

How to download and upload forms to the portal.

Select 2019 Wellness Incentive

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Lutheran Health Network

Welcome test sacs!
My Motivation: Why do I want to be well? (Click to change)
My Inspiration: What inspires me to be well? (Click to change)

HRA Score 91
View All My HRAs

CLICK HERE TO UPDATE PHOTO

Southwest Allen County Schools
2019 Wellness Incentive

WATCH PORTAL TUTORIAL

Events

Lab Draw (Wednesdays only)
SACS Onsite Clinic
Diet Free 8 Weeks - 09/06/18
Health Educator Session on "Why is it important to get the flu vaccine?" - 09/18/18
Health Educator Session on "10 ways to improve your blood pressure without medication" - 10/18/18
View Calendar >>

News

Completely Well May 2018
Completely Well April 2018
Completely Well March 2018
View All News >>

Daily Tip

Pack your gym bag with appropriate clothes and keep in your car so you never

My Activities

Aerobics
Last Update: Feb 2, 2018 02:04 AM

Quit Now Indiana Registration

Select Annual Adult Wellness Exam

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Southwest Allen County Schools

2019 Wellness Incentive Plan
Wellness incentive points must be earned between 11/1/2017 and 10/31/2018.

5
Your Total Points

Health Risk Assessment (HRA)
Completion of the Health Risk Assessment (HRA) is REQUIRED via this portal to be eligible to earn points in the 2019 Wellness Incentive Plan.
Click [here](#) to take your HRA.

Be Well	Learn Well	Live Well
SACS Onsite Clinic Service (5 points each) <input type="checkbox"/> Annual Adult Wellness Exam <input type="checkbox"/> Annual Flu Shot - Clinic only	Complete Online Wellness Portal Class (1 point each) <input type="checkbox"/> Nutrition: What, Why, How <input type="checkbox"/> Everyday Fitness <input type="checkbox"/> Stress Reducing <input type="checkbox"/> Sleep <input type="checkbox"/> Other (maximum 3 points)	<input type="checkbox"/> Get Active Challenge (5 points) Get Active Challenge
Met Biometric Standards (2 points each) <input type="checkbox"/> Fasting glucose less than 100mg/dL <input type="checkbox"/> Blood Pressure at or below 130/80 <input type="checkbox"/> BMI at or below 30 or 2% decrease from prior year	Must complete online Diet Free program for credit. (5 points) (more details coming soon...) <input type="checkbox"/> Complete online	<input type="checkbox"/> Self-Care Challenge (5 points) FALL into SELF-LOVE
Completion of Select Preventive Care Screenings (2 points per screening) <input type="checkbox"/> Prostate Exam or PSA blood test <input type="checkbox"/> Mammogram <input type="checkbox"/> Pap Smear <input type="checkbox"/> Colorectal Cancer Screening <input type="checkbox"/> View More Preventive Screenings	<input type="checkbox"/> Attend Onsite Clinic Wellness Seminar (2 points)	<input type="checkbox"/> Sleep Challenge (5 points) Well Rested Challenge

If you need to download the form to take to your personal physician you can download one here.

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Your Total Points

Verification

If you had your wellness exam at the SACS onsite clinic, your wellness exam is automatically recorded. You do not have to upload anything.

To upload a file that verifies you had a wellness exam from your personal physician, press "Choose File" and then select the file. It will be uploaded when you press Save below.

Click this link to download a [blank verification form](#) for your physician to complete.

File: No file chosen

Here is the document for the physician to complete.

Lutheran Health Network Physician Preventive Screening Form Fax to 260-436-6868 **medpartners**

Participant Name (Please Print Clearly): _____

Date of Birth: _____ Contact Number: _____

Company: Southwest Allen County Schools

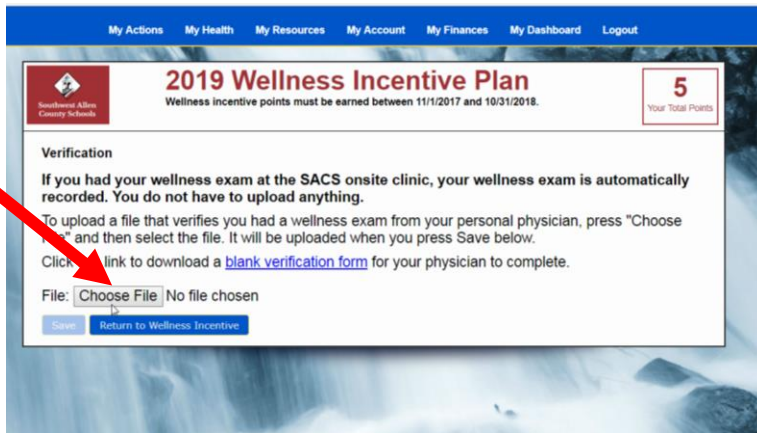
To Participant:
Results must be written on this form, signed and dated by your provider. Provider information below must be completed. Participant must sign the Release of Health Information waiver at the bottom of this page.

