

CONNECT

Powered by: VIVERAE 

about **connect**

All Viverae® programs are tailored to client needs, therefore your program may or may not contain some of these features.

The Connect™ wellness platform brings together everything you need to begin your journey toward a healthier lifestyle, including invaluable resources, information, and functionality to help you complete your wellness program and improve your well-being. In addition to the newly redesigned look and feel, you'll also find some amazing features, such as a simplified navigation, an enhanced online experience, and refreshed content.

This guide is designed to help you navigate through the Connect wellness platform and explain some of the terms and functions that you will see throughout the site.

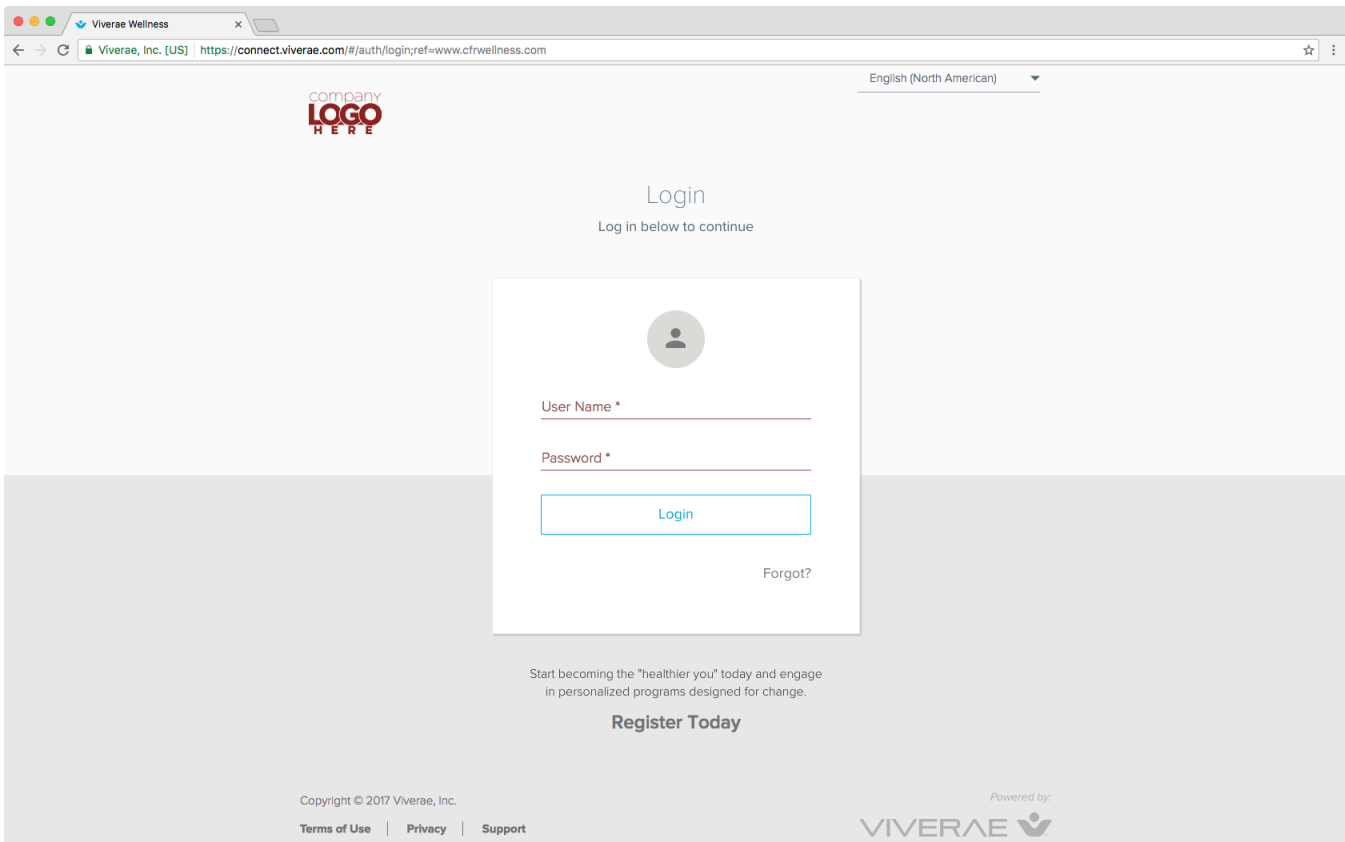
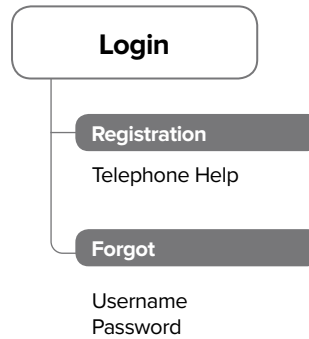
index of terms

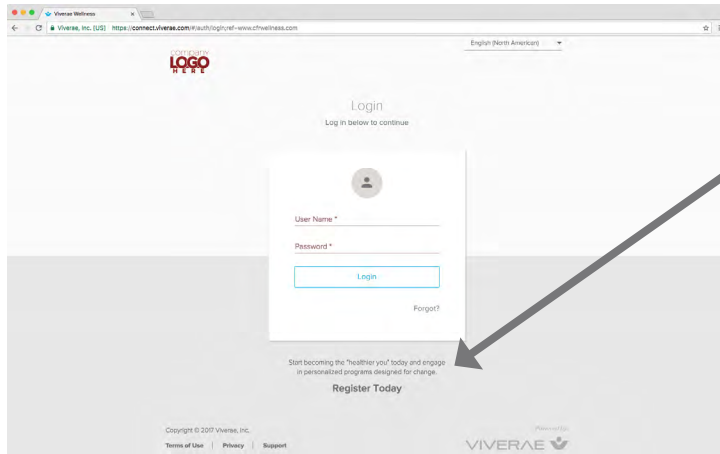
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login

On the Login screen, you can **log in**, **register** for the program, or recall your **password** and/or **username**. You can also access the **telephone help** number.

If you have any questions regarding the Connect wellness platform, please call our Viverae Health Center at **888-VIVERAE (848-3723)**, and we will be happy to assist you.



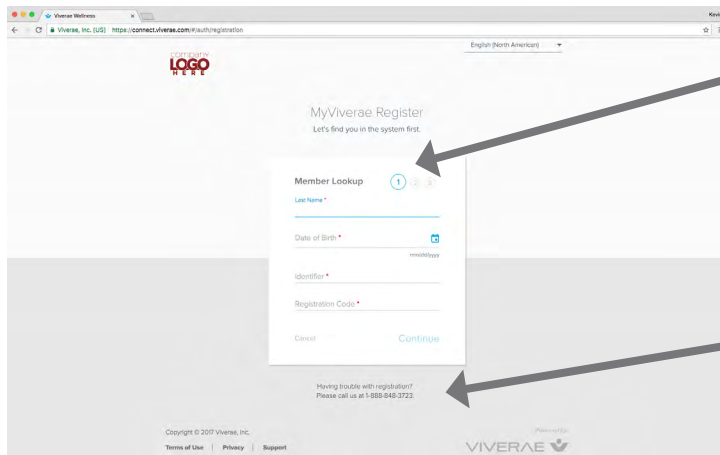


Registration

You can begin your registration by clicking **'Register Today'**.

Start becoming the "healthier you" today and engage in personalized programs designed for change.

Register Today



To register, enter your information here. If you run into any problems call **888-VIVERAE (848-3723)**, and we'll help you out.

Member Lookup

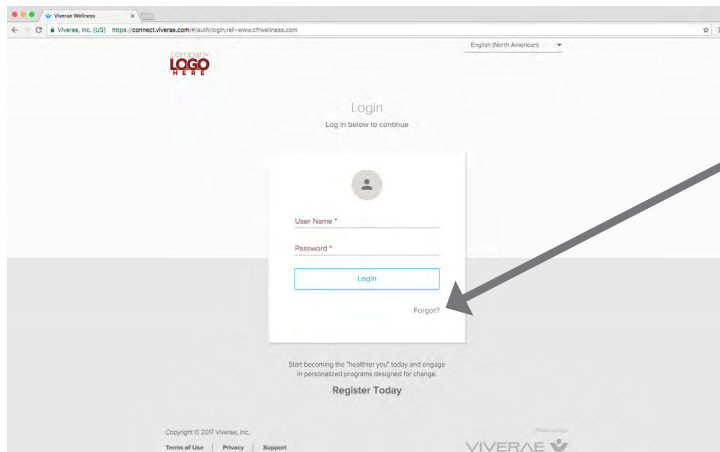
Last Name *

Date of Birth *

Cancel

Continue

Having trouble with registration?
Please call us at 1-888-848-3723.



