

# Well 'Canes Wellness Incentives Program Guide



The University of Miami's Well 'Canes Wellness Incentives Program is an annual, voluntary wellness program designed to motivate you to maintain or improve your well-being by offering a \$300 cash incentive for the completion of eligible activities. Faculty and staff enrolled in any of the UM/Aetna medical plans as primary policy holders are eligible to participate.<sup>1</sup>

If you haven't registered previously, we encourage you to get started by following the steps below:

1. Visit Well 'Canes online at [miami.edu/wellcanes](http://miami.edu/wellcanes) and click on the Well 'Canes Wellness Incentives banner to be redirected to the Cerner Wellness website.
2. Once you reach the Cerner Wellness website, select Click here to sign up (found below "First Time Users: Register Here").
3. Follow the on-screen instructions to complete your registration.
4. Complete the REQUIRED online Personal Health Assessment (PHA) on Cerner Wellness and automatically earn 250 points.

NOTE: At the end of the PHA complete the 2017 Consent Form to have your annual physical lab test results transferred between Aetna and Cerner Wellness to earn 100 points when results are submitted by your provider.

5. Once you've completed the PHA, you may begin participating in the other Well' Canes activities to earn your cash incentive.
6. Incentive rewards: When you earn 750 points, you are eligible to receive \$150 in your UM payroll check. If you earn an additional 750 points (1,500 total), you are eligible to receive an additional \$150 in your UM payroll check.<sup>2</sup> The incentive reward can take approximately 60 days to be processed and reflected in your payroll.

For certain activities, there are requirements that must be met in order to earn points<sup>3</sup>:

- Pregnant women are eligible to earn points for the Aetna Beginning Right Program.
- Adults with qualifying chronic medical conditions are eligible to earn points for the Aetna Disease Management Program.

If you have any questions, please review the list of [frequently asked questions](#), or contact Benefits by calling 305-284-3004 or completing the [online form](#).

<sup>1</sup>If you and your spouse are UM employees and enrolled in the UM/Aetna medical plan, only the primary policy holder is eligible to earn incentive payments. <sup>2</sup>Well 'Canes incentive points are credited for eligible activities that occur on or after the UM/Aetna effective date of coverage. Incentive payments are automatically deposited to your University of Miami payroll check within four to eight weeks after reaching each 750-point reward level (up to a maximum of 1,500 points). Incentive payments are taxed at your regular tax rate. <sup>3</sup> The University will not receive any protected health information (PHI). Please see [Frequently Asked Questions](#) for more information.

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**Register online with Cerner Wellness to participate in the Well 'Canes activities below and begin your journey to a healthier you!**

Activity	Point Value	How to earn points	Deadline	When Points are Credited to Cerner Wellness
<b>Required Activity</b>				
Cerner Wellness Online Personal Health Assessment	250	Complete Personal Health Assessment (PHA) on Well 'Canes portal.	Complete PHA by November 30.	Points automatically credited.
<b>Core Activities – Earn at Least 750 Points in this Category</b>				
Wellness Champions	500	Wellness Champions will support the wellness program administrators in promoting wellness programs and increasing participation.  Any member of the wellness program will be eligible to be a Wellness Champion if interested.  Wellness Champions must commit to a full program year and attend monthly in person or online meetings.	An application for Wellness Champions will be announced in e-Veritas in February 2017.	Points will be awarded per quarter.
Walking 'Canes (Verified Only)	500	Log into your Cerner Wellness account on January 30th and follow the prompts to sync your application or device. Sign up for a recommended step challenge (based on your baseline week results) on February 6th in the portal.  Baseline Week: Jan 30th – Feb 5th Sign Up: Feb 6th – 12th Challenge: Feb 6th – May 1st	Complete the 12-week program and meet your step goal by May 1st.	Points credited within 60 days of event attendance.
Aetna Healthy Lifestyle Coaching Program  (If pregnant, see Beginning Right Maternity Program)	500	Call <a href="tel:1-866-213-0153">Aetna Healthy Lifestyle Coaching</a> at 1-866-213-0153 to complete an initial call. Then place three more calls with your Aetna Health Coach within three months to complete this program.  <i>Please note that all qualified wellness activities are listed, but you are eligible to participate in cancer screenings based on your age/gender, and Aetna Disease Management/Beginning Right Programs based on your personal medical status.</i>	Complete program by October 31.	Points credited within 60 days of program completion.  (Points for completion of the program on or after November 1, will be credited in the following calendar year.)