To Provider:
Our wellness program is not intended to treat, diagnose or replace physician involvement but rather to create and promote an atmosphere of healthy living through the implementation of wellness initiatives.

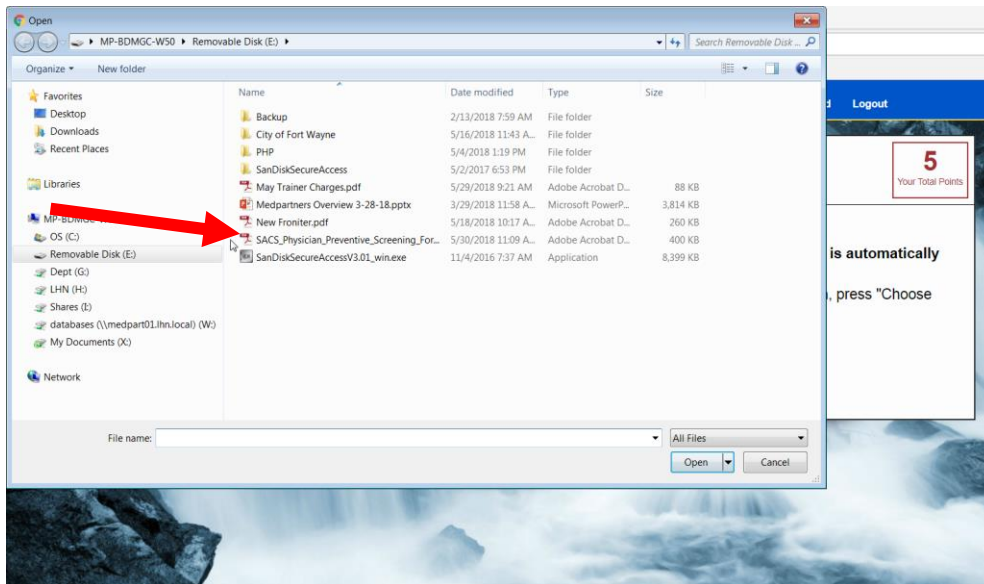
Exam	Value	Units	Date Completed	Health Care Provider Name
Blood Pressure				
Height				
Weight				
Total Cholesterol *				
HDL Cholesterol *				

If you use this form or obtain a similar form from your personal physician you will need to scan the form to your computer so that it can be uploaded to your wellness portal. See instructions below.

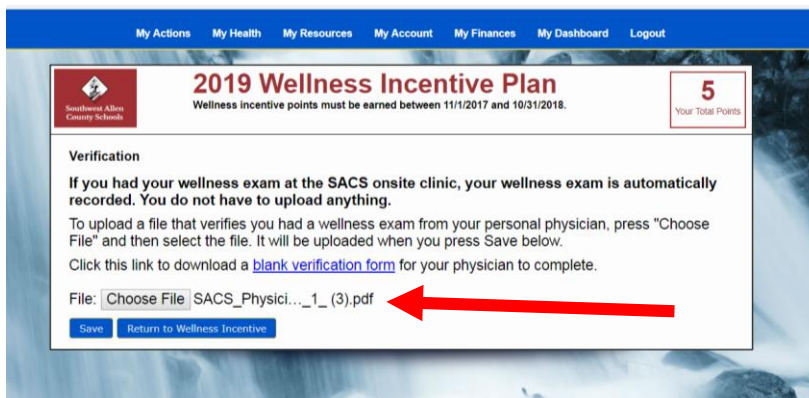
Select Choose File



Locate the file that you scanned into your computer, select the file and select open,



Your file will appear, select save and your file will upload and will be reviewed and points awarded for successful completion. It may take up to 72 hours for your points to be awarded.



You may also use these steps to upload participation in the sleeping program, monitoring your food intake and participating in a community walk or run. Simply go to that part of the Wellness Incentive Plan and select the appropriate links.