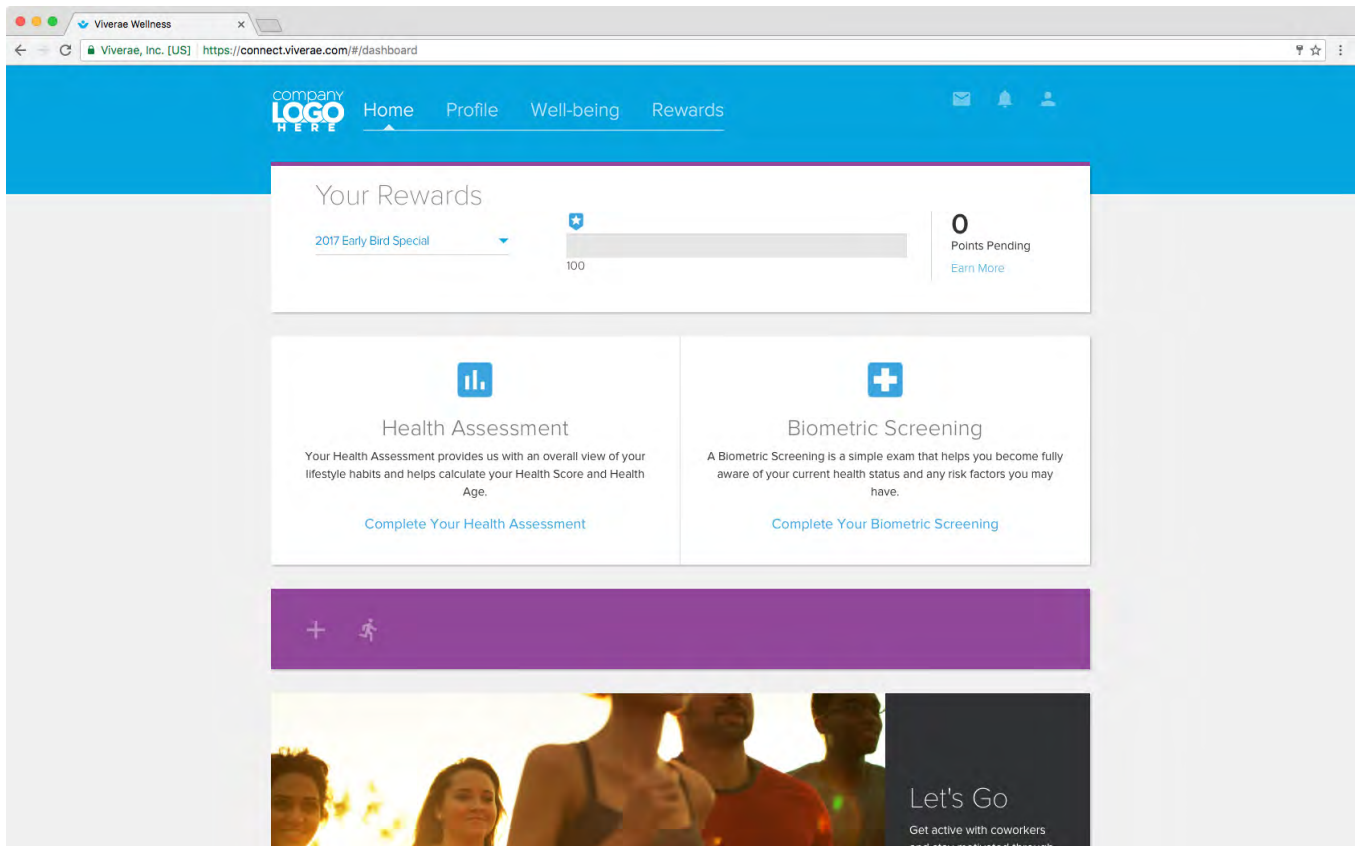
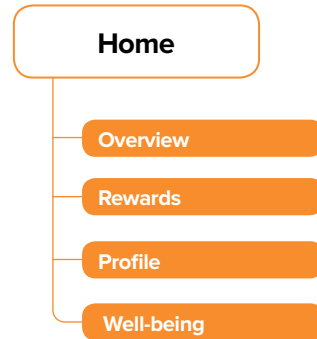
If you forgot your username or password, just click **'Forgot'** and we'll walk you through the steps to retrieve the missing info.

Forgot?

home

You can access your home from any screen on the site by clicking on the wellness program logo in the upper left corner. Once you've completed your Member Health Assessment (MHA), you will see your Health Index. Once you have completed both your MHA and Biometric Screening, you will see your Health Score and Health Age displayed on this page. If you have not completed either, you will see a reminder to complete the appropriate activities so you can view these important numbers.

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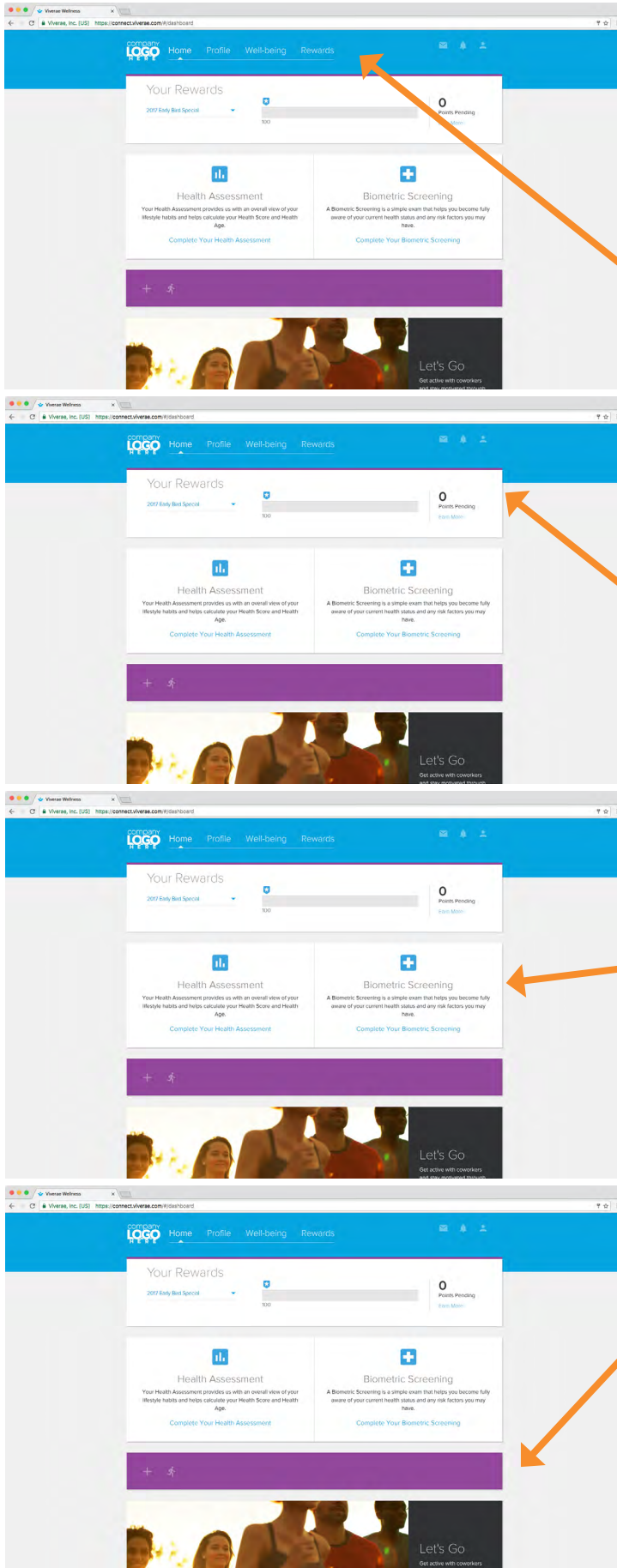
login

home

profile

well-being

rewards



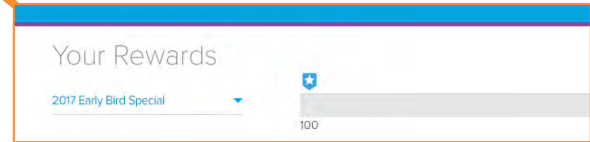
overview
Navigation Bar

Your Navigation Bar will always be at the top of whatever page you are on. Use it to maneuver between your main pages: Profile, Well-being, and Rewards, as well as their sub-pages.



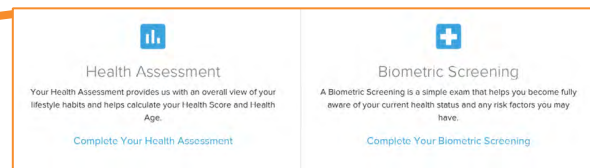
overview
Rewards

A quick view of how you are doing in your programs will be at the top of your Home.



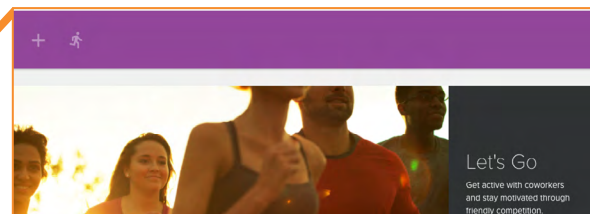
overview
Profile

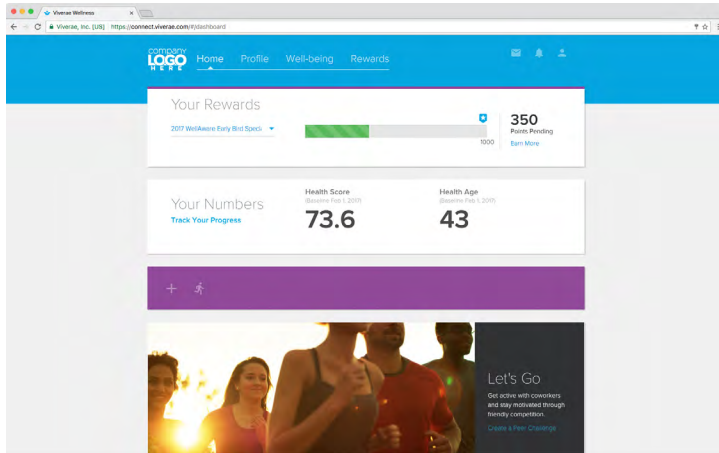
If available, you will be prompted to complete the MHA and a Biometric Screening.



overview
Well-being

Quickly view and join challenges.