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<p><b>Aetna Beginning Right Maternity Program</b></p> <p><i>(in lieu of Aetna Healthy Lifestyle Coaching Program)</i></p>	<p>500</p>	<p><b>Only pregnant women are eligible to earn points for this activity.</b></p> <p><b>Early Pregnancy Survey:</b> Call <u><a href="#">Aetna Beginning Right Maternity</a></u> at 1-800-CRADLE-1 (272-3531) within the first 16 weeks of your pregnancy to enroll in the program and complete the early pregnancy survey.</p> <p><b>Post-Partum Survey:</b> Call <u><a href="#">Aetna Beginning Right Maternity</a></u> at 1-800-CRADLE-1 (272-3531) at any time during your pregnancy to enroll in the program. You will receive a post-partum call from an Aetna nurse who will help you complete the post-partum survey.</p> <p><i>Please note that all qualified wellness activities are listed, but you are eligible to participate in cancer screenings based on your age/gender, and Aetna Disease Management/Beginning Right Programs based on your personal medical status.</i></p>	<p>Place initial call as soon as possible in pregnancy. Complete pre- and post-partum survey by October 31.</p>	<p>Points credited within 60 days of completion of early pregnancy and post-partum survey.</p> <p>(Points for completion of a survey on or after November 1 will be credited the following calendar year.)</p>
<p><b>Be Smoke Free Program</b></p> <p><i>(Only for those actively trying to quit smoking)</i></p>	<p>500</p>	<p>Call Mohammad Asad at 305-243-7606 or email him, <u><a href="mailto:masad@med.miami.edu">masad@med.miami.edu</a></u> to register for a 6-week program.</p>	<p>Complete 6-week program by October 31.</p>	<p>Points credited within 60 days of program completion.</p>
<p><b>Dolphins Cancer Challenge – Cyclists</b></p>	<p>500</p>	<p>Register with the UM team and participate in the DCC in February.</p>	<p>Participate in February.</p>	<p>Points credited within 60 days of event attendance.</p>
<p><b>NEW for 2017: Guardrails Wellness</b></p>	<p>450 for maintained 550 for improvement</p>	<p>Visit <u><a href="http://guardrailsprevention.com">guardrailsprevention.com</a></u> to schedule an assessment for body fat percentage, waist circumference, blood pressure, and musculoskeletal.</p> <p>Follow up at 6 weeks and receive 50 points.</p> <p>Follow up at 12 weeks and receive remaining points.</p> <p><i>If at initial visit you classified as a “Healthy ‘Cane” and maintain your initial assessment numbers for 12 weeks you receive the remaining 400 points at your 12 week follow up.</i></p> <p><i>If at initial visit you classified as a “Training ‘Cane” and improve your initial assessment numbers by 12 weeks you receive the remaining points at your 12 week follow up. 250 points per category improved, maximum of 500 points.</i></p>	<p>Complete program by October 31.</p>	<p>Points credited within 60 days of program completion.</p>

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<b>UM Supervised Exercise Program</b>	550	<p><b><i>Coming to the Patti &amp; Herbert Wellness Center in January 2017</i></b></p> <p>Complete <a href="#">screening form</a> and return to the UHealth Fitness and Wellness Center to verify eligibility and enroll.</p> <p>If you have any questions about the Supervised Exercise Program, please contact the UHealth Fitness and Wellness Center at 305-243-7802 or <a href="mailto:UHealthFitness@miami.edu">UHealthFitness@miami.edu</a></p>	Complete 36 supervised exercise sessions over 14 weeks with an exercise professional program by October 31.	Points credited within 60 days of program completion
<b>NEW for 2017:</b> <b>Thin It to Win It Challenge</b>	400	<p><b>More Information to Come</b></p> <p>Log into your Cerner Wellness account to register and participate in this 12-week challenge.</p>	Register and participate for 12-weeks.	Points automatically credited after successful completion of the challenge.
<b>Weight Watchers</b>	150 per 12-week program (max 300)	<p>No pre-registration is required. 12-week sessions are held at Coral Gables and Miller School of Medicine.</p> <p>Sessions will be announced in eVeritas.</p>	Complete a 12-week program by October 31 and return the <a href="#">attendance form</a> to HR-Benefits	Points credited within 60 days of program completion
<b>Cerner Wellness Verified Steps</b> <i>Begins 4/24/17</i>	1 point per 5,000 steps max 2 points per day  (annual max 300)	<p>Log into your Cerner Wellness account and follow the prompts to sync your step tracking application or device.</p> <p>Verified step points will be available starting 4/24/2017</p>	<p>Verified step points will be available starting 4/24/2017.</p> <p>Complete entries by November 30.</p>	Points automatically credited.
<b>Annual Physical Exam</b>  or <b>Well-Woman Exam</b>	200	Visit an UHealth or Aetna provider to receive your Annual Physical exam or Well-Woman exam.	Obtain your Annual Physical exam or Well-Woman Exam by September 30.	<p>Points credited within 60 days of claim submission to Aetna by your provider.</p> <p>(Points for annual physical exams obtained on or after October 1 will be credited in the following calendar year.)</p>
<b>Mammogram or Colonoscopy</b>	200	Visit a UHealth or Aetna provider and receive either your (screening or diagnostic) mammogram or colonoscopy	Obtain your mammogram or colonoscopy by September 30.	<p>Points credited within 60 days of claim submission to Aetna by your provider.</p> <p>(Points for mammogram or colonoscopy received on or after October 1 will be credited in the following calendar year.)</p>
<b>UHealth Skin Cancer Screening</b>	100	Participate in a free UHealth skin cancer screening event. Dates/times posted in e-Veritas.	Obtain skin cancer screening by October 31.	Points credited within 60 days of screening.
<b>Annual Physical Lab Test Results</b> <i>Quest or UHealth Labs</i>	100	Consent to having your annual physical lab test results for Hemoglobin A1c (blood glucose) and cholesterol transferred between Aetna and Cerner	Obtain lab work as part of your annual physical at a Quest or UHealth Lab for Hemoglobin A1c (blood glucose) and	Points credited within 60 days of your lab results submission to Aetna by your provider.

