

# Aspire To Be Well

## Welcome to the 2021 Wellness Program!

It's been a challenging year. We're all needed by people around us—family, friends, patients, and co-workers. To live our best life, we should extend the same kindness and consideration we give to others to ourselves and our personal wellbeing. Aspirus offers all employees and covered spouses/domestic partners a variety of resources and tools to improve and maintain our own health and wellbeing. If on the health plan, you and your spouse/domestic partner can earn lower premiums.



Choose your wellbeing.  
Live your best life. Earn rewards!

## Aspirus Health Plan Participants

Participation in the Wellness Program is voluntary and open to all employees and covered spouses/domestic partners on the Aspirus Employee Health Plan. Aspirus Health Plan enrolled employees and spouses/domestic partners can each earn a 5% health insurance premium discount in 2022 (over \$500/year savings per person) when you choose to complete the following steps for your own health by earning 10 points.

### Step 1

Complete your biometric screening by 4/30/2021.

### Step 2

Complete your Health Risk Assessment and Nicotine Affidavit by 5/14/2021.

### Step 3

Check your wellness score. Deadline to complete activities is 10/31/2021 to earn 2022 premium discount.

Full program details can be found on your wellness portal, [www.managewell.com](http://www.managewell.com), and in the Aspirus wellness manual. The manual is available on your wellness portal and the Aspirus intranet.

Questions? Contact [wellness@aspirus.org](mailto:wellness@aspirus.org) or 844-309-1269.



# Aspirus Health Plan Members and Non-Health Plan Employees

Engage in wellbeing activities that are offered throughout the year through the Aspire To Be Well Program!

## Get Started & Learn More Today!

Chances are there is some aspect of your wellbeing you'd like to improve. Whether it be stress reduction, increasing mindfulness, adding more movement to your day, improving your diet, or managing a chronic condition, we've got you covered.

Check out your easy-to-use Aspire To Be Well wellness portal at [www.managewell.com](http://www.managewell.com) and learn more about these **FREE** Aspirus wellbeing benefits. Find more details on each of these offerings on your wellness portal or in your wellness manual available on the Aspirus intranet.



\*Available for Aspirus Health Plan members only.

Log into your Aspire To Be Well wellness portal at [www.managewell.com](http://www.managewell.com) or download the app; ManageWell 2.0 for Apple, Managewell from Wellvation for Android.

### New Users

1. Click "Sign Up."
2. Enter your unique, employer-provided ID. This unique ID is **ASPIRUS** followed by your **employee ID number** (ex. ASPIRUS123456). Covered spouse/domestic partner will add **SO** after this (for significant other).
3. Follow the online prompts and Read/Accept the Terms.
4. Enter a **unique** and **valid** email address and password. Remember these for the next time you log in to the website. This email address is where reminder messages and general program communications will be sent.
5. Select "Continue..." This takes you to your home/dashboard page.

\* Please note, if you are an Aspirus employee and a covered spouse/domestic partner on an Aspirus Health Insurance Plan, please sign up as the spouse/domestic partner to make sure you receive the maximum incentive available to you.

### Return Users

Continue using the same username and password.

Forgot your password? Select "forgot your password" and follow prompts.



Remember your confidential personal health information is protected and access to your results is restricted and may not be used to deny coverage or claims.

For questions or more information, please contact 844-309-1269 (or internally at ext. 70439) or email us at [wellness@aspirus.org](mailto:wellness@aspirus.org).