

UK Healthtrac Rewards: Your Step-By-Step Guide to Making Good Health Pay



UK Healthtrac Rewards

Good health pays!



UK Human Resources • Health & Wellness Program
116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness
(859) 257-WELL (9355)



Who is eligible?

UK employees, retirees, and their spouses or sponsored dependents enrolled in a UK health plan (UK-HMO, UK-PPO, UK-EPO, UK Indemnity, UK–Medicare Advantage) are eligible to participate.

How do I register?

Step 1

Visit the Web site at <https://ukhealthtrac.online.staywell.com>. Click the red **Register Now** button.

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Good health pays

UK
UNIVERSITY OF
KENTUCKY
Health & Wellness Program

log out

text size :

Welcome to StayWell Online – Your tool for *healthy living* and *feeling great!*

first visit? **OR** **return visit?**

Register Now

User ID

[Forgot your user ID?](#)

Password

[Forgot your password?](#)

Log In

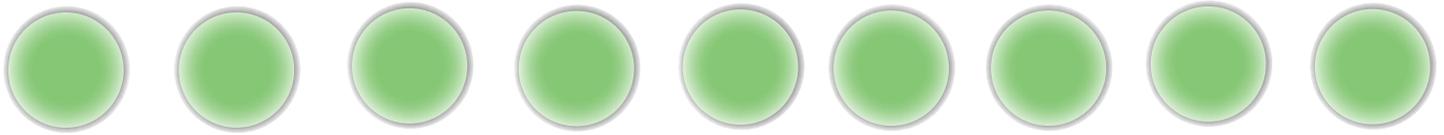
1 Please type the user ID you created when you registered.

2 Type the password you last created.

3 Click Log In

<https://ukhealthtrac.online.staywell.com>





Step 2

Enter your first name, date of birth, and the last four digits of your Social Security Number. Click **Continue**.

Register Your Account

My Information

Your FORMAL first name that is on file with UK Human Resources.

[Why do I need to give this information?](#)

<p>Your First Name Only</p> <input style="width: 90%;" type="text"/>	1	<p>Please enter your first name only. You may need to enter your complete first name, for example Robert instead of Bob.</p>
<p>Your Date of Birth</p> <p>Year <input style="width: 30px;" type="text"/> ▼ Month <input style="width: 30px;" type="text"/> ▼ Day <input style="width: 30px;" type="text"/> ▼</p>	2	<p>Please select your date of birth.</p>
<p>Last 4 digits of Your Social Security #</p> <input style="width: 90%;" type="text"/>	3	<p>Please enter the last 4 digits of your Social Security Number.</p>
<input style="border: 1px solid gray; padding: 5px 15px;" type="button" value="Continue"/>	4	<p>Click "Continue".</p>

- Receive an error message?**

 - Are there any errors in the information you entered?
 - Are you eligible? A UK employee, retiree, spouse or sponsored dependent on a UK health plan.
 - Are you a new employee? Your information may not be in the system yet.
 - Does UK Human Resources have a valid Social Security Number on file for you? If not, you cannot register.

If you need assistance, please call StayWell at 1-800-926-5455.



Step 3

Create your user name and password and click **Continue**. You may want to write it down and keep in a secure place.

Create User ID and Password

Please type in a new user ID and password twice and click "Continue".

My New User ID

Your user ID should be a combination of **at least 6 characters, including 1 letter, and 1 number (no spaces)**. (For example 12345a or Suzie74).

User ID:

Re-type user ID:

My New Password

Your password should be a combination of **at least 7 characters, including 1 letter, and 1 number (no spaces)**. Passwords are case sensitive (for example "2myhealth" and "2Myhealth" are not the same).

New password:

Re-type new password:

Step 4

Choose your security question and answer. Click **Continue**. Next you will now see the message: "Success! Your account is registered." Click **Continue**.

Security Setup

Please choose your security question and type your answer before clicking "Continue". Thanks!

My Security Setup

This question and answer will be used together to give you access to your account in case you forget your user ID or password in the future.

Security question list:

My answer:

Re-type my answer:



Step 5

Read the privacy statement and click **I Accept**. (If you do not accept, you will not be able to register.)

