



**WOW** **April Lunch & Learn**  
WOODBURN ON WELLNESS

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# Agenda

- Hubbub \$ Incentives
- Hubbub Sign-up & Challenges
- Kaiser Member Programs
- Regence Member Programs
- EAP Programs for Employee & Immediate Family
- Questions?

# Hubbub-Regence Member

## CIS Health Manager

Earn incentives for creating an account on regence.com, register for MDLive AND complete the CIS Service All-Star challenge!



SSO from regence.com to hubbub

Register with MDLIVE

CIS Service All-Star Challenge

## DO Challenges

Stand. Breathe. Stretch. Hydrate. Participate in all four .do inspired challenges and reap a sweet \$40 reward!



## Engagement All-Star

Earn \$10 for every 10 challenges you complete in 2018 (up to \$30)!



# Hubbub-Kaiser Member

Create your account on hubbub linked to CIS and complete the CIS Service All-Star challenge to earn \$20



## DO Challenges

Stand. Breathe. Stretch. Hydrate. Participate in all four .do inspired challenges and reap a sweet \$40 reward!



## Engagement All-Star

Earn \$10 for every 10 challenges you complete in 2018 (up to \$40)!



# Hubbub-Regence Member

Start making healthy a habit and earning rewards with just three easy steps:

1. Log into your account at [regence.com](http://regence.com) (or create one!).
2. Click on the hubbub health button.
3. Click on Company to learn more about the 2018 incentive program.

# Hubbub-Kaiser Member

Start making healthy a habit and earning rewards with just three easy steps:

1. Visit [hubbubhealth.com](http://hubbubhealth.com)
2. Click *Sign Up* and create your account.
  - a. Company Code= CISCOMPANY
  - b. Employee ID= Your birthdate (mmddyymm)
3. Click on Company to learn more about the 2018 incentive program.

# Hubbub-Company

The screenshot shows the Hubbub-Company interface with a navigation bar at the top. The navigation bar includes the Hubbub logo, links for Hub, Challenges, Friends, Coaches, Company (highlighted), and the user's name 'hubbub360'. On the right side of the navigation bar, there are icons for a profile, a mail icon with a red notification bubble containing '19', a green dollar sign icon with a '1', and a dropdown menu showing 'Hi, BETH'.

The main content area displays several challenge and reward cards:

- CIS Health Manager:** Earn incentives for creating an account on regence.com, register for MDLIVE AND complete the CIS Service All-Star challenge. Rewards include 'REGISTER AND LIVE', 'MDLIVE', and 'SERVICE ALL STAR', totaling \$30.
- do.:** Stand, Breathe, Stretch, Hydrate. Participate in all four do. challenges and earn \$40! Rewards include 'STAND', 'BREATHE', 'STRETCH', 'HYDRATE', and 'DONE', totaling \$40.
- Engagement All-Star:** Earn \$10 for every 10 challenges you complete in 2018 (up to \$30!). Rewards include '10 CHALLENGES 2018', '20 CHALLENGES 2018', and '30 CHALLENGES 2018', each worth \$10, totaling \$30.
- Level Up:** Receive a raffle entry for a chance to win \$100 when you reach level 30 and an additional entry each time you level up by 5 all the way to level 80! Rewards include 'LEVEL UP 30', 'LEVEL UP 40', 'LEVEL UP 70', and 'LEVEL UP 80', each worth \$10, totaling \$100.

## CIS Regence 2018

Welcome to the New Year and the next phase of CIS wellness program! By engaging on hubbub, you are working on building healthy habits that span healthy eating, financial wellness and so much more! In 2018, we wanted to provide you with options to engage in planned, CIS-sponsored challenges, health plan activities, as well as challenges that interest you on the platform. Between now and the end of the year, you can earn up to \$100 in Amazon.com incentives AND be entered to win additional prizes for leveling up on hubbub! Let's get and stay healthy- together!

Click on *Company* to see details. The \$ in the upper right lets you know if you have any rewards. View should be similar whether accessing through Regence or Kaiser.

