



Welcome to FitWorks Prime!

FitWorks® Prime is an online wellness program offered through Independent Health that's available to help you set and achieve your health and wellness goals. When you participate in different challenges, you'll earn points toward your company's wellness incentive, which is outlined below. It's an easy and exciting way to stay on top of your health – and get rewarded for it!

CHILD & FAMILY SERVICES/STANLEY G. FALK SCHOOL WELLNESS INCENTIVE

Employees who complete both the annual well visit (50 points) and routine blood panel (50 points) PLUS any of the additional challenges (must add up to 75 points) to earn a total of 175 points by September 30, 2020 will receive a \$250 employer incentive bonus at the end of December 2020. Employees must be actively employed at the time of the payout to receive it.

COMPLETE BOTH ACTIVITIES (50 POINTS EACH):

- Annual Well Visit*
- Routine Blood Panel*

EARN 75 POINTS BY COMPLETING ANY OF THE FOLLOWING ADDITIONAL CHALLENGES:

- Preventive Service* – 50 points
- FitWorks Well-being Assessment – 25 points
- Dental Exam – 25 points (self-reported)
- Vision Exam – 25 points (self-reported)
- Sweat for a Cause – 25 points (self-reported)
- FitWorks Interactive Video Challenges – 25 points each
 - Stress and Mindfulness
 - Being Active
 - Ergonomics
- Employer-Sponsored Wellness Activities – 25 points each

**Claims-verified*

Claims-verified challenges should be completed by September 30, 2020. You will receive FitWorks credit if you complete a claims-verified challenge between October 1, 2019 and September 30, 2020. FitWorks points will be awarded for completion of a claims-verified challenge by Independent Health on the date your claim is received. Check your points history in FitWorks to see when you received points for a claims-verified challenge.

Claims-verified challenges completed between October 1, 2019 and December 31, 2019 were automatically loaded in the system when the site refreshed on January 1, 2020. Any self-reported challenges completed in the same timeframe can be entered when you log in to the site.

If you've opted-out of Child and Family Services/Stanley G. Falk School's medical insurance, you can still participate in FitWorks and earn points for claims-verified challenges by submitting an Explanation of Benefits (EOB) from your insurance carrier or a physician's note for each challenge to the Independent Health Wellness Department at wellness@independenthealth.com.

New to FitWorks?

No problem! It's easy to create an account. Here's how you get started:

STEP 1	Go to cfsfitworks.limeade.com and click on Get Started . You will need your: <ul style="list-style-type: none">• Active and valid email address• Independent Health insurance member ID number* (including suffix)• Last name• Date of birth
STEP 2	Set up your account: <ul style="list-style-type: none">• Choose a non-identifiable sign-in name• Create a password (at least eight characters long with at least two numbers, uppercase letters or symbols)• Read and accept the Notice Regarding Your Wellness Program
STEP 3	Start completing challenges to earn FitWorks points toward the Child & Family Services/Stanley G. Falk School wellness incentive!

**If you waive Child and Family Services/Stanley G. Falk School's medical insurance, you can create an ID number by using the first letter of your last name followed by the last five digits of your Social Security number.*

Join FitWorks challenges and track your activity to improve your well-being wherever you are! Download the Limeade app for Apple or Android using **employer code: CFSSGFS**

Do my FitWorks points expire?

All FitWorks challenges will end on September 30, 2020. Child and Family Services/Stanley G. Falk School's wellness program and FitWorks site will be refreshed for a new program year beginning in January 2021.

What if I have questions?

If you have questions while using FitWorks, please email support@limeade.com, contact your Independent Health Corporate Wellness Specialist or contact HR at hrmail@cfsbny.org.