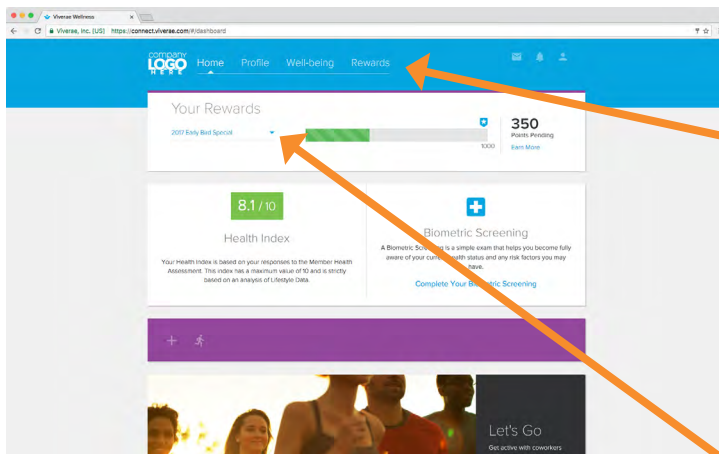


MHA and Biometric Screening completed

After you have completed both your MHA and your Biometric Screening, your Health Score and Health Age will display on your Home page. Learn more about these on page 11.

your rewards

Your program design outlines the activities and point/credit threshold(s) that you need to complete to earn a reward. Notice that some items may be required in order to achieve the available reward.

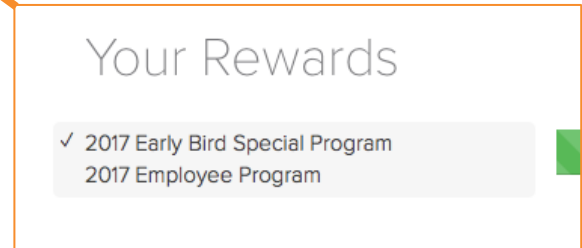


Rewards View

The rewards tab takes you to the Rewards page, where you can view the program details.

Program Menu

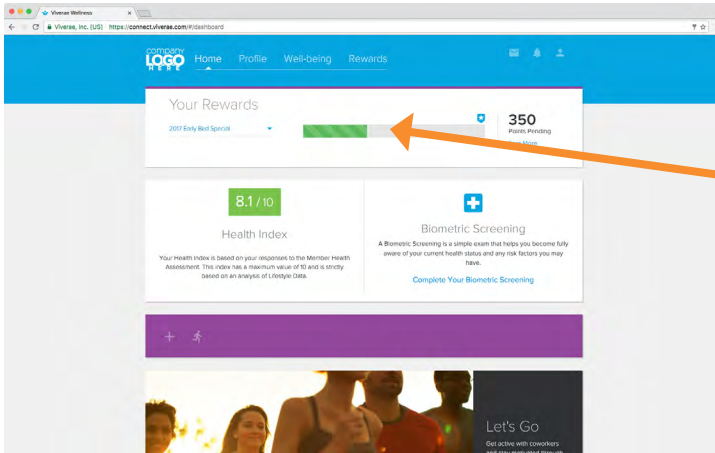
If you have more than one reward program, the quick progress snapshot can be accessed through this drop-down menu.



your rewards

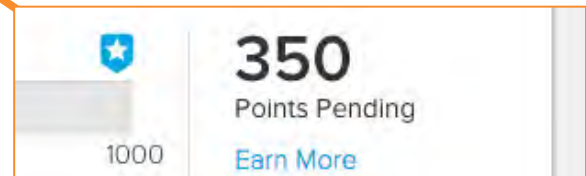
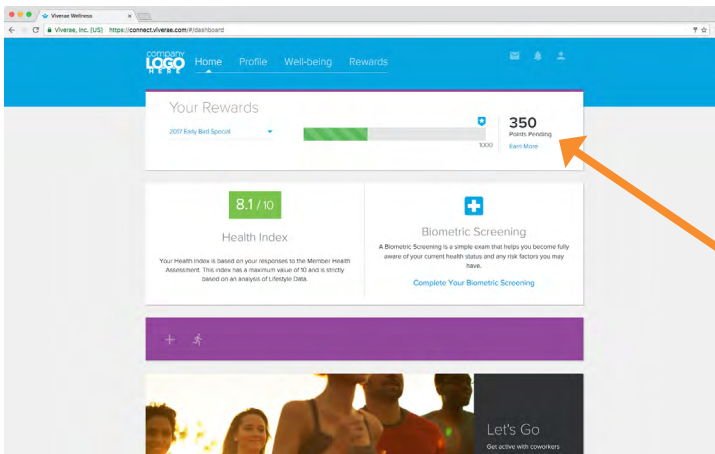
Progress

As you complete activities in your program, you will see your points/credits accumulate in the progress bar.



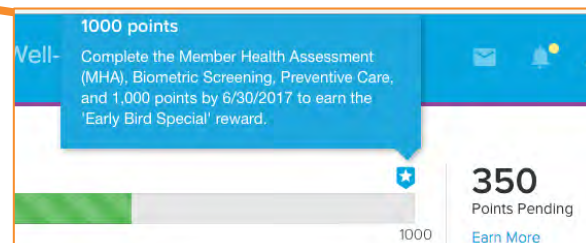
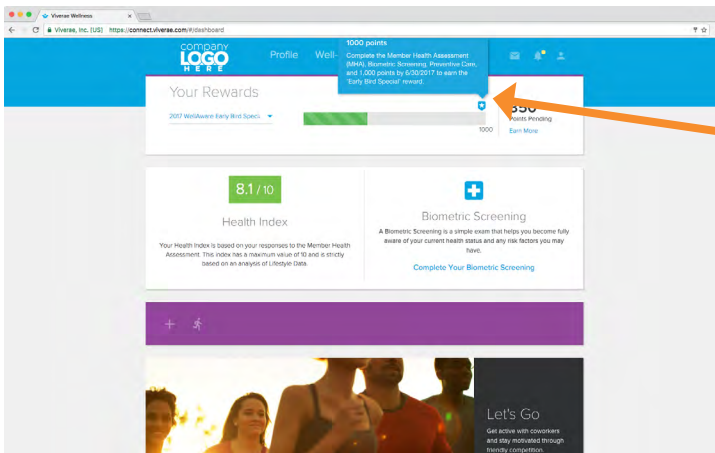
Pending Points/Credits

If you see a reference to “Pending Points/Credits” or “Pending Groups,” this means you have not yet completed all of the required activities as part of your program. Click **‘Earn More’** to see which items are required in order to achieve your reward.



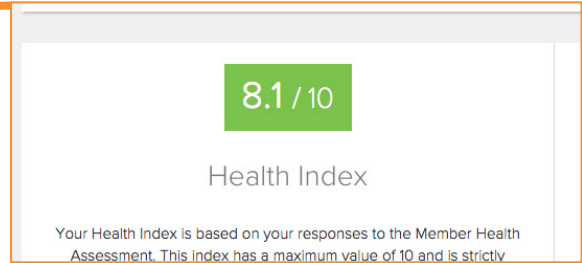
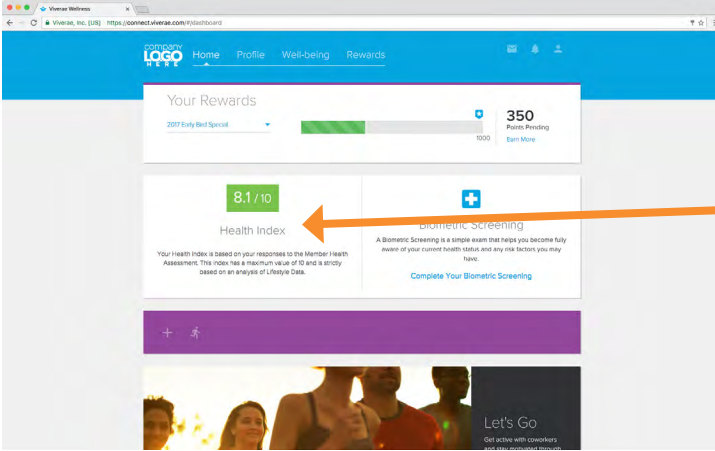
Rewards Detail

Hover over the star on the progress bar to see which level(s) you will receive awards for.