# Hubbub-Challenges

The screenshot shows the top navigation bar with the Hubbub logo and menu items: Hub, Challenges (highlighted), Friends, Coaches, Company, and hubbub360. On the right, there are user icons and a greeting "Hi, BETH". Below the navigation is a section titled "Open Challenges" with a "Build a Challenge" button and a search bar labeled "Search Challenges". The main content area features a grid of eight challenge categories, each with an icon and a label: "My Company" (grid icon), "Coached" (target icon), "Recommended" (megaphone icon), "Move" (shoe icon), "Nourish" (apple icon), "Balance" (yogi icon), "Mingle" (speech bubbles icon), and "Rewind" (heart with pulse icon).

1. Click on *Challenges*.
2. Click on *My Company*.
3. Challenges provided through CIS are located under *My Company*.

This screenshot shows a grid of challenge cards. The top navigation bar is identical to the previous screenshot. Below it are icons for calendar, megaphone, target, and clock. The challenge cards are: "HYDRATE" (water tap icon), "STAND" (person standing icon), "SERVICE ALL STAR" (hands holding a heart icon), "STRETCH" (person stretching icon), and "BREATHE" (person breathing icon). Each card includes a "do." logo, a brief description of the challenge, and a progress indicator showing the number of days and positive answers. For example, the "HYDRATE" card shows "102" days and "15" positive answers.



# Hubbub-Challenge Check-ins

do. Hydrate

Did you hydrate frequently today?

Comments Optional

Yes!

No

Check In

Your Most Recent Check-ins

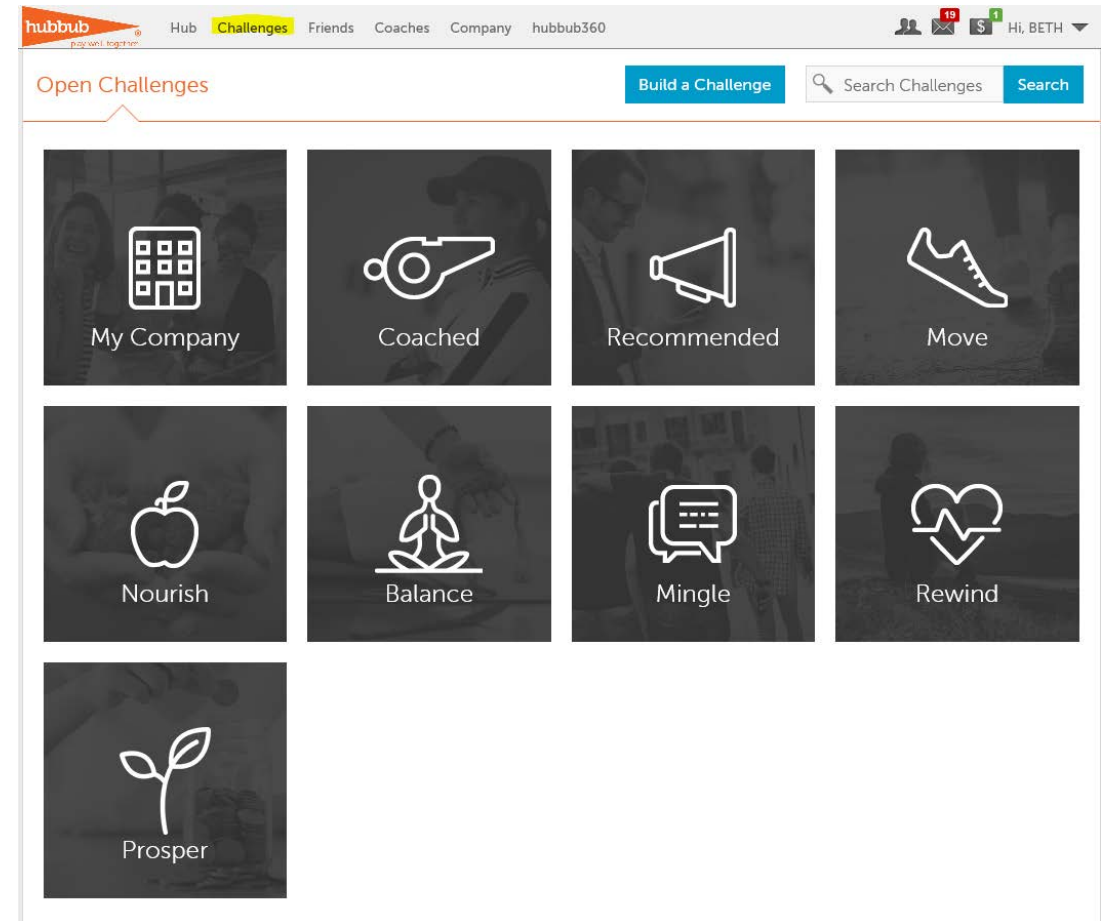
Yes!	Yes!	Yes!
03/29/2018 at 03:46 pm	03/27/2018 at 08:06 pm	03/25/2018 at 06:39 pm

