

# Live Well for Life<sup>®</sup>

## Sutter Health Wellness Program

### 2018-2019 REGISTRATION GUIDE

## Wellness Program Requirements

Due Nov. 9, 2018

- ✓ Complete your annual health assessment in your wellness portal starting Oct. 22, 2018. Biometrics are no longer required. If you have biometrics from previous years, they will populate in your health assessment.
- ✓ Enroll in a SutterSelect medical plan between Oct. 22 and Nov. 9, 2018.

**Live Well for Life (LWFL)** is a wellness program to help improve your overall well-being and reward you for making healthy lifestyle choices. Sutter Health's mission to enhance well-being starts with our own employees, caring for our own health.

**Who's eligible:** Benefit-eligible employees within the Sutter Health System Office, Sutter Physician Services California, Sutter Shared Services, and Sutter Health Plan may participate in Live Well for Life. Spouses/domestic partners who are enrolled in a SutterSelect medical plan may also participate. Non-benefited employees may participate in wellness activities to improve their health, but they will not receive wellness points or incentives.

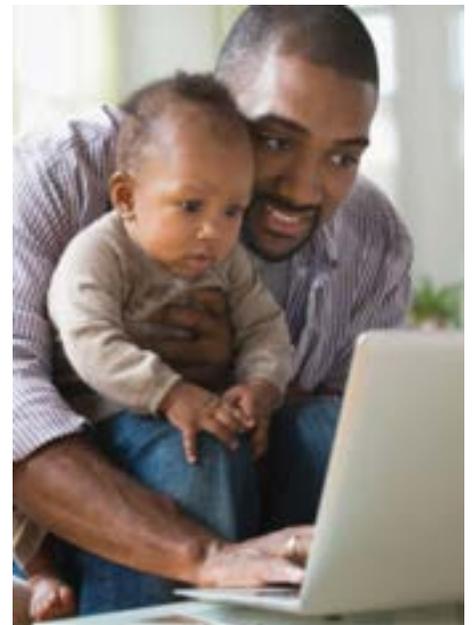
**What's in it for you:** Feel better and improve your health by engaging in LWFL activities that promote healthy lifestyle habits. In addition, you and your covered spouse/domestic partner (if applicable) will qualify for 100% paid coverage under the EPO Plus or a premium discount under the PPO if you both complete a health assessment. To find out more information regarding the health assessment and impact on your premiums, go to [MySutter Connection](#) and click on "Open Enrollment."

## How to Complete Health Assessment

- **From inside the Sutter Health network:**  
Go to [sutterhealth.org/live-well-for-life](http://sutterhealth.org/live-well-for-life) and click on "Sutter Health Employee Single Sign On."
- **From outside the Sutter Health network:**  
Go to [sutterhealth.org/live-well-for-life](http://sutterhealth.org/live-well-for-life) and click on "Outside Network Sign On." Log on with your employee ID and password.
  - o New users: click "Register."
  - o Spouses and domestic partners: enter the Sutter Health employee's ID number plus your year, month and date of birth.
- Select "Start" under the Assessments widget, and click "Submit" when you're done.

## Confirm your Health Assessment is Complete

- Log on to your wellness portal: [sutterhealth.org/live-well-for-life](http://sutterhealth.org/live-well-for-life).
- Under Program Requirements, make sure there is a green check mark next to "Complete Health Assessment" by 9:00 p.m. Nov. 9, 2018.



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## Wellness Activities

Starting late November 2018, you may participate in health and wellness activities including telephonic wellness coaching, fitness or nutrition challenges, live webinars and online action plans. These activities, which are part of preventive health campaigns, are worth wellness points towards a gift card. Watch your inbox in November for details.

## New Employees/Participants

- **If you were hired before Oct. 1, 2018**, and are enrolling in SutterSelect for 2019, you must complete the health assessment to earn the wellness incentive.
- **If you were hired on or after Oct. 1, 2018**, and you enroll in a 2019 SutterSelect medical plan, you will automatically be granted the wellness incentive. But if you want to participate in activities to earn rewards, you must complete the health assessment.
- **If you have added a spouse/domestic partner to your medical coverage during this open enrollment**, the spouse/domestic partner will not be required to complete the health assessment this cycle to receive the premium incentive.

## Leave of Absence (LOA)

- **If you are on LOA**, you must enroll in medical benefits and complete the wellness requirement by Nov. 9, 2018 to earn the wellness incentive.

**It is your responsibility to ensure that the requirements have been met by the deadline.**

To ensure that you have received the wellness incentive, please look at your first paycheck of 2019 or log into [mybenefits.ehr.com](https://mybenefits.ehr.com). If you believe you are entitled to the wellness incentive, and it did not appear in your paycheck, you have 90 days from the date of your first 2019 paycheck to file a claim for the incentive by submitting your claim and supporting documentation in writing to:

**Sutter Health Partners  
101 Rowland Way, Suite 315  
Novato, CA 94945**

If you have questions about submitting a claim, call **866-307-6600**.