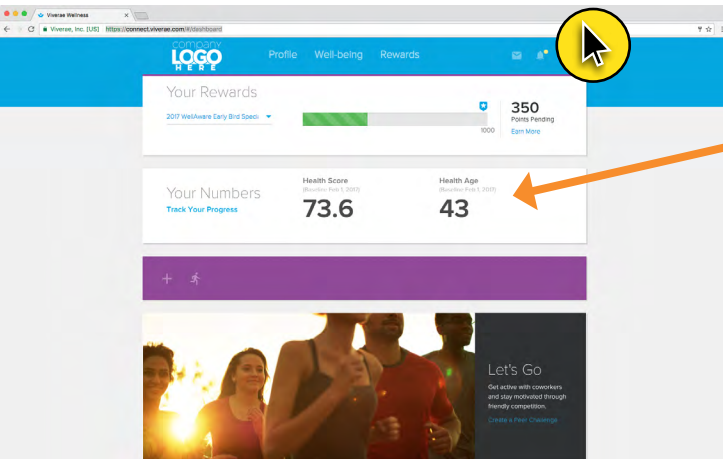
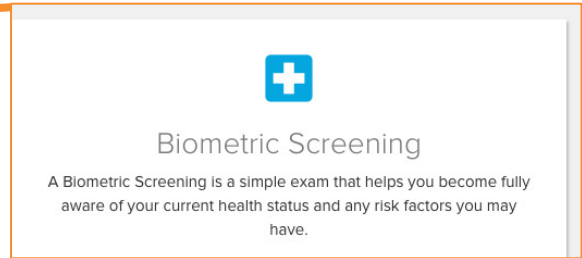
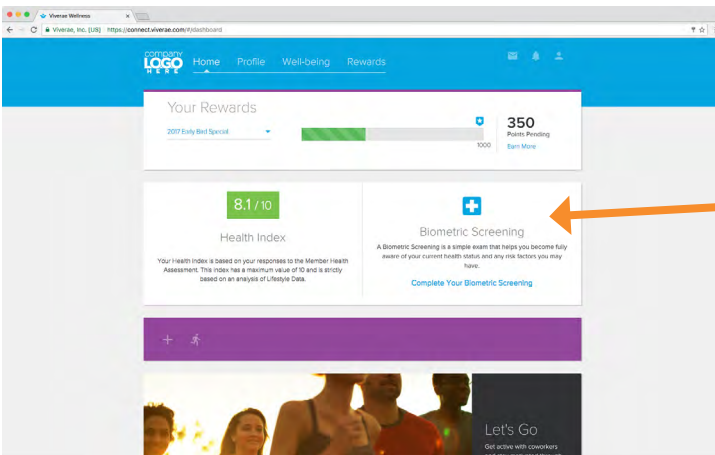


your health

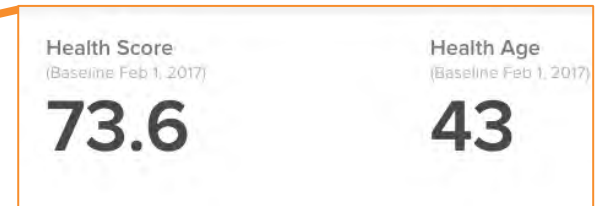
After you have completed your Member Health Assessment (MHA), your Health Index will show on your Home. Your Health Index is based on your responses to the MHA. The maximum value is 10, and is strictly based on your self-reported lifestyle data.



Until you have completed your Biometric Screening, you will be reminded to do so. "Complete Your Biometric Screening" will show you the options available to you for completing your screening.



Once you have completed your MHA and Biometric Screening, your Health Score and Health Age will appear.



navigation tip

This bell will show a yellow dot as a reminder about your **upcoming events**. To view the details, simply click the bell. You can also click here to sign up for your **Biometric Screening**.

note:
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profile

On the Profile page, you can view your Health Score, Health Age, and screening results. You can also access education information and wellness resources from here.

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Profile

Numbers

- Health Score
- Health Age
- Screening Results
- Health Tracker

Goals

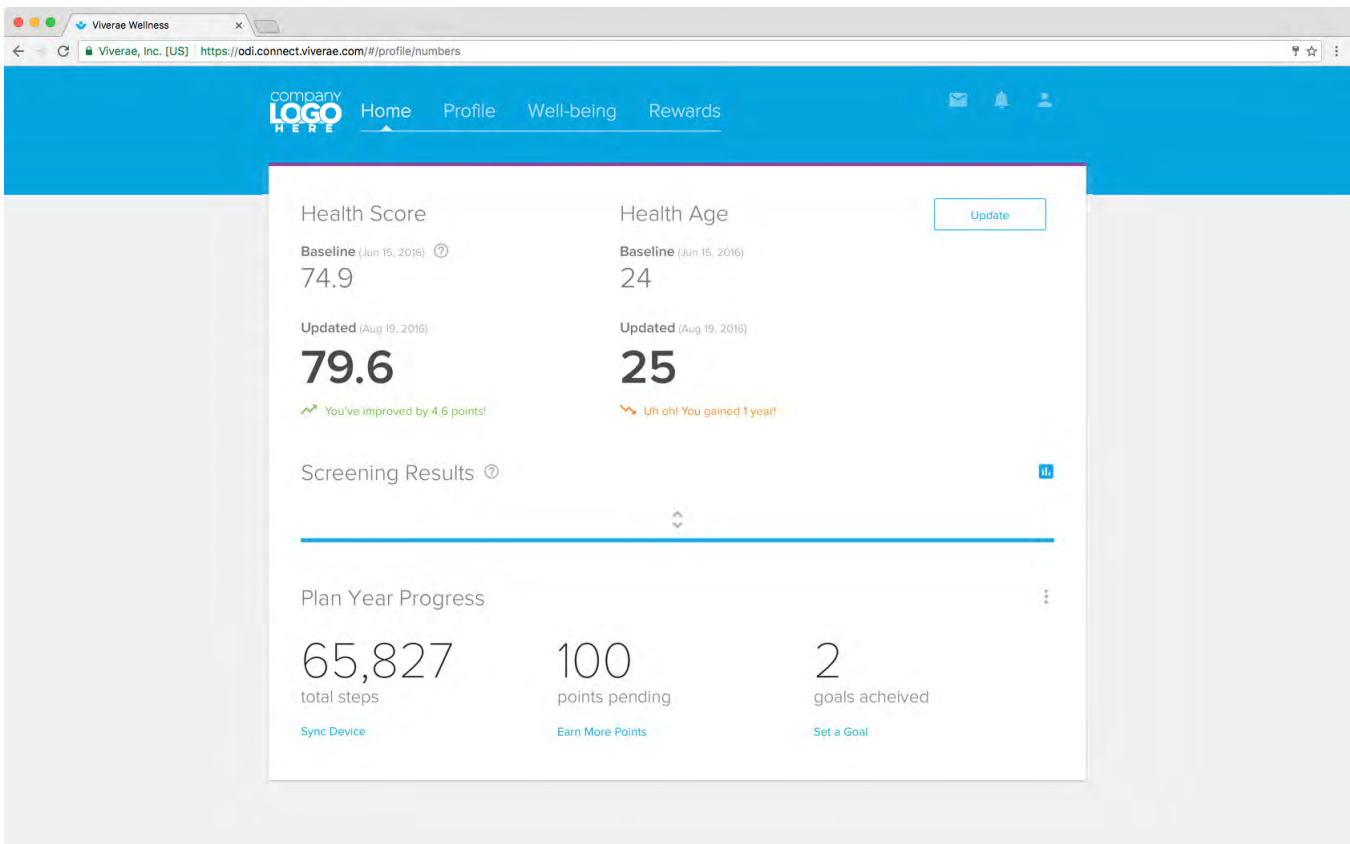
- Active Goals
- Trending Statistics
- Goal History

Education

- Webinars
- Online Courses
- Targeted Programs

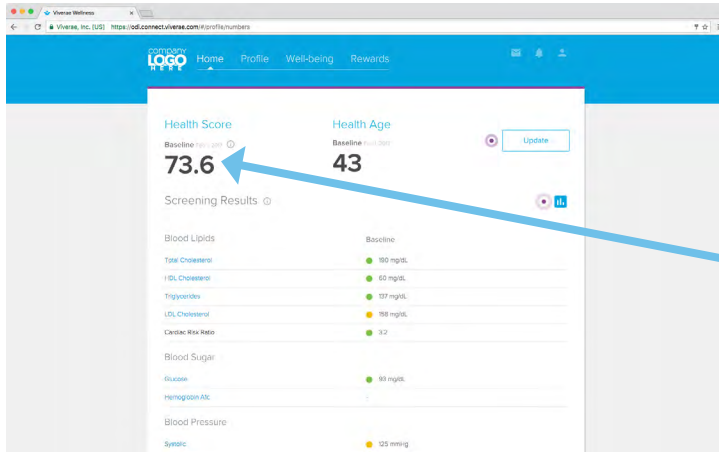
Resources

- Forms & Documents
- Form Uploads
- Screening
- Links
- Tobacco Affidavit



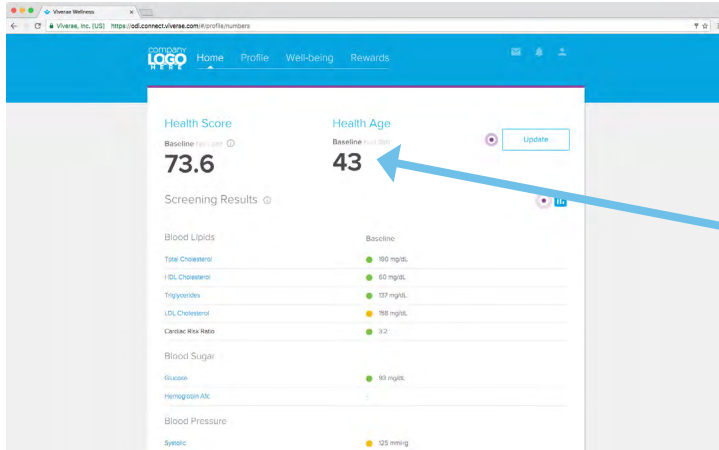
profile numbers

This is where your Health Age, Health Score, and Biometric Screening results can be found.