1. Challenges are completed by doing check-ins. The details for a challenge will describe how often you need to check-in, if you need to leave a comment, and the timeframe you have to complete the challenge.
2. The 5 CIS Challenges will be running each month all year long.
3. When checking in please be sure to click on the *Yes!* button and the *Check-In* button in order for your check-ins to be recorded.

# Hubbub-Open Challenges

To complete the Engagement All-Star badges:

1. Under Challenges tab explore challenges under the headings of *Coached*, *Recommended*, *Move*, *Nourish*, *Balance*, *Mingle*, *Rewind*, or *Prosper*.
2. Hover over a challenge to click on the *Details* box or *Join* box.
3. These “outside of CIS” challenges will count towards your Engagement All-Star badges and will automatically sync with your account.



# Hubbub-Questions?

## CIS 2018 wellness program

hubbub turns healthy behavior change into a game, with challenges that inspire you to:



Move



Nourish



Balance



Mingle



Rewind



Prosper

# Kaiser Members-ChooseHealthy

ChooseHealthy is available to Kaiser covered employees at no cost! ChooseHealthy offers a directory of complementary care providers, an online store, fitness club discounts, savings on health products and services, and more.

Register for ChooseHealthy, and you'll also receive a free annual Premium Membership (a \$69.95 value). Visit [www.choosehealthy.com](http://www.choosehealthy.com) or call 1-877-335-2746 for more information.

# Kaiser Members-ChooseHealthy

The screenshot shows the ChooseHealthy website interface. At the top left is the ChooseHealthy logo, and at the top right is the Providence Health Plans logo. Below the logos is a navigation bar with links for Home, Find A Provider, and Store. There are also input fields for Username and Password, and buttons for Login, Forgot Password?, Forgot Username?, and Register. The main content area features a large banner with a woman running and a woman sitting at a laptop. The banner includes a circular callout for Health & Wellness Products, a list of links for Provider Discounts, Health Library, and Health & Wellness Products, and a text box stating that ChooseHealthy offers a national affinity discount program. Below the banner are two columns: 'Register to view the site features!' with input fields for First Name, Last Name, and Date of Birth, and 'About ChooseHealthy' with a description of the service and a 'Learn More' button. A 'Next' button is also present at the bottom left of the registration section.

**ChooseHealthy**

**PROVIDENCE**  
Health Plans

Home :: Find A Provider :: Store :: Username Password Login Forgot Password? Forgot Username? Register

**Health & Wellness Products**  
Choose from a wide selection of health products at the ChooseHealthy Amazon Store.

Provider Discounts  
Health Library  
Health & Wellness Products

ChooseHealthy offers a national affinity discount program that provides a value-added service to a medical benefit plan.

**Register to view the site features!**

First Name   
Last Name   
Date of Birth

**Next**

If you believe that ChooseHealthy is included as part of your health plan benefits package, you may register for the program by accessing the ChooseHealthy website through your health plan website.