Privacy Statement

COPYRIGHT, PRIVACY AND LEGAL INFORMATION

ACCESS TO THIS INTERNET SITE IS OFFERED TO YOU CONDITIONED UPON YOUR ACCEPTANCE, WITHOUT MODIFICATION, OF THE FOLLOWING TERMS, CONDITIONS AND NOTICES:

Step 6

Add or update any of your information under “My Account.” Click **Save Changes**.

My Account

* Indicates a required field

Personal Information

Any changes you make to the information on this page will not be sent back to your company.

Your personal information appears below. If you'd like, you may [change your password](#) or contact information. If your personal information is incorrect, please contact StayWell toll-free at 1-800-492-6031.

First Name*:

Last Name*:

User ID: **csc18test**

Contact Information

If your contact information is incorrect, please update it below and contact StayWell toll-free at 1-800-492-6031.

Address 1*:

Address 2:

City*:

State*:

Zip*:

Your Preferred Phone Number*: - - x

We respect your privacy. Your email address will be used **only** to periodically let you know about new information or tools on this site that may help you improve your health.

Email Address:

Verify Email Address:

Yes, please **email me** about new information or tools to improve my health. I understand that I can unsubscribe at any time.



Step 7

You are now registered! Your Healthtrac Home Page will appear and you may begin going through the items on **Your Action Plan** and exploring the site.

The screenshot shows the UK Healthtrac Rewards website. At the top, there is a navigation bar with links for home, health assessment, health tools, health centers, take care, family centers, help, and log out. A search bar is also present. The main content area features a red banner with a woman's photo and the text "Welcome To Your Home Page Terry!" and "Here's **Your Action Plan**". The "Your Action Plan" section lists "Do Next" tasks: "Take your Health Assessment", "Register for an online Healthy Living Program", "Complete the Physical Activity Center", and "Put your eyes on the prize. Set a goal now!". To the right, there is a "your points bank" section showing a current point balance of 0, and a "your toolbox" section with links to various health resources. At the bottom, there is a "your news & views" section with two articles: "Read About It The Common Cold" and "StayWell for Life Winter 2009".

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home | health assessment | health tools | health centers | take care | family centers | help | log out

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SEARCH

Welcome To Your Home Page Terry!

Here's **Your Action Plan**

Do Next

- [Take your Health Assessment.](#)
- [Register for an online Healthy Living Program.](#)
- [Complete the Physical Activity Center.](#)
- [Put your eyes on the prize. Set a goal now!](#)

Welcome! We're glad to see that good health and feeling great are important to you. Mr. CEO thinks so too and would like to thank you for visiting StayWell Online — your new personal health website Good Health Company is providing just for you.

[less](#)

your points bank

current point balance 0

your toolbox

- Get Fit On Route 66
- Personal Health Record
- Healthy Living Program
- Enroll now in Step It Up! Online
- Exercise Quiz
- Dietary Guidelines Quiz
- Your Message Center (1)

your news & views

Copy TO HealthVault

Read About It The Common Cold

Adults have on average two to four colds a year, and children have six to 10 of them annually.

< Previous Next >

StayWell for Life Winter 2009

More Info >



How do I earn my full reward?

Step 1: Health Assessment

Complete the Health Assessment when it is offered twice per year – during July* through September and January through March. (*The Health Assessment and the Health Activity Tracker will be available beginning July 15, 2009.) You will receive \$25 for each completed Health Assessment – up to \$50 per fiscal year.

* Important: You **MUST** complete at least one Health Assessment before you can begin earning any rewards for that fiscal year.

When the Health Assessment is available, it will appear at the top of **Your Action Plan**.

Welcome To Your Home Page Terry!

Here's **Your Action Plan**

Do Next → [Take your Health Assessment.](#)

- [Register for an online Healthy Living Program.](#)
- [Complete the Physical Activity Center.](#)

your points bank

current point balance 0

your toolbox

- Get Fit On Route 66
- Personal Health Record

Your HealthPath Health Assessment

Find out how you rate! Take a few minutes and complete your confidential health assessment. You'll get instant, personal results that will show you how you rate with other people your age and gender – and a whole lot more!

To get started, please answer these four required questions and click *continue*.