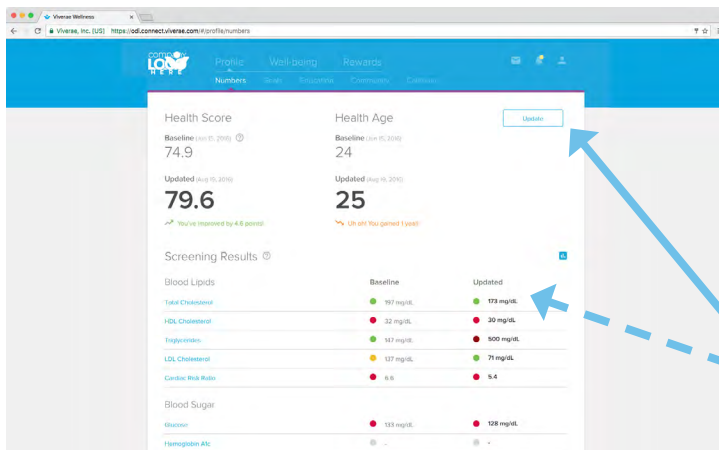
Health Score

Your Health Score is a representation of your overall well-being. It is based on the results of your Biometric Screening and MHA responses. The Health Score has a maximum value of 100 points and gives you a general idea of where your health currently stands.



Health Age

Your Health Age is calculated based on your MHA responses, Biometric Screening, and any chronic conditions you may have.

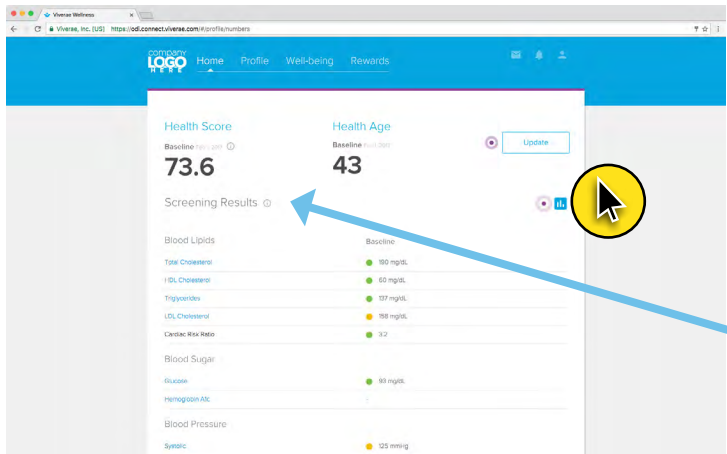


Health Tracker

Once your Biometric Screening is complete, you can click **'Update'** to manually update your data. Doing so will update your Health Score and Health Age, allowing you to track your progress throughout the program year and generate historical data. Please note that updates will never overwrite or replace the existing baseline values collected for your program year.



profile numbers




Biometric Screening Results

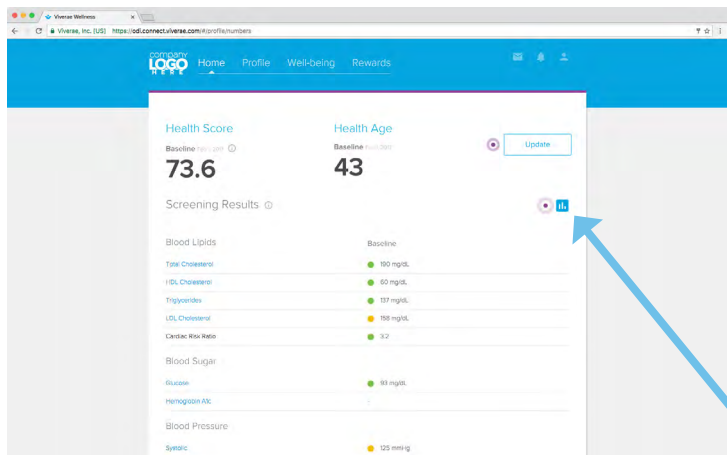
You can review the results of your Biometric Screening here. This will help you understand your numbers and decide what actions you need to take to build a healthier lifestyle. Your baseline results will be used for any applicable incentive credit.

Screening Results	
Blood Lipids	Baseline
Total Cholesterol	190 mg/dL
HDL Cholesterol	60 mg/dL
Triglycerides	137 mg/dL

navigation tip

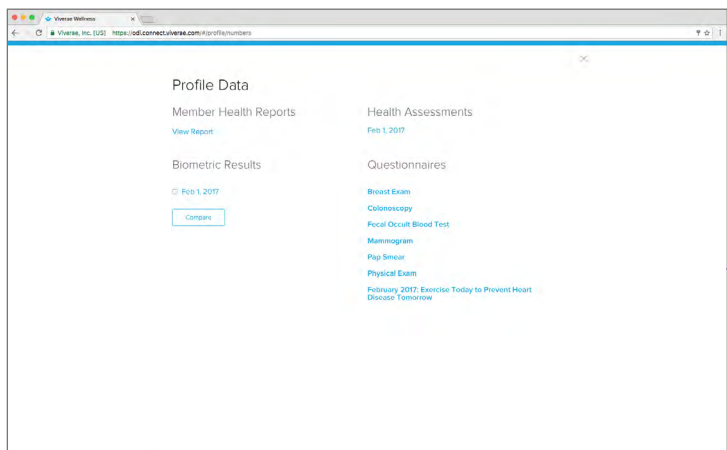


beacons
Throughout the site, you'll see many tips to help you navigate a path toward better health. Simply click on the beacon to learn more about specific features and functions of your wellness platform.



Profile Data

Access your Member Health Report, prior year biometric and MHA results, Questionnaires, and make comparisons.



pop-up window

note:

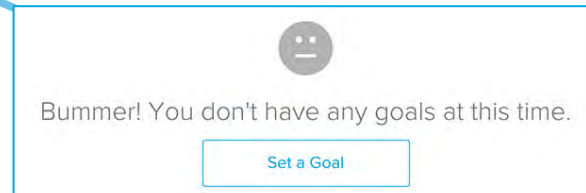
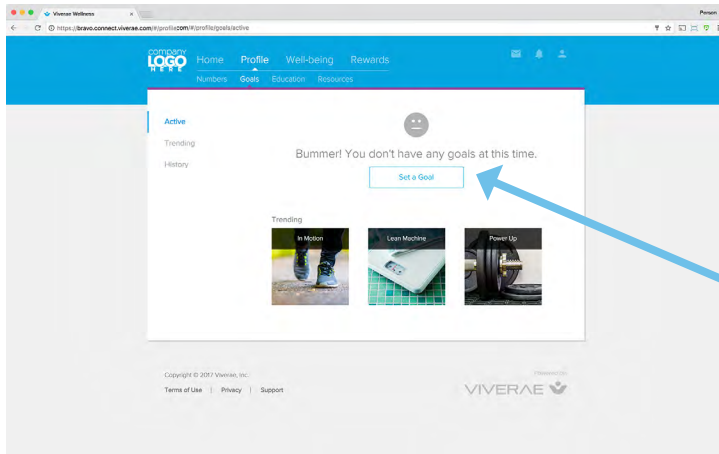
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profile **goals**

This is where you can set and track daily and weekly goals, see trending goals, and view your goal history.

Set A Goal

Setting goals is a great way to build healthy habits over time. Get started by setting a daily or weekly goal for yourself. Scroll left over the images to select an area of focus from one of our many categories, then log in and track your progress.

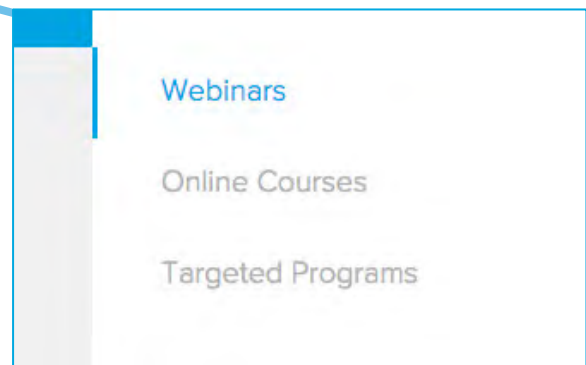
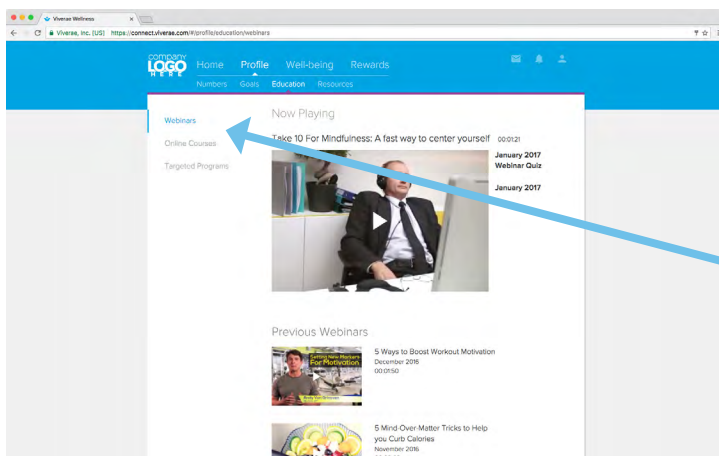


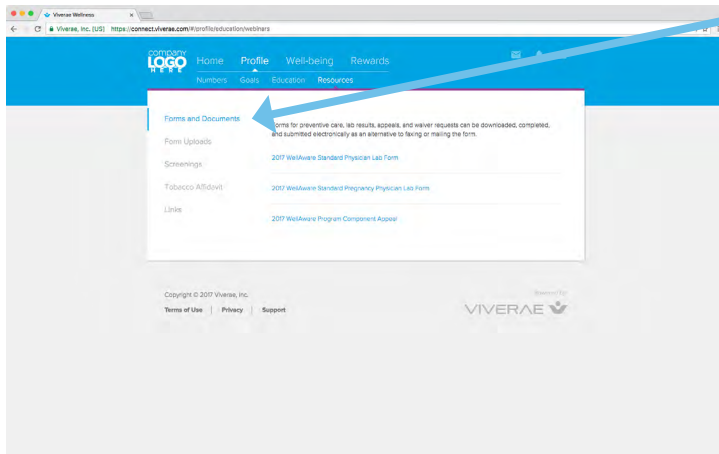
profile **education**

We have built a large database of online content over the years to help members with everything from quitting tobacco to managing their conditions better. All available under the Education Tab.