**About ChooseHealthy**

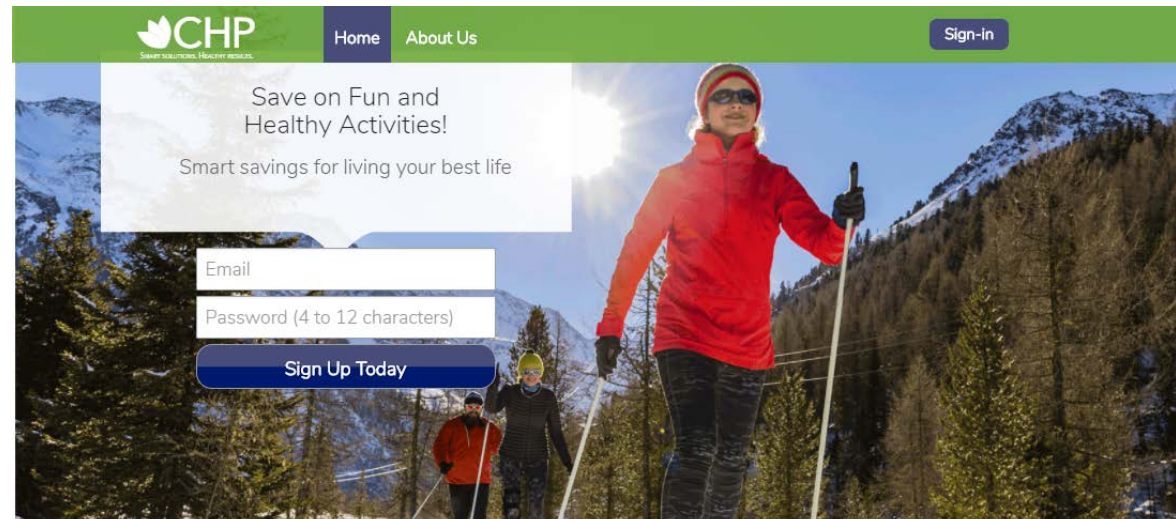
ChooseHealthy is your online partner for wellness and health. We're committed to providing you with the very best online information, products, and resources to support your health goals.

**Learn More**

# Kaiser Members-CHP Active & Healthy

- CHP Active and Healthy offers discounted access to local, regional, and national recreational, cultural, fitness, and wellness-centered businesses, retail services, equipment, instruction, memberships, and tickets.
- Visit the CHP Active & Healthy website at [www.chpactiveandhealthy.com](http://www.chpactiveandhealthy.com) and register with your Kaiser Permanente health record number. Then, use the search function to find discounts by name, geographic location, type, and more.
- New discounts are added on a regular basis and include things like lift tickets, weight management programs, yoga, sporting events, vitamin supplements, gym classes and more.


# Kaiser Members-CHP Active & Healthy



## Featured Discounts



Up to \$15 off nightly rates  
The Voyager



Waived initiation fees  
CrossFit Explosion



Save \$5 on dues & more  
Boom Fitness



# Regence-Advantages Discount Program

- Regence Advantages is a set of value-added programs offered to members as a complement to their health plan and offer access to discounts not generally available to the public.
- Advantages Program Partners include the areas of: allergy relief products, alternative medicine, child health & safety, dental products, fertility services, funeral planning services, health activities & fitness clubs, healthy meals, hearing aids, senior mobile devices, pet care, vision care, and weight management.



# Regence-Advantages Discount Program

## Resources

Check this section for the forms you need, as well as helpful information for traveling and member-only discounts.



On the Regence website under *Resources* you can select *Forms & Documents*, *Travel Coverage*, or *Advantages Discounts* for more information.

### Forms & documents

Find the forms and documents you're most likely to need, along with individual and family [rates by county](#).

### Coordinate benefits & save money

Are you covered by Regence and another health insurance company? We can work with that company to reduce your costs. [Fill in this form](#) (sign-in required) to give us information about your other coverage.

### Travel coverage

Traveling? BlueCard® gives you almost the same benefits as you get when you're at home.

### Advantages discounts

These value-added programs offer great savings on health-related products and services.

# Regence-Active&Fit Direct

- Active&Fit Direct program is a unique service offered to Regence members that allows you access to 9,000+ participating fitness centers nationwide for \$25 a month plus a \$25 enrollment fee. Requires a 3-month commitment.
- [www.ActiveAndFitDirect.com](http://www.ActiveAndFitDirect.com)
  - Active&Fit Connected
  - Online Educational Classes

# Regence-Active & Fit Direct



Log In

**Broad National Fitness Club Network\***

**ASH National Fitness Network:**  
ASH offers a national network of over 9,500 fitness clubs including clubs from the following chains:

**Member Enrollment:**  
Member chooses a fitness center that works best for them and signs a membership agreement with the fitness center.

