



2019 HEALTHY LIVING PROGRAM

LIVE BETTER TODAY

The 2019 Healthy Living program will reward you for making healthy choices. The program will be administered by SimplyWell® a Virgin Pulse Company, formerly Viverae®. Get the motivation you need to reach personal health goals along with the education and support to make wellness a lifestyle.

Who can participate?

Beginning 1/1/19, all employees are eligible to log on to www.myhealth.dupont.com or the SimplyWell app to start the program. Download the mobile app by searching “SimplyWell” in the App Store or Google Play.

Note: If you were previously using the Viverae app you will need to download the new SimplyWell app.

HOW TO REGISTER

- Visit www.myhealth.dupont.com or the SimplyWell app
- Select **Register**
- Enter your last name and date of birth (DOB)
- Enter your identifier: Employee ID (10-digit Workday ID number)
- Enter the registration code: dupont (all lowercase)
- Then follow the prompts to complete registration

Note: Current program members may use their existing login credentials and do not need to re-register for the program.

SYNC YOUR DEVICE

To sync your app or device, visit www.myhealth.dupont.com:

- Select the **Preferences** icon in the top right corner
- Select **Apps & Devices**
- Select the “+” icon
- Follow the prompts to sync your app or device

Note: If you're using an Apple Watch, sync your Apple Health app using the SimplyWell mobile app.

GETTING STARTED

Start at www.myhealth.dupont.com or the SimplyWell app to see where your health stands and take action toward a healthy lifestyle.

Member Health Assessment (MHA) (REQUIRED)

Completion of the MHA, along with reaching the 100-point goal by earning an additional 50 points from any of the activities available by 10/31/19 (11:59 PM CST) is required to earn the 2020 Healthy Incentive Credit.

The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA at www.myhealth.dupont.com or the SimplyWell app.

Biometric Data

For 2019, SimplyWell has partnered with Quest Diagnostics® to offer DuPont participants the opportunity to submit biometric data from your physician using a Quest Physician Lab Form for 50 points toward the 100 point goal to receive the 2020 Healthy Incentive Credit.

You may access Quest via the **Register with Quest** link from the home page on the SimplyWell portal to download and submit the Quest Physician Lab Form. Exams must be completed between 1/1/19 and 10/31/19 to be considered for credit toward your 2020 Healthy Incentive Credit, and must be submitted to Quest by 11/1/19 to be processed for credit accordingly.

Profile

This section of www.myhealth.dupont.com or the SimplyWell app shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and your options to improve your results.

HEALTHY INCENTIVE CREDIT

Earn points for completing program activities in the 2019 Healthy Living program and turn accumulated points into rewards. Manage all your program activities at www.myhealth.dupont.com or the SimplyWell app.

Completion of the Member Health Assessment (MHA), along with reaching the 100 point goal by earning an additional 50 points from any of the activities below is required to earn the 2020 Healthy Incentive Credit. All points must be earned by 10/31/19 (11:59 PM CST).

HEALTHY LIVING PROGRAM	
AWARENESS	POINTS
Member Health Assessment (MHA) (Required for Healthy Incentive Credit + 50 additional points)	50
Biometric Data (Biometric Screenings will not be held onsite this year. To earn credit, you must see your physician and submit a Quest Diagnostics physician form.)	50
PREVENTIVE CARE COMPLIANCE	POINTS
Preventive Care (Care received 11/1/18 - 10/31/19)	5 each / 25 max
LIFESTYLE COACHING	POINTS
Coaching Sessions (tobacco coaching excluded)	25 each / 50 max
ACTIVITIES	POINTS
Featured Content: Articles	10 each / 30 max
Featured Content: Videos	10 each / 30 max
Peer Challenges	5 each / 15 max
Healthy Events	10 each / 30 max
100 Miles <ul style="list-style-type: none"> Q1 100 Miles Tiered Challenge Q2 100 Miles Tiered Challenge Q3 100 Miles Tiered Challenge 	25 each / 50 max
QUARTERLY FOCUS ACTIVITIES	POINTS
Q1 Challenge: 15 For Me	50
Q1 Employer Video/Quiz: Mindfulness	25
Q2 Challenge: Dollar a Day	50
Q2 Employer Video/Quiz: Creating a Budget	25
Q3 Challenge: Free From Fried Food	50
Q3 Employer Video/Quiz: Physical Activity	25
GOAL TO RECEIVE THE HEALTHY INCENTIVE CREDIT	100 Points

Raffle Programs

From 1/1/19 - 10/31/19, earn points for activities completed during Q1, Q2, and Q3, to count toward each quarter's gift card raffle drawing. To earn entry into the raffle for Q1, Q2, and/or Q3, 100 points must be earned within each respective quarter. Points do not roll over from quarter to quarter.

Note: All quarters run in conjunction with the January-December calendar, except for Q3 which is extended from 7/1/19 - 10/31/19.

ADDITIONAL ACTIVITIES

For more activities or support in your wellness program, you have plenty of available resources:

- Register for each Quarterly Employer Challenge which will include areas of mindfulness, financial health, and nutrition
- Learn how to better manage your health with Featured Content, including educational articles and videos
- Participate in or start a Peer Challenge

Challenges

Challenges let you earn extra points in the program while managing risk factors or lifestyle changes. Sign up for Employer and Peer Challenges, log activity, and view your status from the **Well-being** section.

TOBACCO FREE PROGRAM

For participants who are tobacco users, and/or will not be attesting as tobacco free during 2020 Annual Enrollment, and are seeking to avoid the 2020 tobacco surcharge, all actions included within the 2020 Tobacco Free Program will need to be completed by October 31, 2019 (11:59 PM CST). Log in today to view and begin the program requirements.

To avoid the 2020 tobacco surcharge complete the following by 10/31/19 (11:59 PM CST):

- Three (3) Tobacco Cessation Coaching Sessions with a SimplyWell health coach
- All five (5) pieces of online Tobacco Reasonable Alternative Content (a combination of Tobacco Cessation related Articles and Videos)

FREQUENTLY ASKED QUESTIONS

What is the SimplyWell Health Center?

The SimplyWell Health Center is a health and wellness resource available to all SimplyWell members. It is staffed with a variety of highly trained customer care representatives, including certified Health Coaches.

Is my health information confidential?

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the SimplyWell team and/or partners of SimplyWell to administer wellness services on behalf of DuPont will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

How do I contact the SimplyWell Health Center?

You can send a secure message to your coach via your wellness website or the SimplyWell app.

Or call toll-free: 888-848-3723

What are the SimplyWell Health Center hours?

- Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- Friday: 7 a.m. – 6 p.m. CT
- Saturday – Sunday: Closed
- Closed holidays