1. What is your **gender**?
 - Male
 - Female
2. What is your **date of birth**?
Year Month Day
3. Do you use tobacco products of any kind?
 - Yes
 - No
4. Do you drink alcoholic beverages of any kind?
 - Yes
 - No

Continue





Step 2: BeH.I.P. or Healthy Living Program

Enroll in and complete either a BeH.I.P.* telephonic health coaching program or an online Healthy Living program and earn a one-time payment of \$30 per fiscal year. You will receive a reward for only ONE of these programs each fiscal year.

* Important: Based your Health Assessment results, you may be invited to enroll in a BeH.I.P. Program. If you qualify, the item will appear on Your Action Plan. If not, you may complete an online Healthy Living Program to earn the reward.

• Enroll in a BeH.I.P. program

1. Under **Your Action Plan** click **Be sure to enroll in the BeH.I.P. program.**

(Program offered varies based on your results.)

3. Enter your information, including your phone number and the best days and times for a BeH.I.P. health coach to contact you.

Click **Complete Enrollment.**

Here's **Your Action Plan**

- Great! You completed your Health Assessment on 5/6/2009.
- You checked out an online Healthy Living Program. Good for you!
- Be sure to enroll in the Back Care program.**
- Complete the Feedback Evaluation

2. Click **Enroll Now.**

It's free and confidential!
Back Care, Health Coaching

Enroll Now

Ellen, Health Coach
Registered Nurse, 13 years
[How it works](#)

Tell us how your Back Care Health Coach can reach you.

Please have my StayWell Health Coach call me at: (include area code and extension if applicable)

- - ext.

What's a good time to call you? Please check the boxes to show when you'd like your Health Coach to call and get started with your program. Once you begin your program, your coach will set specific times that fit your schedule.

My time zone is:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning (9 a.m. - noon)	<input type="checkbox"/>				
Midday (noon - 4 p.m.)	<input type="checkbox"/>				
Evening (4 p.m. - 9 p.m.)	<input type="checkbox"/>				

Is the information below correct?

Terry OHEALTH
[edit](#)

Email Address*:

Verify Email Address*:

Complete Enrollment [Cancel](#)



• **Enroll in a six-week, online Healthy Living Program**

1. Find **Your Toolbox** to the right. Click **Healthy Living Program**.

your toolbox

- Get Fit On Route 66
- Personal Health Record
- Healthy Living Program**
- Enroll now in Step It Up! Online
- New!** Online Communities
- Depression Quiz
- Healthy Weight Calculator
- Back Care Quiz
- New!** What If?
- ✉ Your Message Center (1)

2. Pick a program. Click **Start the Program**.

Healthy Living Programs

Pick a Program

Welcome! Ready to start making healthy changes? Choose a program below to get started!

TAKE A TOUR

- Healthier Diet Program**
Make simple substitutions for better eating
[About This Program](#) **Start This Program**
- Easy Start Program**
Ways to ease into a healthier lifestyle
[About This Program](#) **Start This Program**
- Weight Loss Program**
Lose weight and keep it off for the long-term
[About This Program](#) **Start This Program**
- Get in Shape Program**
Learn easy and fun ways to get more active
[About This Program](#) **Start This Program**

3. Enter your information, including your e-mail address. Click **Start Week 1**.

Healthier Diet Program

Begin your program by answering the following questions.

Note: If you've already responded to any of these questions, your answers will appear below. Take a moment to review each response and make changes as needed.

All fields are required.

1 Please enter your height and weight.

Height: feet inches or centimeters

Weight: lbs. kgs.

2 How many servings of fruits and/or vegetables do you typically eat each day?

1 serving of vegetables = 1 cup fresh or raw, 1/2 cup cooked,
1 serving of fruit = 1 medium fruit or 3/4 cup of fruit juice

0 servings
 1 serving

6 Please confirm your email address:

Your program includes weekly email reminders; you may unsubscribe from them at any time after your first reminder. In accordance with our privacy policy, we will never share your email address without your express permission.

You will be able to evaluate your progress once you have completed this program.

