

Wellness Employee

North
Kansas City
Hospital

MERITAS
HEALTH



August 2021

Wellness Challenge Spotlight:

NutritionU

Educate yourself

July 1st- September 30th

SmoothSailing

Make 10 smoothies

July 1st-September 30th

**Wellness Program Tip Highlight: For Wellness Incentive Bonus information, see the FAQ section on page 4.

*Note: All emails from noreply@wellright.com are from WellRight! Please do not report these as suspicious!

*Don't forget to register for a WellRight account if you have not already! See page 5 for registration information <https://nkchwellness.nkchwellness.com/>

Employee Wellness Tip of the Month

Eye Health Month!

3 TIPS FOR HEALTHY VISION

GET A
COMPREHENSIVE
DILATED EYE EXAM



KNOW YOUR FAMILY'S
EYE HEALTH
HISTORY



USE PROTECTIVE
EYEWEAR



Learn more ways to keep your eyes healthy.
www.nei.nih.gov/healthyeyes



Do you See what EYE See?

August is Eye Health Month

When was the last time you went to the eye doctor? You should be going every year! You even get 150 points if you get your Prevent It form signed by your eye doctor!

Take the quiz below to test how much you really know about taking care of your eyes!

<https://www.jnj.com/health-and-wellness/eye-quiz-how-much-do-you-know-about-taking-care-of-your-eyes>

To improve eyesight, make sure you have these nutrients:

Vitamin A:
Tomatoes,
papayas, carrots



Vitamin E:
Wheat germ, oils,
nuts and seeds.

Vitamin C:
Oranges, strawberries
Peppers and Broccoli



Zeaxanthin and Lutein:
Leafy green vegetables,
mangoes, kiwi, honeydew,
peas, corn and red grapes

Challenge Alert!



COVID-19 Vaccine
Get your covid-19 vaccine

Covid Shot = 150 Points

Wellness EMPLOYEE

LEARN MORE

June 30th– November 30th

For more information about the COVID-19 Vaccine Challenge, look under Annual Challenges

Care for Your Spirit

By: Joy Freeman

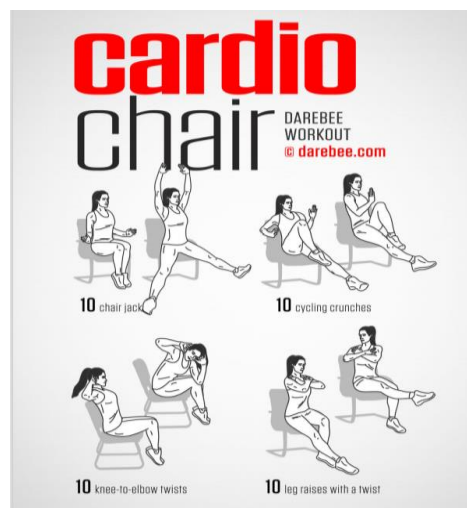
In my house, once the first week of August hits, we are in full back to school mode; going through school supplies to see what can be re-used, checking school supply lists to see what we need to add, anxiously awaiting the posting of kiddo's school schedule to see if she got her first choice on electives, planning the back to school outfit, eagerly anticipating reconnecting with friends and staring activities that fill her soul. It's a busy week, not only in activity but also emotionally. This busy week also tends to magnify for me all the ways I have managed to get so busy that I forget to take good care of myself.

As my daughter goes back to school, often I find myself needing to do some remedial work of self-care. I start reflecting on what is still working for me and I can keep using, what is used up or no longer working and needs to be replaced with something new, what interests are catching my attention that I may want to spend a bit more time focusing on.

There is so much being asked of us all right now. It is easy to get lost in the chaos and just keep trying to survive by doing what we have always done. For some there is the blessing that those things are still working and giving renewal. For some, like me, it may be time to go back to school so to speak, and learn some new coping and resiliency skills that serve us better for the time and situation we are currently in. Where are you at, what do you need and how can we in Spiritual Care help you?

Blessings,
Chaplain Joy

Fitness Corner



EAP Spotlight

Take a break

Commit to taking care of YOU at least once a week. Prioritize your favorite hobby or some self-care.

NKCH cares about you and your family's total health management—mental, emotional, financial and physical. For that reason, we provide an Employee Assistance Program (EAP) at no cost to you.

Click <https://eap.ndbh.com/> use code: **NKCH** call 816.237.2352 or 800.624.5544, or text by first visiting talkspace.com/newdirections.

#checkin

ON YOUR MENTAL HEALTH


NEW DIRECTIONSSM

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Employee Wellness Frequently Asked Questions (FAQS)

Employee Wellness Incentive Bonuses!!

The graphic features a red starburst on the left containing the text "Get up to a \$500 Paycheck bonus (taxed)". To the right, three columns represent different wellness status levels: BRONZE (2,000 POINTS) with a \$200 PAYCHECK BONUS; SILVER (4,000 POINTS) with a \$200 ADDITIONAL PAYCHECK BONUS; and GOLD (5,000 POINTS) with a \$100 ADDITIONAL PAYCHECK BONUS. Below the columns, it states: "Earning silver or gold status in 2021 qualifies employees for wellness medical premiums in 2022." On the left side of the graphic, under "Required Completion of:", there is a list: "• Age Gauge", "• Measure Up", and "• Say Ahh".

There are only **4 months** left in the Wellness Year! WellRight, our wellness portal, is used for tracking participation. If you haven't registered with WellRight, do so today! All employees can utilize WellRight and participate in all Employee Wellness Programs, however, only Health Plan Members are eligible for the bonus incentive payout. You must be employed at the time the wellness bonus is paid out in order to receive the incentive bonus payout. Visit the Benefit Resource Center for information about registration, or see page 5 of the newsletter. For Text tracking information see page 6.

*Note: You will use your NKCH/Meritas email for registration purposes!

REGISTRATION GUIDE

Activate your NKCH Wellness account

To set up your Employee Wellness Program account, click the Activation button in the email from noreply@wellright.com with the subject line, Employee Wellness Program – Sponsored by NKCH Wellness. Activation emails are valid for 30 days.

If you lose the email or need to register after 30 days, you can follow the steps below.

STEP
1



Go to nkchwellness.nkchwellness.com

- Note: This is only if you did not register via the activation email

STEP
2



Registration

- Click Register
- Complete the registration form (using your registered name with nkchwellness)

STEP
3



Check Your Email

- Click the link sent to your email to verify your email address

STEP
4



Get Started

- Bookmark the URL and login to start participating

TEXT TRACKING 101



Register your mobile number



Log in on the web and click on your name



Enter your mobile number and click save



Respond "Yes" to verification text message

Update your text notification schedule



Hover over challenge tile



Select information icon



Customize your text reminders



Click save

* To do so click on the Homepage, hover over the challenge you want to modify, then click on the information ("i") icon.

Tips and Tricks for Text Tracking

- ✓ **Skip:** Reply "SKIP" to skip a specific challenge's text reminder.
- ✓ **Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.
- ✓ **Stop:** Reply "STOP" to turn off text messaging. Users can turn back on in user profile settings.
- ✓ **Help:** Reply "HELP" to be directed to WellRight Support.