Online Content

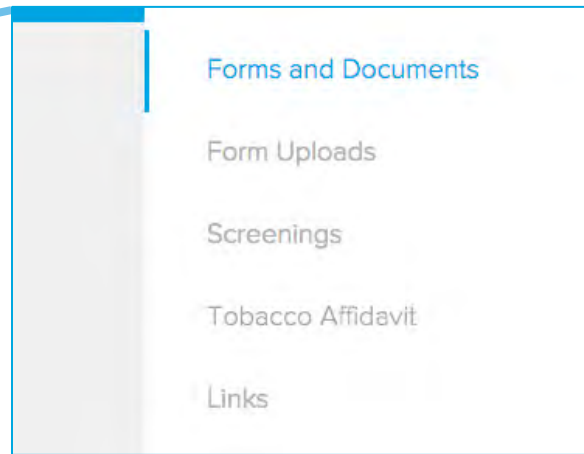
Get the information you need to start making healthy changes that will affect your overall well-being. Select from our Webinars, Online Courses, and Targeted Programs, and don't forget to take the quiz at the end to test your knowledge.





profile resources

This is where you can access any forms, documents, and other resources relevant to your program.



Forms and Documents

Access program forms or any documents that your employer has provided for download in this area.

Form Uploads

Upload your Physician Lab Form or Appeals Form here. You can access past forms as well.

Screenings

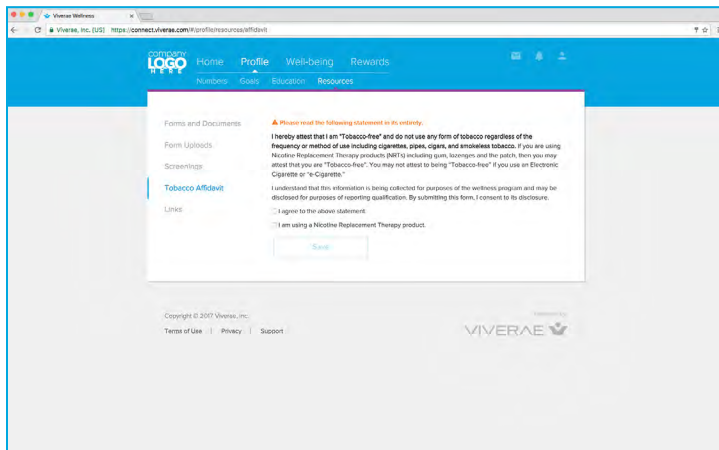
See what screening options are available for you to complete your Biometric Screening. You can request a lab or home kit screening, download a physician lab form, sign up for a screening event, or self-enter your biometrics if one or more of these options are available for you.

Tobacco Affidavit

If you are a non-tobacco user or are trying to quit by taking Nicotine Replacement Therapy (NRT), you can enter this information here.

Links

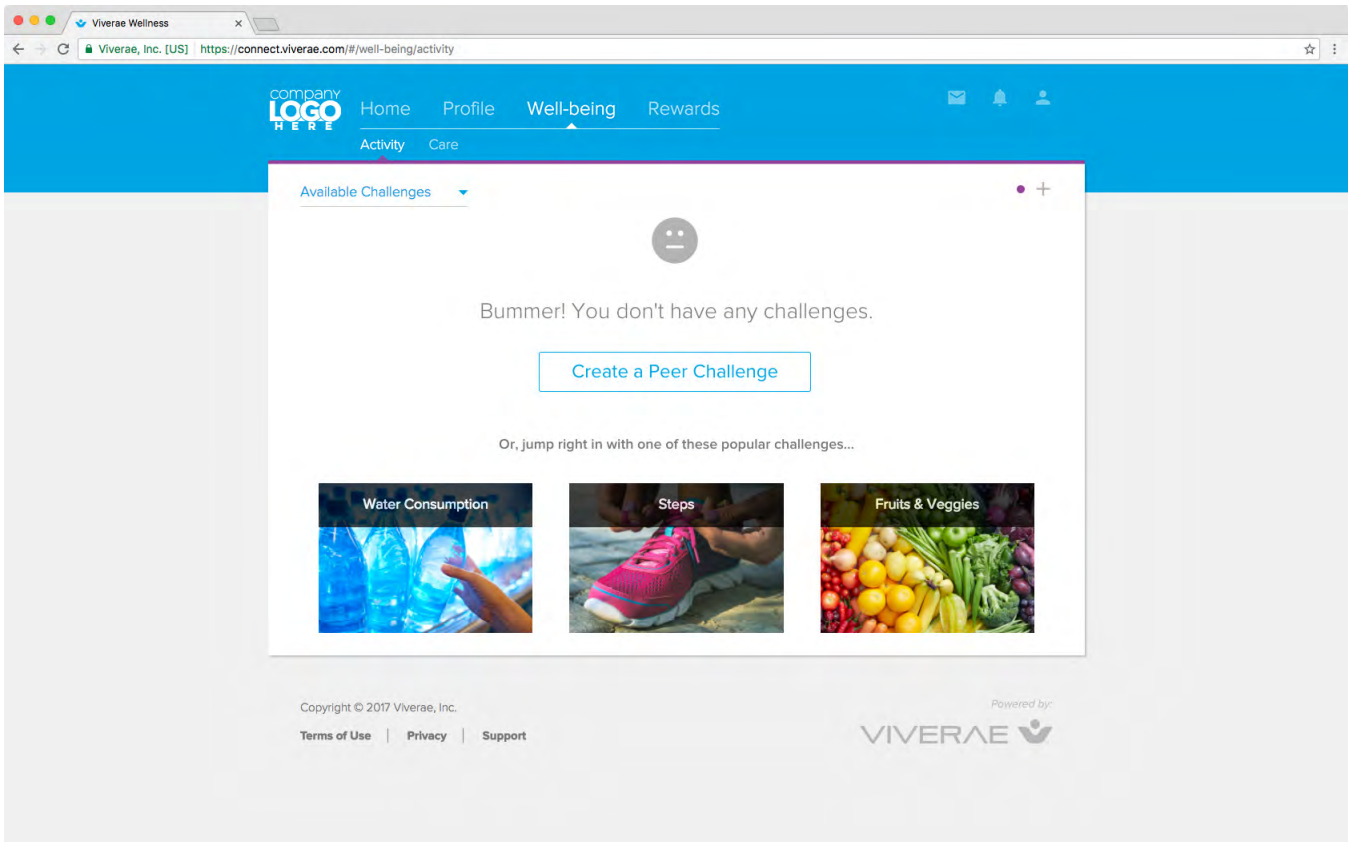
Access helpful links provided by your employer in this area.



well-being

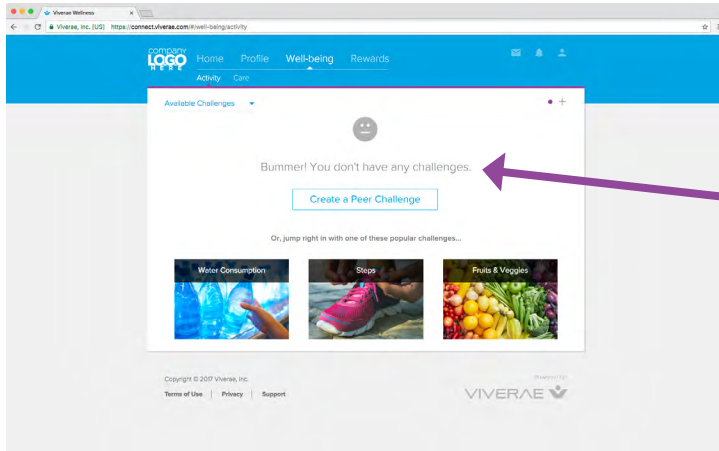
This is where all Challenges, Care tracking, and Lifestyle resources can be found.