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		Wellness at the end of the Personal Health Assessment.	cholesterol by September 30.	<p><b>UHealth Labs:</b> Points for lab work done at a UHealth Lab a will be credited by September 30.</p> <p>(Points for screening received on or after October 1 will be credited in the following calendar year.)</p>
<b>Bonus Activities – Earn Up to 500 Points in this Category</b>				
<b>Cerner Wellness Fruit and Vegetable Tracking</b>	2 per day (max 300)	Log into your Cerner Wellness account and follow the prompts to log your daily fruit and vegetable intake. Points will be awarded for each day you log 3 or more servings of fruit and vegetables. <i>Log daily fruit and vegetable intake to earn max points in five months.</i>	Complete entries by November 30.	Points automatically credited.
<b>Cerner Wellness Exercise Log</b>	2 per day (max 300)	Log into your Cerner Wellness account and follow the prompts to log your exercise. <i>Log at least fifteen 30-minute workout sessions per month to earn max points in ten months.</i>	Complete entries by November 30.	Points automatically credited.
<p><b>New for 2017:</b></p> <p><b>WOMEN ONLY</b></p> <p>UMPD S.A.F.E</p> <p>UMPD R.A.D</p>	<p>100 for S.A.F.E</p> <p>150 for R.A.D (max 250)</p>	<p>S.A.F.E. Program (Self-defense Awareness and Familiarization Exchange): 1 to 2 hour self-defense class that focuses on awareness, risk reduction, and practical physical techniques.</p> <p>R.A.D. Program (Rape Aggression Defense): 12 hour self-defense class broken up over several days. RAD focuses on awareness, risk reduction and practical physical techniques.</p> <p>For more information contact: John A. Gulla Crime Prevention Spc., UMPD 305-284-1105 <a href="mailto:jgulla@miami.edu">jgulla@miami.edu</a></p>	Participate by October 31.	Points credited within 60 days of event attendance
<p><b>New for 2017:</b></p> <p><b>Fun for Wellness</b></p>	100	<p>Visit <a href="http://umculture.miami.edu">umculture.miami.edu</a> and login using your Cane ID via UM single sign on.</p> <p>Once logged in, at the top of the page click on the tab named “Apps” to be taken to the Culture Transformation Apps page.</p> <p>On the Culture Transformation Apps page click on the app button named “Play Fun For Wellness” to be taken to the Fun For Wellness landing page. Click on the app button named “Enter Fun For Wellness”.</p>	<p>Complete at least 40% of Fun For Wellness by October 31<sup>st</sup></p> <p><i>Only confirmation of completion will be reported to HR Benefits. No other information about the user Fun For Wellness experience will be reported.</i></p>	Points credited upon requirement completion.

