

Welcome

The daily demands of life and work can make it hard to live a healthy lifestyle. SCHOOLCARE appreciates you and wants to provide the tools and support you need to be healthy and well. We have partnered with Viverae, a leading provider of health management services, to bring you the latest health and wellness content, educational programs, and an improved online community to keep you motivated.

The SCHOOLCARE **Good For You!** wellness programs are a vital part of our overall benefits program. Whether your goal is to have more energy, lose weight, manage stress, or improve your diet, **Good For You!** can help you.

Who can participate in the program?

Beginning July 1, 2015, all medical plan-covered subscribers and spouses are eligible to participate in the Health Assessment and Biometric Screenings, and may log on to www.schoolcare.org to take part in all the available wellness activities.

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 Viverae team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

How to Register

Step 1

- Visit www.schoolcare.org
- Click on the **Good For You!** Link (this will bring you to www.myviverae.com)
- Click **New User Registration**

Step 2 (for subscriber or 65+ retiree)

- Enter your last name and date of birth (DOB)
- Enter your identifier: DOB in the format MMDDYYYY and last 4 digits of Social Security number (SSN) (Ex: 011119541234)
- Enter the registration code: **schoolcare**

Step 2 (for spouse)

- Enter your last name and date of birth (DOB)
- Enter your identifier: SP- plus DOB in the format MMDDYYYY and last 4 digits of subscriber's Social Security number (Ex: SP-010119541234)
- Enter the registration code: **schoolcare**

Step 3

- Create a user name (5-25 characters)
- Create a password (8-12 characters using letters (upper and/or lowercase), numerals, and/or special characters (such as @\$%&#))
- Select a security question and answer, then click **Save**



Getting Started – www.schoolcare.org

You will use the site as your personal hub to manage all your program activities and view your points.

Health Assessment

The Health Assessment asks questions about specific lifestyle habits. Upon completion, your Health Report will highlight your current risk level for each lifestyle habit and give you tips for improving your overall health and well-being.

Biometric Screening

Biometric Screenings will be offered at various sites throughout NH this year. These screenings provide vital information about your overall health, including cholesterol, triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement.

If you are unable to attend a Biometric Screening or you have recently completed a screening through your physician, simply download the Physician Form located in the “Resources” section of the portal, have your physician complete the form and then you submit it back to Viverae using the portal.

Contact the Viverae Health Center at 888-VIVERAE (848-3723) with any questions or concerns about the Viverae online screening sign-up process.

Your Health Score

Your health score is based on your answers from the Health Assessment and your Biometric Screening results. A high Health Score can indicate that your current health status is on the right track. A low Health Score suggest that you could be at a greater risk of developing certain diseases and health problems.



Additional Activities

For more points or support in your health management program, you have plenty of available resources. Participating in the SCHOOLCARE **Good For You!** wellness programs allows you to do the following:

- Complete a Questionnaire about specific risk factors
- Self-report Healthy Events such as physical activity, group classes, dependent activities and more
- Register for any Employer Challenges that SCHOOLCARE is hosting
- Take an Online Course or join a Targeted Program to address a specific lifestyle concern
- Watch a Webinar and complete a quiz
- Create a Peer Challenge

Earning Points

The entire health management program is run on a point system. You earn points throughout the year for completing certain program activities. Each quarter, SCHOOLCARE pays out points in cash incentives.

Subscribers earn up to \$800 annually

Spouses earn up to \$400 annually

What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource available to Viverae members. It is staffed with a variety of highly trained customer care representatives, health professionals, and clinicians, including health and exercise specialists and registered nurses and dietitians. Hours of operation:

Monday – Thursday: 8:00 a.m. –8:30 p.m. ET

Friday: 8:00 a.m. –8:00 p.m. ET