conditions

For Coaching or Care Management participants

Nutrition & Weight Loss

Free nutrition assessment, eating plan & counseling

Healthy Weight Clinic

Lifestyle & medical weight loss treatment

Lifestyle Medicine Clinics

Lifestyle treatment for diabetes, weight, blood pressure, cholesterol & more

Diabetes Clinic

Diabetes specialists & **free** Diabetes Prevention Program

Continuous Glucose Monitoring

Education, Device & testing supplies

Culinary Medicine

Cooking classes to learn how to use food as medicine

Tobacco Cessation

Free coaching & nicotine replacement

Wellness Centers & Gyms

Wellness Center & Pool **discount** \$25/mo **Free** hospital fitness rooms **Discounts** to gyms

Exercise Classes

Zumba, Body Pump, Cardio Pump, Spin & Aquatic classes

Personal Training

Exercise assessment & training to boost your fitness

Exercise is Medicine

Supervised exercise for cancer, diabetes, heart, & more

Joint & Back Pain Program

Free exercise program to reduce pain & improve function

Mental Well-being Consultation & Counseling

Free with licensed counselor through ECU Health EAP

Yoga, Tai Chi & Massage

Mind-body services

Advance Directives

Free Health Care Power of Attorney & Living Will

Legal & Financial Services

Free through ECU Health EAP

Wellness Challenges

Free on the Wellworks App

Get started with a Wellness Navigator at 252-847-5990 or Vidantwellness@vidanthealth.com.

Wellness Program & Services For ECU Health Team Members