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		<p>To begin the experience, click the activity button named "Introduction"</p> <p>Complete at least 40% of Fun For Wellness. This equivalent to completing 5 of the 15 online modules, which contain 50 individual challenges. A horizontal progress meter at the top of the page will show you how much you have completed as you play through the program.</p>		
<b>Cerner Wellness Online Challenges (2 - 3) per year, listed on <a href="#">Cerner Wellness site</a></b>	100	Complete challenge activities. Details to follow.	Varies	Points credited upon challenge completion.
<b>Dolphins Cancer Challenge - Walkers and Virtual Riders</b>	150	Register with the UM team and participate in the DCC in February.	Participate in February.	Points credited within 60 days of event attendance.
<b>Week of Well-Being Activities</b>	150	Attend a premier Week of Well-Being event in April. Details to be released in March.	Participate during the annual Week of Well-Being.	Points credited within 60 days of event attendance.
<b>Mercedes-Benz Corporate Run/Walk</b>	150	Register as part of Team UM at <a href="http://miami.edu/corporaterun">miami.edu/corporaterun</a> by March and participate in the event in April.	Register by March.	Points credited within 60 days of event attendance.
<b>Faculty &amp; Staff Assistance Program Seminar</b>	150	Attend a Faculty & Staff Assistance Program seminar. Must sign consent for points to be credited. Seminars announced in eVeritas.	Participate by October 31.	Points credited within 60 days of event attendance.
<b>Personal Retirement Educational Session</b>	150	Attend a personal retirement educational session with an onsite TIAA-CREF or Fidelity representative, or by calling TIAA-CREF or Fidelity for telephonic educational session. .	Participate by October 31.	Points credited within 60 days of attendance at educational session or completion of telephonic educational session.
<b>Office of Emergency Management Active Shooter Response Training</b>  <i>(New Attendees Only)</i>	150	<p>Call (305) 284-8005 or email <a href="mailto:oem@miami.edu">oem@miami.edu</a> to schedule training.</p> <p>The Active Shooter Response Training conducted by the Office of Emergency Management is an hour-long presentation that incorporates the latest Department of Homeland Security guidance on best practice responses for those who encounter active shooter situations.</p>	<p>Participate by October 31.</p> <p>Classes are available for groups, large and small (minimum class size of 15)</p>	Points credited within 60 days of event attendance.
<b>Cerner Wellness Weight Tracker</b>	2 per week (max 100)	Log into your Cerner Wellness account and follow the prompts to log your weekly weight.	Complete entries by November 30.	Points automatically credited.
<b>Wellness Workshops</b>	50 per workshop (max 100)	Log into your Cerner Wellness account to sign up for a workshop.	Complete workshop by November 30.	Points automatically credited after successful completion of workshop.

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<b>Personal Health Mission Statement</b>	20 per quarter	Log into your Cerner Wellness account to enter your Personal Health Mission Statement on your dashboard.	Enter at least 1 Health Mission Statement/quarter of the calendar year.	Points automatically credited in each quarter.
<b>Green Office Certification</b>	50	On Well 'Canes portal, under "Incentives" tab, click "Green Office Certification" and then enter the date you received the certification and check the box next to "complete."	Receive and enter Green Office Certification on Well 'Canes portal by November 30.	Points automatically credited.
<b>Flu Shot</b>	50	On Well 'Canes portal, under "Incentives" tab, click "Flu Shot" and then enter the date you received your shot and check the box next to "complete."	Receive and enter Flu Shot on Well 'Canes portal by November 30.	Points automatically credited.

**Additional Programs for adults with a qualifying chronic medical condition: You may be able to participate in the [Aetna Disease Management \(DM\) Program](#) to earn 1,250 points.**

### Qualifying chronic medical conditions include:

- **Vascular conditions such as heart failure, diabetes, coronary artery disease, high cholesterol, high blood pressure, and stroke**
- **Pulmonary conditions such as asthma and COPD**
- **Orthopedic conditions such as osteoporosis, rheumatoid arthritis, and chronic back pain**
- **Gastrointestinal conditions such as GERD, peptic ulcers, IBD, and Crohn's**
- **Neurological conditions such as migraines, seizures, and Parkinson's**
- **Renal conditions such as chronic kidney disease and end-stage renal disease**
- **Weight management**
- **Other conditions such as cancer, HIV, or cystic fibrosis**

**To see if you qualify, contact [Aetna Disease Management](#) by phone at 1-866-269-4500.**

<b>Activity</b>	<b>Points</b>	<b>Action Required</b>	<b>Deadline to take action</b>	<b>When Points are Credited to Cerner Wellness</b>
<b>Aetna Disease Management Program</b>	1,250	Call <a href="#">Aetna Disease Management (DM)</a> at 1-866-269-4500 to complete the initial call. Once accepted, you will need to complete three more calls with an Aetna DM within four months.	Complete the program by October 31.	Within 60 days after the final call is completed with your Aetna DM nurse, points will be credited. (Completion of this program between

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				November 1 and October 31 will qualify.)
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**Earn an additional 250 points by completing the required online health assessment to receive your \$300 incentive payment.**