CONNECTING THE PIECES

HEALTHY COUNTY
BOOT CAMP

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay
13,000+ Employees Strong
› Office locations in East Greenwich, RI and Olathe, KS
› Clinical heritage
› Passionate, committed, responsive team

Impacting 3+ Million Lives Across America
› 98% participant satisfaction rate

More Than 300 Clients Serving 3000+ Organizations
› 90% employer retention rate
› Across various industries
  - Manufacturing
  - Transportation
  - Healthcare
  - Retail
  - Distribution
  - Energy
  - Utilities
  - Financial services
  - Education

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Healthy County powered by Provant

Wellness is a journey, and Provant provides the tools to support all TAC HEBP member employees wherever they are in their journey on the Healthy County portal.

24/7 access to a variety of tools to help you improve, maintain, or learn more about your health – at your convenience.

• **Connect your wearable** fitness devices by going to Track -> Tracking -> Device Manager.

• **Plan and track** a healthy menu or exercise routine, by going to the Track heading.
  • Under planning, there are logs to track your physical activity and nutrition

• **Wellness workshops**: Help you learn about a variety of health topics. Find these under Learn -> Learning -> My Workshops.

• **Challenges**: Health challenges are hosted four times a year on the challenge tab on your portal, and are also compatible with your mobile app and challenge specific app.

• **Health library**: Read articles and watch short educational videos and workouts, by going to Learn -> Learning -> Health Library.

• **Contact a dietician or trainer**: On your homepage, under “My Healthy Life” you can email directly a Provant health coach with any health and wellness questions you may have.
Privacy

• Companies hire Provant because we keep your data safe and confidential. We adhere to the highest standards and laws to protect your personal confidentiality and privacy, such as:

• The Health Insurance Portability and Accountability Act (HIPAA), which ensures that Provant cannot release any personally identifiable information or health records about you without your express, written authorization.

• The Genetic Information Non-Discrimination Act (GINA), that prevents employers from using genetic health information when making decisions about keeping, letting go, hiring, or promoting individuals.

• The Health Information Technology for Economic and Clinical Health Act (HITECH), which governs the use of electronic health records to help coordinate and streamline healthcare while maintaining appropriate privacy checks.

• All of our employees go through training on health information laws, personal information protection, and their roles and responsibilities.
Once registered, you will need only your username and password to log in. If you forgot your password, click the blue link below to re-set it.

First time users, click “Sign Up”.
To register on the portal as a new user, enter:

1. 9 Digit Health Benefits Number (903XXX)
2. Date of Birth
3. Complete the Capcha code
4. Click and accept “Terms of Use”
Mobile App

Take your Healthy County portal with you using the ‘Humology’ mobile app
Homepage

The Homepage allows for easy navigation and includes:

- Top Navigation bar
- Health County Announcement Section
- Incentive and Reward
- My Healthy Life
  - Daily Wellness Tips
  - Connect with a health coach
- Workshops
  - 34 educational workshops on a variety of topics
- General Information
  - Resources & My Documents
The navigation allows you to get to all of the portals features within a few clicks
  • Many areas are also accessible through the other areas of the home page
  • The Healthy County portal can be translated into over 100 languages using google translate
  • Help is just a click away. If you have any questions hit the Help button on the top right hand corner for more information, and call or email Provant with any questions
My Healthy Life

A Daily Wellness Tip that will give you great information all year long.

Talk to a Dietician & Talk to a Trainer buttons allow you to send questions to one of Provant’s Registered Dietician’s or Exercise Physiologist’s and get a response in about 24 hours!
34 workshops with topics ranging from specific conditions to overall health and wellness topics – available anytime! Scroll down on your homepage, or go to the Learn Tab and select “My workshops”.

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Scroll through the tiles for details on each of the available workshops on your homepage.

The tiles at the bottom will show any workshops you are currently active in, anything you’ve marked to take and any workshops you’ve completed.
Portal Announcements

The Healthy County announcement area is updated frequently with important program information. Please check back often for updates to ensure you are well informed!

Click “Learn More” for detailed information on each Healthy County announcement.
Device Storefront

Two easy ways to access the device storefront:

1. Announcement Section
   • Scroll thru all announcements

2. General Information:
   • Under My Resources
The device storefront is set up to allow you to choose the device that works best for you.

- Featured Products
- Crazy Deals
- Smartphone required
- Free Shipping on all orders which may be shipped directly to your home
Adding a Device

• Once you have the perfect device, the portal allows you to connect/sync your device to automatically track your steps. You must set your device up with the manufacturer before you can sync to the Healthy County portal.

Step 1: Click “My Device”
Step 2: Click “Connect Now”
Step 3: Select your source (scroll for more options)
2018 Healthy County Challenges

Four Healthy County challenges will be offered in 2018. Successfully complete 3* challenges to earn a $50 Amazon Gift Card!

