

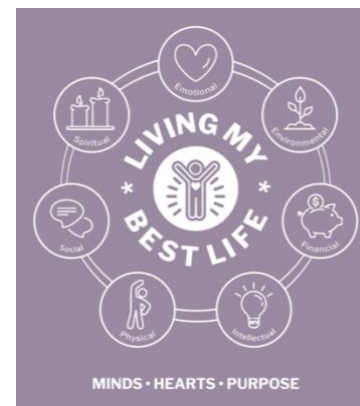
Renew You

Well-being Program for Team Members



Are you living your best life? Renew You is a free voluntary program for ECU Health and Outer Banks Health team members designed to support you in your pursuit of well-being, starting with a Health Risk Assessment (HRA) and a personal coach. Call 252.847.5590 or in the Outer Banks, call 252.449.5978 (option 3) to start your personal journey to Renew You.

Receive a **free ECU Health Well-being t-shirt** by completing your HRA to celebrate your commitment to **Living Your Best Life!**



HEALTH RISK ASSESSMENT INSTRUCTIONS

HRA STEP 1: Labs & Biometrics

Labs

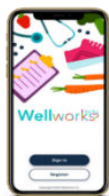
- Get a free fasting lab blood draw at **11 convenient locations**. Labs include lipid panel, glucose, and hemoglobin A1c.
- No appointment is needed at most locations, except for OBH call 252.449.5978 (option 3) to schedule.
- For **remote team members** who live outside of eastern NC, a LabCorp voucher is available. Call 252.847.5590.

Biometrics

- Meet with a lifestyle coach to measure your blood pressure, height, weight, Body Mass Index, waist, and body fat.
- Available onsite at ECU Health Hospitals, Lifestyle Medicine – Greenville, or The Center for Healthy Living in Nags Head.
- Appointment is required. To schedule, call **252.847.5590** or OBH call 252.449.5978 (option 3).

Note: Physicals are encouraged as an alternative. Submit labs and biometric results from a physical or wellness check with your provider. Visits completed on or after September 1, 2023, qualify. Submit this **HRA Physical Results Form**.

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



- **Within 30 days** after your labs and biometrics, answer Know Your Number questions in Wellworks.
- Use your mobile app or login online at **WellworksForYouLogin.com**. See **instructions** on next page.
- 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**.

Free Lifestyle Consult to review your HRA results, set goals and a personalized plan.

After completing your HRA, view your report in **Wellworks** and set your personal **Well-being Goals** and plan with a Lifestyle Coach. Schedule your free in-person or virtual consult by calling **252.847.5590** or OBH call 252.449.5978 (option 3).

FREE ECU HEALTH WELL-BEING T-SHIRT

After completing your HRA you will receive an email from Wellworks with instructions to order your free t-shirt from the ECU Health Company Store. Available while supplies last.

Renew You Well-being Program for ECU Health Team Members

252.847.5590 Wellness@ECUHealth.org

Wellworks Tech Support: 800.425.4657 WellworksforYouLogin.com

Updated 9-1-2023

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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 Physical Results, review your HRA report, and synch your health device to track your progress. The portal is available online or in a free mobile app.



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.

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 ECU Health email address	Date of Birth in MMDDYYYY format including leading zeros	UN: JDoe@ECUHealth.org 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

APPOINTMENTS & QUESTIONS **252.847.5590**

To schedule biometric screening, coaching or lifestyle medicine visit , or for questions about labs or deadlines, call 252.847.5590 or email Wellness@ECUHealth.org.