START WEEK 1



Step 3: Health Center Quiz

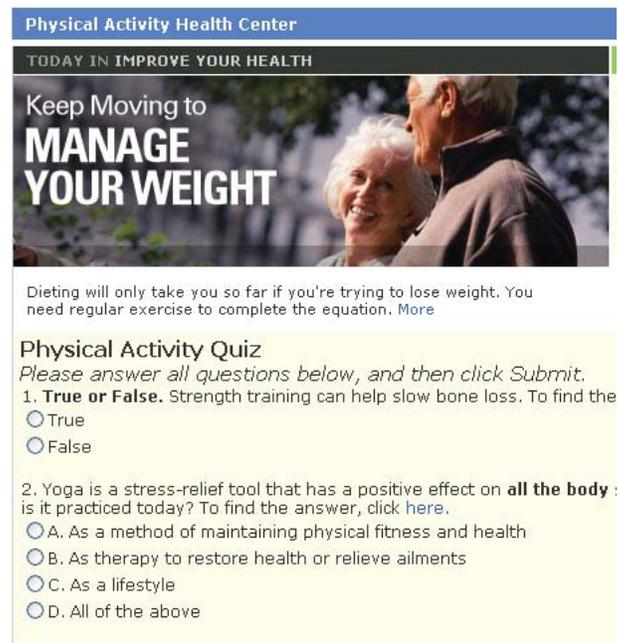
Complete the assigned Health Center Quiz and earn \$10 each quarter. You will be notified which quiz to take for the quarter in the monthly Healthtrac reminder e-mail.

1. Under **Health Centers**, click the topic assigned for that quarter.

2. Complete the assigned **Health Center Quiz** for the quarter and submit your answers.



Check your monthly Healthtrac e-mail reminder to find out which quiz is required to earn your reward for that quarter.

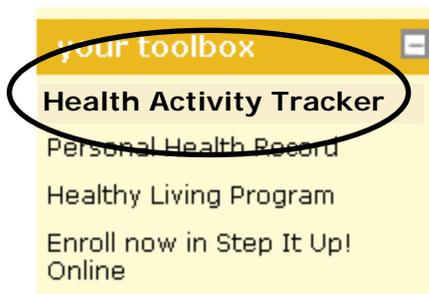




Step 4: Health Activity Tracker

Log in to your Healthtrac home page and earn at least 500 Wellness Credits per month using the Health Activity Tracker. This step earns \$5 per month.

1. Under **Your Toolbox**, click **Health Activity Tracker**.



2. Click **Report Activities**.



You may also earn credits for tracking your daily exercise. To do so, click **Daily Exercise Units**.

3. Enter your monthly activities by clicking on any of the tabs at the top of the page. For example, click on **Eating Well** and enter the number of days that month you completed the specified item. Then click **Save**. Make sure to earn at least 500 Wellness Credits by end of each month.



To earn your reward, earn at least 500 Wellness Credits each month.



How do I view the results of my Health Assessment?

1. Under **Health Assessment** click **Your Results**. (Or click on “You Completed the Health Assessment” on **Your Action Plan**.)

health assessment | health tools | health

- Your Results
- Assessment
- Confirmation
- What If
- Your Results Summary
- Feedback Evaluation

Welcome Terry! Here's Your Action Plan

Great! You completed 5/6/2009.

You checked out Program. Good for you!

Do Next → Be sure to enroll

Complete the Feedback Evaluation

2. Next you'll see your “Lifestyle Score,” which compares your score to the average score for a person of your age and gender. To the right you'll see **Your Top 3 Health Behaviors** — the three most important health habits you need to focus on, based on your answers.

home | health assessment | health tools | health centers | take care

your results | your health behaviors

Congratulations, Terry!

Getting a fresh start feels great, doesn't it? You've just started to improve your health by completing your health assessment. Now, get ready. This personalized report shows you steps you can take for healthier living. Good Health Company supports you. Read on!

Your Lifestyle Score... Be aware and compare

Your score May 2009: 85

Average*: 63

0 100

*Average score for person of your age and gender.
Note: Blood Pressure is not included in Lifestyle Score.

Your Lifestyle Score
Your Lifestyle Score is based on your Health Behaviors. It can range from 1 to 100, with points added for healthy behaviors and subtracted for less healthy ones. The greater its impact on your health, the more points a behavior is worth. Compare your score to the average for your age and gender. Then read on to learn how you can move your score toward 100.

Your Top 3 Health Behaviors [more](#)

- 1 Well-Being - HIGH risk**
When you're down and life just doesn't feel right, understanding why can help. [more](#)



3. Click on **Your Health Behaviors** to view your risk levels for 10 health behaviors including stress, weight, and physical activity. You may click on each health behavior for more information.