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well-being activity

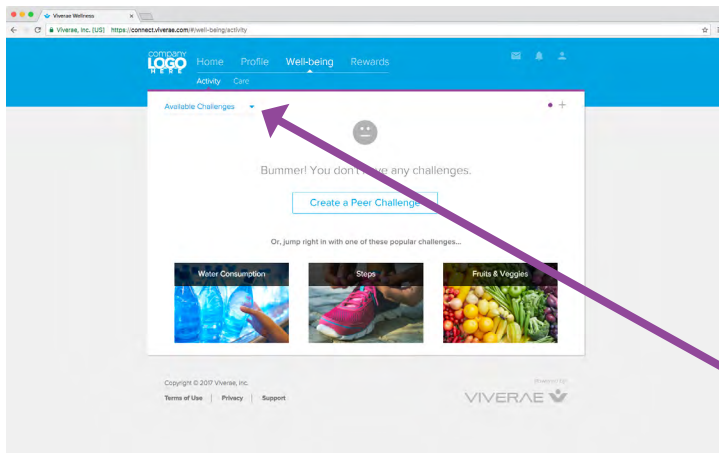
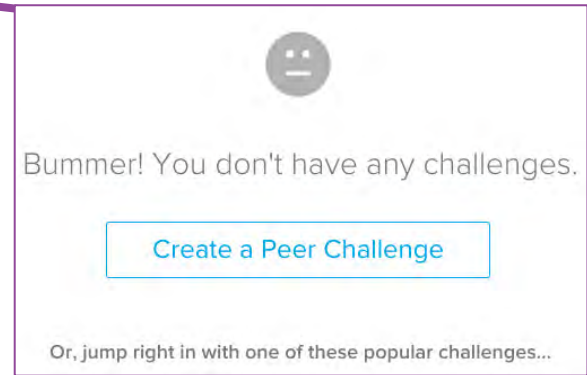
This is where you can create, join, and track Employer and Peer Challenges.



Challenges

What is a challenge?

Push yourself to make lasting changes and build healthier habits with fun challenges that cover a wide range of wellness topics.



Challenges drop-down menu

Select which challenges you would like to see:

Available Challenges:

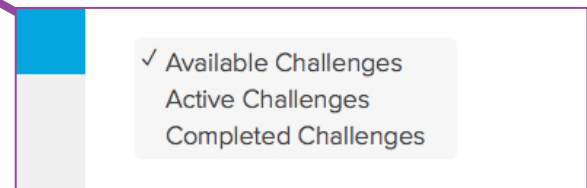
Employer and Peer Challenges that you are able to join.

Active Challenges:

Joined challenges that are in progress or starting soon.

Completed Challenges:

Challenges you've participated in that are over.

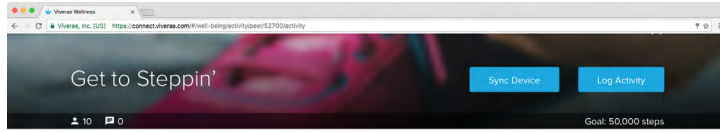


A little more about challenges

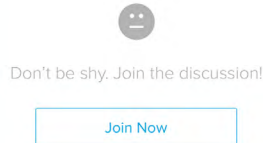
There are two types of challenges in your wellness program. They are either initiated by your employer, your peers, or you.

Employer Challenge:
These are challenges initiated by your employer as part of the wellness program.

Peer Challenge:
These are challenges initiated by a program member who has invited other members to join their challenge. These challenges promote friendly competition and social interaction with your peers, and help you to stay accountable.



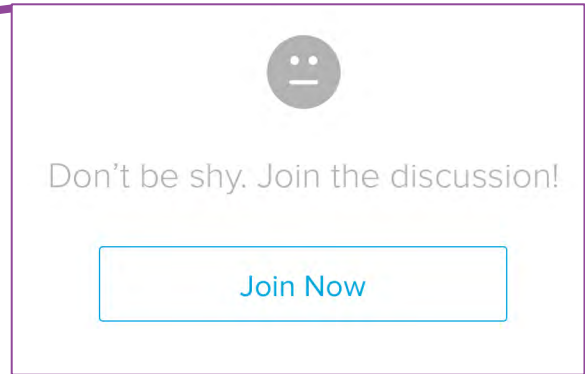
Rank	Player Name	Steps
1	QueenBey	0
2	TheRealJASimon	0
3	Jennibear	0
4	Paulinator	0
5	Idridiculous	0
6	Pittogram	0



Social

Join The Discussion

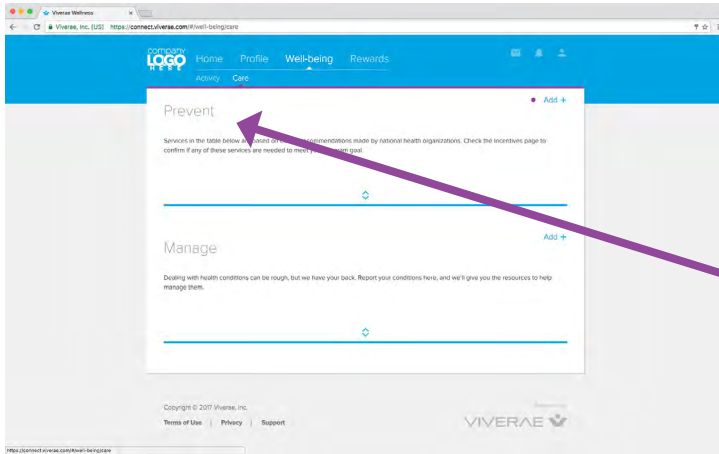
Connect with other challenge participants to offer encouragement and engage in friendly banter by posting comments and likes. To get started, click 'Join Now' to join the discussion for the selected challenge. Please note that the first time you join, you will be asked to opt-in.





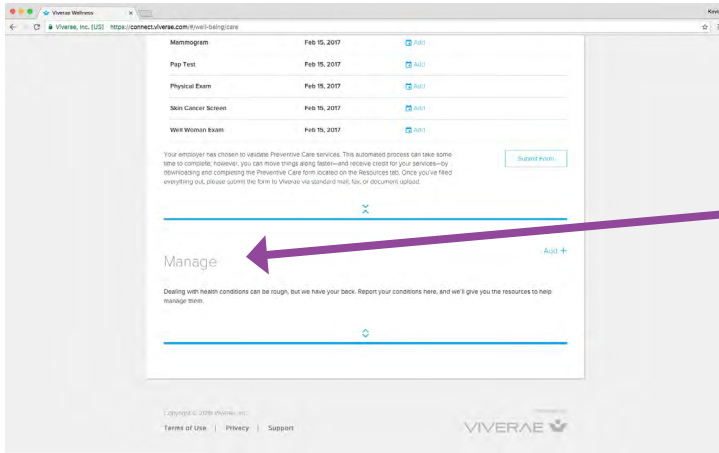
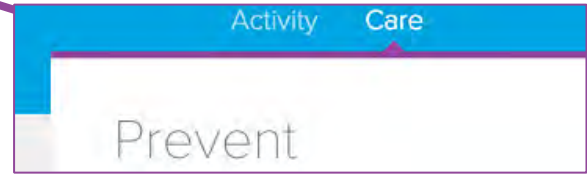
well-being care

The care tab is where you can manage your Preventive Care and self-report conditions.



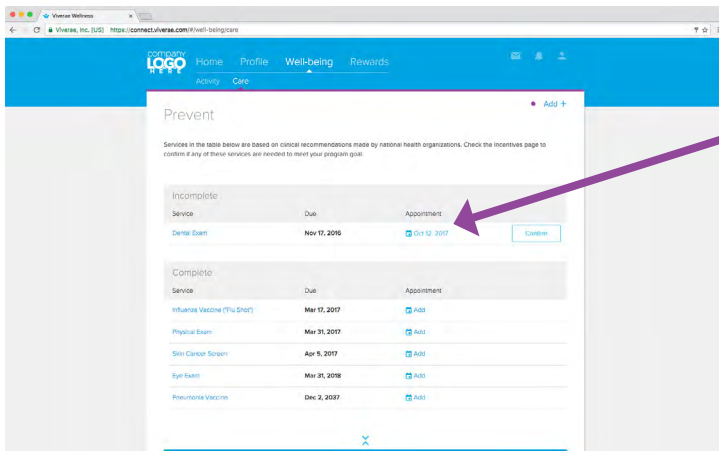
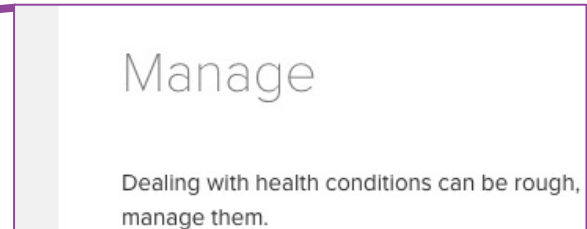
Preventive Care

From here, you can record appointments and see which services you still need to complete in order to be compliant. These dates are provided by recognized specialty medical organizations. You can also get more information about specific services recommended to you.



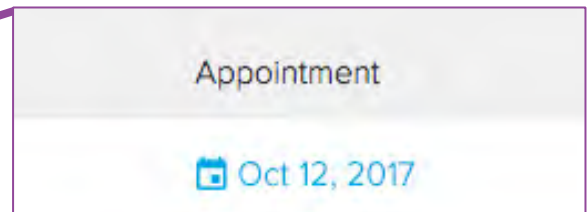
Condition-specific Care

In this area, you can self-report any conditions that you may have and manage them through a care plan. More information on conditions can be accessed here.



