



## Frequently Asked Questions

### **What is Choose Well?**

Choose Well is your caregiver well-being program. It provides you with fun, easy tools to support all aspects of your health and wellness while also incentivizing you to improve the whole you—body, mind and spirit.

### **What is the Choose Well health incentive?**

The Choose Well program provides a health incentive for participating in activities designed to help you be well. You have the opportunity to earn the health incentive annually. The health incentive can be used to pay out-of-pocket for your health care expenses and reduce your medical costs.

### **Is the Choose Well program free? Who is eligible?**

Yes, the Choose Well program and the Virgin Pulse app are offered to all caregivers at no cost. We value every caregiver's well-being—all caregivers are invited to participate in the Choose Well program; however, only benefits-eligible individuals have the ability to earn the health incentive. This includes caregivers and their spouse/DP enrolled in one of your Swedish medical plan.

If you do not enroll in a medical plan (i.e., waive coverage), you are not eligible to receive a health incentive. All caregivers are invited to participate in the Choose Well program and can access the technology through the HR portal home page at [www.mychoosewell.org](http://www.mychoosewell.org)

### **How do I earn my Choose Well health incentive?**

The goal is to earn 40,000 points to get you through all four levels of the Choose Well game by Nov. 13, 2020. You can earn points on the Choose Well website and app, powered by Virgin Pulse. *Caregivers covered under a collective bargaining agreement receive benefits in accordance with the terms of their contract.*

### **Can I choose which point-earning opportunities to participate in?**

Yes. Choose Well, like your health and wellness, can be individualized. You can choose which point-earning opportunities to participate in. You can mix and match earning opportunities to suit your needs, lifestyle and interests. For a full list of point earning opportunities, go to the **How to Earn** section of your Choose Well account.

# FAQ - Continued

The more daily activity in your routine and the more you participate in the program, the more points you will earn. These points will continue to add up and push you through the four levels so you can earn 100 percent of your incentive. See a list of all the earning opportunities under the Rewards tab of your Choose Well account and click the **How to Earn**.

## How much is my 2021 health incentive?

Coverage tier	Swedish PPO Medical Plan	Swedish Kaiser of WA HMO Medical Plan	If you are enrolled in the HRA or HSA medical plan and hired before July 1	If you are enrolled in the HSA medical plan and hired on or after July 1
	Earn up to ...	Earn up to ...	Earn up to ...	Earn up to...
Caregiver only	\$780 (32.50 twice-monthly)	\$400 (\$16.67 twice-monthly)	\$700	\$350
Caregiver plus child(ren)	\$780 (32.50 twice-monthly)	\$400 (\$16.67 twice-monthly)	\$1,400	\$700
Caregiver plus spouse/DP	\$1,020 (42.50 twice-monthly)	\$800 (\$33.34 twice-monthly)	\$1,400	\$700
Caregiver plus family	\$1,020 (42.50 twice-monthly)	\$800 (\$33.34 twice-monthly)	\$1,400	\$700

## Does my spouse/DP need to participate this year to earn their portion of the health incentive?

No, your **spouse/DP does not need to participate to earn their portion of the health incentive**. Caregivers covered under a collective bargaining agreement receive benefits in accordance with the terms of their contract.

## Can my spouse/DP that enrolled in my medical plan participate?

Yes, they can take advantage of the valuable tools and resources but do not to complete any activities in order to receive their portion of the health incentive. Your spouse/DP enrolled in your medical plan can enroll in Choose Well by visiting [www.mychoosewell.org](http://www.mychoosewell.org) and clicking on **Sign Up**. Once the spouse/DP enters their personal information, the program will recognize them as eligible and create their account.

## When will I receive my Choose Well health incentive?

Your health incentive will be deposited to your account in January.

# FAQ - Continued

## Do children need to participate to earn the health incentive?

No, dependent children do not need to participate in Choose Well program in order for you to earn the health incentive. You can invite family members who are 14 years or older to join and support you in the program.

## 40,000 points sounds like a lot! Is it easy to earn points?

Yes, it is easy to earn points and will be even easier the earlier you start. The number one goal of this program is to have fun while working on your well-being—you choose which opportunities you want to join. For a full list of point earning opportunities, go to the **How to Earn** section of your Choose Well account.

## How do I know how many points I've earned so far or if I'm done?

If you're curious where you are in the program, look for the **point thermometer** at the top of the Virgin Pulse website or on the **Program Details** tab of the Virgin Pulse app. The point thermometer should be at Level 4 to show full completion.

## I just visited with my health care or behavioral health provider at the end of 2018, does that count toward my provider or mental health practitioner visit points?

Visits between November 16, 2019 to November 13, 2020 will count towards your points.