*Employees with a health benefits effective date on or after 4/9/18: Complete 2 of 4 challenges to receive $50 Amazon Gift Card
• Enhance your fitness as you travel virtual routes making stops at spectacular sites along the way of this 6-week challenge.
• Interactive message board, comment on the program or simply view the walking expert’s posts.
• Join or start a team from 2-40 colleagues or play as an individual.
• Be sure to review the Healthy County Leaderboard.
• **10K-A-Day Webinar: February 7, 2018 @ 10:00 am CST.**

**February 12, 2018 – March 25, 2018**

**REGISTRATION OPENED ON JANUARY 29th. Be sure to sign up for 10K-A-DAY!** Registration ends February 19th!
• Warmer Temps and More Daylight – Now is the time for you to Spring Into Motion!
• Team Participation and buddy features for Friendly competition and support.
• Be sure to review the Healthy County Leaderboard.
• You earn “Springers” for activity levels each day.

30-44 minutes/6000-7999 steps = green
45-59 minutes/8000-9999 steps = orange
60+ minutes/10,000+ steps = pink.

• Spring Into Motion Webinar: April TBD
• Focus on eating habits anyone can adopt: choosing diverse, colorful fruits and vegetables every day.
• Each serving of vegetables counts for two points, and fruit servings are one point. Earn bonus points for selecting a “Top Choice” food item. Add them to a blender and see how the colors disperse.
• **Colorful Choices Webinar: July TBD**

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Keep an eye out for registration information! Registration is required to participate in any challenge.
From the US through Europe and Asia, you’ll be on a virtual tour of autumn’s most vibrant landscapes.

County Leaderboard – Average leaf score (accumulation of leaf points)
- Red leaf – 3 points
- Orange leaf – 4 points
- Gold leaf – 5 points.

Walktober Webinar: Wednesday, September 19, 2018 @ 10:00 am CST
Incentives and Rewards area will allow you to see where you are in the program. Once you’ve satisfied the requirements, you’ll be able to redeem the code for your Amazon Gift Card* right from the portal!

*You must redeem your Amazon gift code from the portal by Dec. 31, 2018 as the code will be removed from the portal. Amazon gift codes never expire, and you can use the Amazon Gift card anytime.
**Incentives and Rewards**

The Incentives page will show you the current program. You can review any past programs you were eligible for by clicking the appropriate box. As you complete the challenges and earn credit, you will see the completion bar fill incrementally. Once you are complete, your Amazon redemption code will populate.

*You must redeem your Amazon gift code from the portal by Dec. 31, 2018 as the code will be removed from the portal. Amazon gift codes never expire, and you can use the Amazon Gift card anytime.*
Incentives and Rewards*

Once the 3* challenges have been successfully completed, participants are eligible to redeem their $50.00 amazon gift code right from the portal.

*Employees with a health benefits effective date on or after 4/9/18: Complete 2 of 4 challenges to receive $50 Amazon Gift Card. You must redeem your Amazon gift code from the portal by Dec. 31, 2018 as the code will be removed from the portal. Amazon gift codes never expire, and you can use the Amazon Gift card anytime.
Important items for you to access are going to be housed in the General Information area either in the My Resources or My Documents section. You’re also able to contact Provant using the “Contact Support” button.
Provant Customer Service

• Provant’s Customer Service team is available Monday – Friday 7am – 6pm ET
• **Call:** 1-877-BE-WELL7 (1-877-239-3557)
  • Voicemail system for after hours

• Email: Customerservice@provanthealth.com
• Or use the “Contact Us” button under General information.
Platform Roadmap

**Scheduled**

**Content & Access**
- Monthly articles and links to content

**Enhanced Registration & Settings**
- Leverage ability to validate users
- Simplify registration process
- Improved ability to update information and communication preferences

**Challenges & Incentive updates**
- Tracker accumulation, Personal Health Tracks, Self-Reported Activities, Custom Physical Challenges, Device Challenges & Personal Boost Challenges

**Upgraded Health Assessment**
- New version of the Assessment that includes dynamic questions and enhanced report formats

**Scoped**

**Messaging & Feature Upgrades**
- **Activities widget**
  - Support changes to track activities across a period of time
- **Physician Form upload**
  - New widget to allow participants to submit a Physician form
- **Personalized Notifications for Incentive Activities**
  - Deliver notifications via email, text or voice
  - Notifications tied to completion status of incentivible activities
    - For example, “The ability to earn incentive credit for completing your assessment will end in xx days. Please click here to access your portal.”

**Planned**

**Reporting & Migrations**
- Enhanced report generation for client based report generation
  - Real-time reporting capabilities to see participant engagement
  - Dashboard type and information access control based on roles
- Transition clients to new Platform
  - Move clients during renewals or earlier to allow access to new features
  - New site is fully mobile responsive
- Launch new Scheduler
  - Updated version of Provant Events that is integrated with the Portal Platform
  - Enhanced UI for improved event searches
- Internal / Client Admin enhancements
Thank you!

Questions?

- Matt Shields, Associate Vice President Client Management
- Bethany Hines, Client Specialist
- Amie Barrett, Account Manager
- Alex Maga, Business Development