



## HealthWise is Here!

June 15, 2011

### *You heard it through the grapevine...and now it's here!*

Starting today, **June 15, 2011**, you have online access to the resources and tools that are part of the A&B HealthWise Wellness Program. You can get up-to-date health and wellness information – as well as opportunities to take healthy actions – all designed to help guide you on your path to what wellness means for you.

Some of the online resources available through the website include:

- **A personalized Wellness Assessment** – a confidential online questionnaire that you can complete to help you determine your current health status, risks and healthy actions to take
- **A Wellness Profile** tailored to your interests and needs
- **A Personal Health Record** where you can keep track of your medical information – all in one place
- **Healthy news and tips** that you can use...every day
- **Tools and resources** covering the following topics:
  - Fitness
  - Nutrition
  - Personal and family health
- **Healthy Living Programs** – six-week online programs that you can join to help you eat better, get more exercise, lose weight, quit smoking, manage your stress and more. You'll answer some questions to start, and then each week you'll have a specific goal and a To-Do List to help you stay on track.
- **Monthly online health seminars** featuring short videos

**And much, much more!**

**Spend 15 minutes online...  
Earn \$250 in FlexDollars!**

By completing your online Wellness Assessment before August 31, you'll see an extra \$250 added to your 2012 FlexSolutions enrollment worksheet. You can use these FlexDollars toward the cost of your 2012 benefits, lowering your out-of-pocket costs for the year. If you have any FlexDollars left over after Open Enrollment, you'll receive them in your take-home pay as taxable income.

### Your Login Instructions Are on Page 2!

Get your complete first-time login instructions for accessing our wellness website:

[www.behappystaywell.com](http://www.behappystaywell.com)

### A Note About Confidentiality

Please note that all of the personal information you provide on the *behappystaywell* website is completely confidential. No one will see it but you. The website is administered by a third-party company; A&B doesn't have access to any of your personal health information.

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## First-Time Login Instructions

A&B is proud to provide you with our wellness website in support of HealthWise: [www.behappystaywell.com](http://www.behappystaywell.com) **Here's how you can log in for the first time:**

- Go to [www.behappystaywell.com](http://www.behappystaywell.com)
- On the Welcome screen, enter **A&B's special company access code – Matsonhealthwise** – and click **“Enter Site.”**
- Once in the site, click **“Login”** in the top right corner to create your own personal profile.
  - This will open up the Login Page screen. As a first-timer to the site, you will need to create a username and password. To do so, click **“Create Profile.”**
  - To create your profile, fill in all required fields (as indicated by the red arrows) and agree to the Terms of Use by clicking on the radio button next to **“I Agree to the Terms of Use.”** Then, click **“Submit”** at the bottom of the page.
  - You will then be logged in and directed to the Home Page – where you have the full range of our wellness resources and tools at your fingertips!
- To get credit for participating, **be sure to click on the “Wellness Credits” link** on the left side navigation bar. Scroll down to “Activities to Complete” and click on the **“Sign Up”** button for the appropriate wellness year: 1/1/11 – 12/31/11.

## Get Rewarded for Your Wellness Assessment

One of the first things you should do with HealthWise is to **complete your online Wellness Assessment**. Doing so will not only help you understand your health status and how to reduce any health risks you may have, but **you'll earn “wellness credits” in the form of an extra \$250 in FlexDollars.**

To complete your Wellness Assessment, simply log into our wellness website. From the home page, click on the “Wellness Assessment” button, select “English” or “Spanish,” and follow the onscreen instructions. Plan to spend about 15 minutes answering the questions, and you'll receive a personalized report upon completion. If you know your numbers for blood pressure, glucose, total cholesterol, HDL and triglycerides, you'll get a more detailed personal report; otherwise, you may ignore these biometric questions. **Be sure to click on the “Finish Now” button** at the end of the questionnaire, in order to generate your personalized report and ensure that you get credit for completing the assessment.

**So what are you waiting for? Now is the time to commit to health.** Get started by completing your Wellness Assessment before August 31 – and get rewarded with an extra \$250 in FlexDollars!

## Future Login Instructions

Once you have created your personal profile on our Healthwise wellness website, logging in is easy as 1-2-3!

1. Go to [www.behappystaywell.com](http://www.behappystaywell.com) and click on “Login”
2. Enter your Username and Password in the boxes and click “Login”
3. You will then be directed immediately into the site

**August 31, 2011 is the absolute deadline for completing your online Wellness Assessment in order to receive your extra FlexDollars for 2012 open enrollment. The \$250 reward will not be given for Assessments completed after that date.**