## What types of providers count towards the health care or behavioral health provider visit?

- Qualifying provider visits include those with primary care physicians (MD or DO), MD specialists, nurse practitioners, or physicians assistants. Other types of healthcare providers such as dentists, optometrists, chiropractors, podiatrist do not qualify.
- Qualifying mental health practitioner visits include psychologist, psychiatrist, caregiver assistance program counseling sessions, family therapist and group counseling sessions.

## What details do I have to share?

What you talk about with your provider is confidential between you and your provider and will not be shared with your employer. The goal for this bonus point activity is to encourage caregivers to start (or continue) conversations with their providers for health management that aligns best with a caregivers individual healthcare needs. The only details that you will share is your name, provider name and date of visit.

## Can I earn points for getting my flu shot in 2019?

No, the flu shot point-earning opportunity will go live when flu shot season begins in Fall 2020.

# FAQ - Continued

## **I don't own a smartphone/computer or an activity tracker. How can I participate?**

Caregivers who don't own a smartphone or computer, will be able to access their program through the onsite computer labs on campuses (if available) or using other publicly available computers. Not having daily access or an activity tracker will not impede your ability to easily complete the game. Steps can also be manually entered on Virgin Pulse. The key to this program is personalization; you choose how you want to participate.

## **Can I invite extended family members or friends to use the Virgin Pulse site?**

Yes, as a Virgin Pulse member, you can invite up to 10 family members or friends (from outside of our organization) to join and support you in the program for free. Make sure you don't use the "Add a friend" function to invite your benefits-eligible spouse/DP as this will create a duplicate account. Your invitees can create challenges, compare stats, track their healthy habits, and more. Your invitees will be unable to participate in our organization group challenges or any HR programs. Additionally, they are not eligible to receive the health incentive. Invitees must be 14 years or older.

## **Who is Virgin Pulse?**

Virgin Pulse is the provider of the Choose Well technology, the administrator, and record-keeper of the activities to track completion of the health incentive. . Virgin Pulse also offers a free app on the iTunes Apple and Android Google Play stores, giving you the option to take it with you on the go. Sign-up for Choose Well for the first time from [www.mychoosewell.org](http://www.mychoosewell.org) and then use the app after registering.

## **Is my information secure on the Choose Well platform, Virgin Pulse?**

Your privacy and data security are important, and protections are in place to keep your data safe. When we partnered with Virgin Pulse, the technology was heavily vetted by our risk and integrity team. Virgin Pulse is a global company and adheres to strict international data security regulations, including complying with the EU-U.S. Privacy Shield and Swiss-U.S. Privacy Shield Framework. You may view their security standards found in their [privacy policy here](#). Your personal health information is confidential and protected by the Health Insurance Portability and Accountability Act (HIPAA) and will not be shared with your employer.

## **I have questions about the Choose Well platform, Virgin Pulse. How can I get help?**

Need help logging in or navigating the website or app, contact Virgin Pulse member services directly by:

- Telephone: 844-930-1238
- Self-guided support: Check out the member support page in your Choose Well account by clicking on the green **Support** tab on the right-hand-side of your screen. Included are how to videos and answers to all of your questions.
- Chat: Click on the green Chat tab on the right-hand side of the screen to chat with a Virgin Pulse member services representative.

# FAQ - Continued

## What accommodations are available to those with an impairment that may prevent the use of the Choose Well technology?

Caregivers can request a reasonable accommodation to earn the health incentive by calling Virgin Pulse at 844-930-1238.

## Are translation services available?

Yes, the Choose Well technology platform hosted by Virgin Pulse offers translation services for most languages. To get help turning on this feature, call Virgin Pulse at 844-930-1238.

## Have questions about your health incentive, eligibility, Choose Well resources, or program details?

Call the Benefit Service Center at 888-615-6481.

## What additional well-being resources are provided through our Choose Well program?

- **Caregiver Assistance Program** – Free and confidential resource for all caregivers and their family members. Available 24 hours a day, this program provides free counseling and other resources to help manage daily stresses and develop fulfilling relationships.
- **Omada** – Reduce the risk of developing chronic conditions such as Type 2 Diabetes and heart disease. Availability subject to medical plan enrollment.
- **Choose Well Discounts**, powered by Passport – Offers discounts on cell phones, travel, wellness and other recreation vendors that can save you money.
- **Quit for Life** – Quit smoking for good with coaching and free nicotine replacement therapy subject to medical plan enrollment (patch or gum).
- **Financial Well-Being**- Get tips and tools for staying on top of all life's money matters-from paying down debt and keeping up with bills, to budgeting and saving for the future. Access articles, videos and workshops to help you improve your financial well-being.

Learn more about each of these program in the HR Service Portal at [HRforCaregivers.org](http://HRforCaregivers.org).