

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 Preventive Service (50 points) PLUS any of the additional challenges (must add up to 50 points) to earn a total of 150 points by September 30, 2022 will receive a \$250 employer incentive bonus at the end of December 2022. Employees must be actively employed at the time of the payout to receive it.

COMPLETE BOTH ACTIVITIES (50 POINTS EACH):

- **Annual Well Visit***
- **Preventive Service***

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

- Preventive Service* – 50 points
- Routine Blood Panel* – 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 (max of 3)
- Employer-Sponsored Wellness Activities – 25 points each
- Relias Employee Wellness Program Courses – 25 points each (max of 3)

**Claims verified*

Claims-verified challenges should be completed by September 30, 2022. You will receive FitWorks credit if you complete a claims-verified challenge between October 1, 2021 and September 30, 2022. 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 and December 31, 2022 will be automatically awarded points when the site refreshes in January 2023. Any self-reported challenges completed in the same timeframe can be entered when you log in to the refreshed site on January 1st.

If you've opted-out of Child & 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 Lauren Dlugosz, Health and Wellness Program Manager, at Lauren.Dlugosz@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 & 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 Yes FitWorks challenges will end on September 30, 2022. Child & Family Services/Stanley G. Falk School's wellness program and Yes FitWorks site will be refreshed for a new program year beginning in January 2023.

What if I have questions?

If you have questions while using FitWorks, please email support@limeade.com or contact Lauren Dlugosz, Health and Wellness Program Manager, at Lauren.Dlugosz@independenthealth.com.