Your Health Behaviors... The Path You're On

Each of your Health Behaviors was scored as low, moderate, or high based on the information you provided us. Low risk behaviors protect your health. Higher risk behaviors increase your risk to protect your health and improve your Lifestyle Score. Consider what you can do to change to protect your health and improve your score. By changing one behavior, you will improve both your health and your Lifestyle Score.

Health Behaviors	May 2009
Back Care	HIGH
Well-Being	HIGH
Stress	moderate
Weight +	moderate
Alcohol Use	low
Blood Pressure	low
Driving	low
Eating	low
Physical Activity	low
Tobacco Use	low

4. If you'd like a summary you may print and keep or share with your physician, click **Results Summary**. Scroll down and click the **Print Page** button at the bottom of the page.

YOUR RESULTS SUMMARY

Participant Profile
 Name:
 Gender:
 Date of Birth:
 Age:
 Employer:
 Date Completed:

Top Priority Health Behaviors
 1. Talk with your doctor about your feelings of sadness
 2. Reduce your weight
 3. Seek help for your chronic pain

Health Behaviors	May 2009
Back Care	HIGH
Well-Being	HIGH
Stress	moderate
Weight +	moderate
Alcohol Use	low

Screening Values
 Height
 Weight
 BMI +
 Waist
 Waist/Hip Ratio
 Body Fat
 Blood Pressure

Print Page

Want to speak with a health coach about your Health Assessment results?
 Call StayWell at 1-800-926-5455.



What is the “What If” Health Assessment?

If you want to find out how your health can change if you change your health habits, complete the optional “What If?” Health Assessment.

1. Under *Health Assessment* click *What If*.

Your answers from your most recent Health Assessment are already filled in. Just change your answers in the areas in which you plan to change and click **Finish & View Results**. You’ll see how your Lifestyle Score and Your Top 3 Health Behaviors could change — and how they compare to your current results.

The screenshot shows a navigation bar with 'home', 'health assessment', 'health tools', and 'health'. A dropdown menu is open under 'health assessment', listing: 'Your Results', 'Assessment Confirmation', 'What If' (circled in black), 'Your Results Summary', and 'Feedback Evaluation'. Below the menu, the page title is 'Your Health Assessment'. The main content area contains a paragraph: 'Want to find out how your health can change if you change your health habits? Your answers from your most recent HealthPath Health Assessment to change and click the "Finish & View Results" button. You'll see how your health can change and how they compare to your current results.' Below this is a heading: 'To get started, change your answers to the following four questions:'. The questions are: 1. 'What is your gender?' with radio buttons for 'Male' and 'Female' (selected). 2. 'What is your date of birth?' with dropdowns for '1975', 'July', and '17'. 3. 'Do you use tobacco products of any kind?' with radio buttons for 'Yes' and 'No' (selected). 4. 'Do you drink alcoholic beverages of any kind?' with radio buttons for 'Yes' (selected) and 'No'. A yellow 'Continue' button is at the bottom.

The “What If” assessment is optional. It’s simply a tool for you to show how health behavior changes might affect your overall health.



What else does my Healthtrac Home Page offer?

You will find a wealth of valuable health tools, resources and information on Your Home Page. Take some time to explore beyond the items required to earn your incentive. Just a few examples of what you'll find:

- An events calendar
- The latest health news
- Handy health calculators
- StayWell for Life newsletter
- Health Centers on topics ranging from asthma to tobacco use
- Take Care, which includes a searchable drug reference and symptom checker
- And SO MUCH MORE!

Need help?

Can I talk to a health coach about my Health Assessment results?

Yes. You may call StayWell at 1-800-926-5455 to speak with a health coach about your results.

What if I have trouble registering?

Please call StayWell at 1-800-926-5455 or call UK Health & Wellness at 859-257-9355.

What if I have trouble viewing the StayWell Web site?

Please call StayWell at 1-800-926-5455.

What if I forget my password?

If you lose your password, click the "forgot my password" link on the log in page for help or call StayWell at 1-800-926-5455. UK Health & Wellness will not be able to assist with user name or password issues.

What if I still have questions?

- Check out the Frequently Asked Questions at www.uky.edu/HR/wellness/healthtracfaq.html
- Call us at 859-257-9355
- E-mail us at healthandwellness@email.uky.edu