Appointments

The calendar icon opens a pop-up window that lets you add a service appointment.



note:

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well-being lifestyle

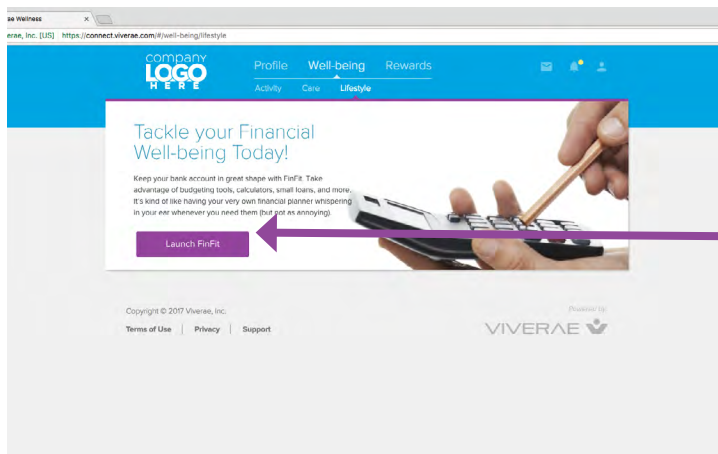
This is where you can access financial wellness tools to keep your wallet in good shape.

Financial Wellness

Financial stress can severely impact your well-being. Lucky for you, we have full access to a wealth of financial wellness tools including calculators, educational information, and other valuable resources.

Keep your bank account in great shape with FinFit. Take advantage of budgeting tools, calculators, small loans, and more. It's kind of like having your very own financial planner whisper in your ear whenever you need them (but not as annoying).

Launch FinFit



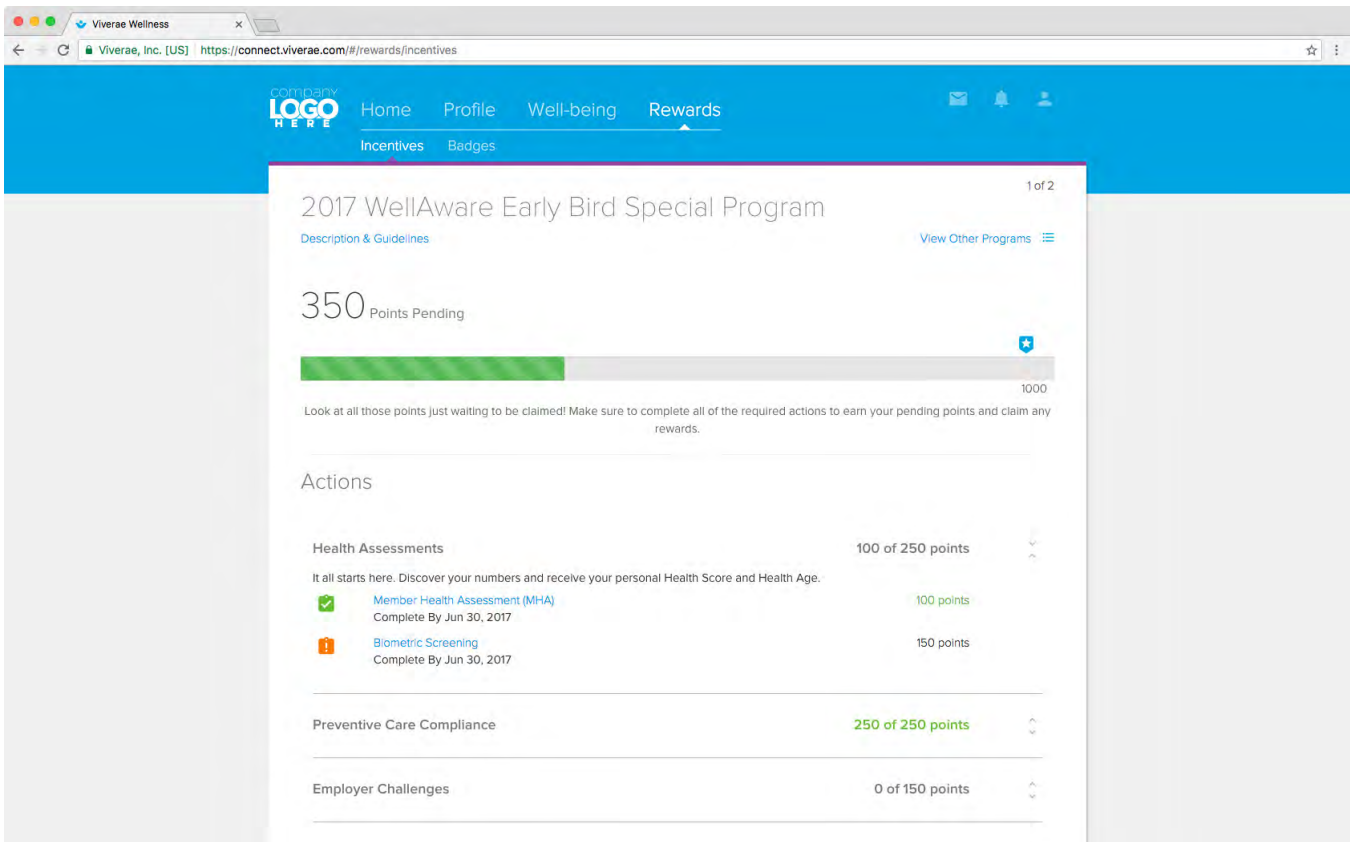
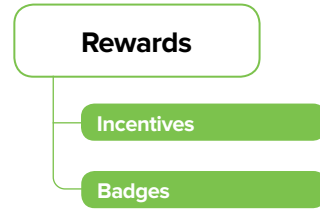
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rewards

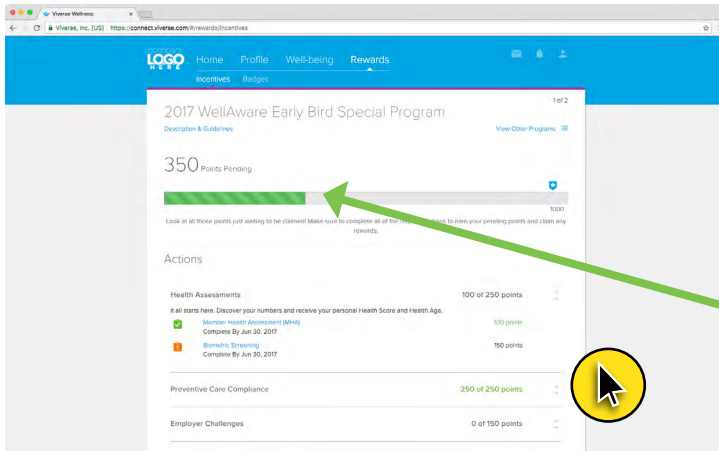
Quickly gauge your progress in your wellness program, and discover which program activities you need to complete in order to earn any program incentives.

If you have any questions regarding the Connect wellness platform, please call our Viverae Health Center at **888-VIVERAE (848-3723)**, and we will be happy to assist you.



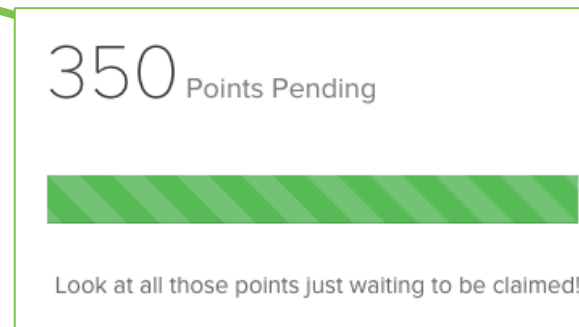
rewards incentives

This is where you can track your progress in the wellness program and see how close you are to earning available incentives.



Incentives

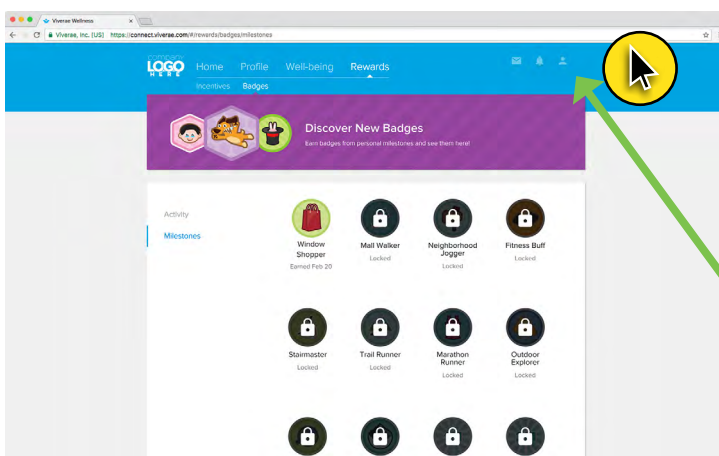
The Incentives tab shows you where you stand in the program and gives you a quick look at how many points/credits you've earned so far. You can also find suggestions to earn more points/credits and see which required actions you still need to take in order to complete your program and earn your available incentives.



navigation tip

Click this caret to expand or collapse these panels.

Be sure to complete any of the required items (ones with the orange exclamation point) since these must be completed to earn available reward(s).



Gamification and Badges

Get rewarded for your progress by earning badges as you complete activities and achieve new milestones. In order to begin earning badges, you will need to sync a compatible app or device. You can sync an app or device in the Preferences section, which can be accessed by clicking the Account Preferences icon in the top right corner of the screen.



navigation tip

Connect integrates with many of the most popular health apps and devices available. To sync your compatible app or device, click the Account Preferences icon, then click **'Preferences.'** From the Preferences screen, click **'Apps & Devices,'** then **'Connect a Device.'**

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rewards