\* The list of fitness chains above is an example of fitness centers that are included in our national fitness club and member center network. Not all fitness center locations may participate in designated network area locations by state or region.

eat  
breathe  
dream  
fitness™



The Active&Fit Direct™ program is a unique service offered by employers, associations, and health plans to help people live healthier, more active lives. Enroll to choose from 9,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

[Learn More](#)

[Ready to Join?](#)

# EAP-Deer Oaks

- [www.deeroakseap.com](http://www.deeroakseap.com)
- Username & Password for login is oregon/oregon.
- 1-888-993-7650
- Who is eligible?
  - Full-time employees receiving medical insurance through the City.
  - Any family members covered by the medical plan.
  - All dependents at home or away.
  - Anyone in your household.



# EAP-Deer Oaks-Counseling Services

- Telephone and crisis counseling, 24/7/365; up to 8 visits per issue.
  - Calls are answered by a Master Clinician.
  - Clinicians will match you with a provider; if you do not like your provider they will do a new match and you would still have your 8 visits.
  - Participants will receive appointment information within 2 days of calling Deer Oaks.
  - Deer Oaks will take care of sending the counselor the authorization for services and arrange billing so you avoid out-of-pocket charges.
- If you are under a doctor's care and on long-term prescriptions you will be referred to counseling through your medical insurance.

# EAP-Deer Oaks-Counseling Services

- **Issues Deer Oaks can assist with:**

- Job related stress
- Problem with co-workers or supervisors
- Marital problems
- Dealing with divorce issues
- Family issues
- Child or adolescent problems
- Anger management
- Domestic Violence
- Depression & anxiety
- Bereavement
- Healthy lifestyles
- Referrals for medical, legal, and financial problems.





# EAP-Deer Oaks-Work/Life Services

- **Childcare Services**

- Daycare referrals
- Parenting & adoption resources
- Babysitters
- Day camps
- Preschool & nursery schools
- In home care
- Sports camps
- Special needs camps
- And MORE!

- **Eldercare Services**

- Elder care/adult day care
- Assisted living facilities
- Mental health resources
- Alzheimer's support
- Cancer care centers
- Medicare & Medicaid Questions
- And MORE!

# EAP-Deer Oaks-Work/Life Services

- **Retiree Assistance Program-** services provided for up to 6 months whether voluntary or involuntary separation.
  - Short-term counseling
  - Referrals to community resources
  - Access to online services.

These services are also provided to the family if an employee passes.

- **Legal Services-**
  - Employees receive 25% discount off the attorney's hourly fee.
  - Free 30-minute consultations.
  - Consultations consist of an analysis of the situation and advice on how to proceed.
  - Access to over 105 legal forms.
  - What is covered: family law, criminal, bankruptcy, adoption, elder care, will, trusts, estate planning, and consumer issues.



# EAP-Deer Oaks-Financial Services

- Budget Preparation
- Debt Consolidation
- College Planning
- Vacation Planning
- Retirement Planning



# EAP-Deer Oaks-ID Recovery

- ID Recovery is a telephonic consultation service to help you recover from, and minimize the impact of, a breach of your identity.
  - Provides victims a 30-minute consultation with an identity recovery professional.
  - The professional will assess the situation, create an action plan, and provide consultation on implementing the plan.
  - Reduces time spent repairing compromised credit history.
  - Restores peace-of-mind, while helping undo the damage.



# EAP-Deer Oaks-Interactive Will Preparation

- Members can create a legally binding simple state specific will at no cost through a step-by-step online “interview process”.
- It should work well for most people with typical assets such as a house, car, savings, and investments.
- But there are some situations in which you may need more than a simple will and should get expert advice or, at the least, investigate your options.

# EAP-Deer Oaks-Take the High Road

**Your ride is on Deer Oaks!**

Just pay for your cab-keep the receipt, then call 1-888-993-7650 for instructions on getting your money back.

Limited to 1 time per year per employee, and per covered family members in the household.



# EAP-Deer Oaks-Other Services

- Online resources: e-learning, articles, webinars, recipes, etc.
- Monthly employee & supervisor newsletters.
- Management Assistance Program
- Critical Incident Stress Debriefings
- And more!



# Questions?

Contact Beth Faulhaber at [beth.faulhaber@ci.woodburn.or.us](mailto:beth.faulhaber@ci.woodburn.or.us)  
or 503-982-5388.