

2022 Inova Well Program Overview & FAQ

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General Questions

1. What is Inova Well?

Inova Well is a wellness program that supports team members and spouses/domestic partners at all health and fitness levels. Whether you're a marathon runner or more of a marathon show binger, we have tools, support, and programs to help you maintain, improve, or establish healthy habits. Our offerings and events are focused around our seven dimensions of health: Be Aware, Get Active, Healthy Mind, Eat Well, Live Green, Health Coaching and Be Connected.

2. What will the 2022 Inova Well Program be?

- Inova team members will be eligible to receive High Fives points for completing various wellness activities.
- The 2022 Inova Well health screening will continue to be completed with your primary care physician. The primary care physician does not have to be with Inova Medical Group, but be sure to talk with your doctor on which tests need to be drawn. These tests can be found on the Primary Care Physician Visit form, located on inovawell.org. You may also substitute the primary care visit with a specialty care visit such as cardiology or OBGYN if they are running similar labs.
- Each of the three wellness activities will count as 2,500 points on the High Fives platform. Team members will receive an additional 2,500 point bonus for completing all three activities by the December 31, 2022 deadline for a total of 10,000 High Fives Points.

Inova Well Activity	High Fives Points
Personal Health Assessment	2,500
Health Maintenance Visit	2,500

Primary Care Physician Visit	2,500
Additional Points for completing all three activities in the same calendar year	2,500
Total High Fives Points available	10,000

- **Please continue to submit all documentation to inovawell.org.** Inova Well will award points monthly to team members who submit documentation of their healthy actions in the prior month. Additionally, we will periodically offer special opportunities to earn even more!
- All forms and documentation upload instructions can be found on the homepage of inovawell.org. Special note: E-mailed documentation will not be accepted.
- Beginning January 1, 2022, team members will again be eligible to earn points for completing wellness activities.

3. Why should I participate?

The rewards for focusing time on your wellbeing are numerous! By investing in yourself, you will find that you feel more energetic and resilient. You will learn how to reduce stress, lose weight, lower cholesterol or blood pressure. Participating in Inova Well activities together as a team has the added benefit of strengthening the relationships among our fellow team members. Taking care of you is an important part of taking care of each other, our patients, and our community.

4. Will my manager have access to the activities I complete?

No. The Inova Well team of coaches adheres to strict confidentiality standards. Your privacy is our top priority, so all activities and results are confidential. Core Health, the partner that runs the Inova Well website, also protects your privacy.

5. How do I get rewarded for my completed activities?

Inova wants to encourage our team members to make taking care of their own health as a top priority. Inova Well has identified important activities that are foundational to our team member's putting their own health first. As such, we are pleased to reward our team members that take healthy actions by celebrating your dedication with High Five points. Below is a breakdown of how to earn credit for each activity. All completed components must be submitted no later than December 31, 2022 to earn High Fives points for the 2022 year. Team members will be eligible again to receive points for the 2022 calendar year beginning January 1, 2022.

- **Personal Health Assessment (PHA)**. Complete your personal health assessment on inovawell.org. This assessment will be available on the home page of inovawell.org. This assessment will help you determine which areas of your health you need improvement on.
- **Primary Care Physician Visit**. Schedule a visit with your primary care physician. Download the Primary Care Physician Visit form from inovawell.org, complete both pages with your doctor, and then upload these forms to inovawell.org. The first page of this document is basic information regarding your appointment. The second page is your health screening worksheet, which requires a blood draw. **Please make sure your physician sees both pages of this document at the beginning of your appointment.** Once both pages are complete, scan and upload them to inovawell.org. You will be required to manually enter your health screening numbers during this process. Please be sure to complete both pages in their entirety before uploading.
- **Health Maintenance Visit**. Submit proof of **one visit from a health specialist such as:**
 - Dental Visit (may include teeth checkup and/or cleaning)
 - Optometrist (routine eye exam)
 - Dermatologist (routine skin exam)
 - OB/GYN (routine gynecology visit)
 - Mental Health Therapist
 - Cancer Screenings
 - Physical Therapy
 - Chiropractic Visit

Download, complete, and upload this form to inovawell.org. Please be sure to complete this form in its entirety before uploading.

6. Will there be additional opportunities to participate in Inova Well programs and be rewarded?

Yes! Inova Well and High Fives are partnering together for a year-round focus on wellness. This approach allows us to be more flexible in rewarding team members for a variety of healthy actions throughout the calendar year.

7. Do I need to register for Inova Well?

Yes, all team members need to register at inovawell.org to participate, track and submit wellness activities. If your spouse or domestic partner also plans to participate in activities, they should register separately. This also preserves the privacy and confidentiality of their results.

8. How do I know when I've completed everything to earn High Fives points?

Your account on www.inovawell.org will reflect everything that you have completed and submitted for. Each month Inova Well will award High Fives points to completed submissions from the prior month. Generally, the points will be awarded by the second week of each month.

9. What if I have a medical condition that will make it unreasonably difficult to participate in the program?

The Inova Well program offers a variety of options to meet your health and wellness goals. However, if it is medically inadvisable or unreasonably difficult for you to achieve any of the standards for the rewards due to a medical condition, please email us at inovawell@inova.org and we will work with you to develop safe and healthy alternatives. Always check with your doctor before you engage in a new health related activity.

10. How do I sign-up for one-on-one Health Coaching with Inova Well?

To sign-up for one-on-one health coaching, please contact inovawell@inova.org or the health coach assigned to your hospital. For more information on what health coaching entails, please click [Learn more about what health coaching entails HERE](#).

To sign-up for one-on-one health coaching, please visit www.inovawell.org, select the coach tab, and select "In Person One-on-One". From there, please select the health coach you'd like to meet with. Here are the names and e-mail addresses of the Inova Well Health Coaches:

- **Shannon Delborrello, Health Coach**
Email Shannon.delborrello@inova.org
- **Caroline Sprinkel, Health Coach**
Email: caroline.sprinkel@inova.org
- **Deborah Kim, Health Coach**
Email Deborah.Kim@inova.org

To sign-up for one-on-one health coaching, please visit www.inovawell.org, select the coach tab, and select "In Person One-on-One". From there, please select the health coach you'd like to meet with.

11. I work remotely. How can I participate?

Most activities may be completed remotely. Other wellness resources are available by visiting inovawell.org. For questions or concerns, please contact inovawell@inova.org.

12. Is my personal health information kept confidential?

Yes. All information is kept confidential with Inova Well. Your privacy is our number one priority and we take every measure to ensure that your information is kept confidential.

13. I have additional questions. Who should I contact?

Please contact inovawell@inova.org with any Inova Well related questions.

14. Which browsers are compatible with the site?

The site works best with the most up-to-date versions of Internet Explorer (at least Internet Explorer 9), Chrome and Firefox. If you are having issues viewing a page or the site is not working properly, please clear your browsing history and cache in your internet browser.

15. What resources are available to help me learn the website?

Please email inovawell@inova.org with any questions you may have.

16. Which devices and applications sync with inovawell.org?

Adidas	Fitbit	ess	Precor
miCoach	Garmin	Microsoft	Runkeeper
Apple	Connect	Misfit	Strava
Watch	iHealth	Wearables	Suunto
Bewell	Jawbone	Movable	TomTom
Connect	UP	Moves App	MySports
Daily Mile	Life Fitness	Nokia	VitaDock
Emfit QS	LifeTrak	Omron	YOO
FatSecret	Lumo	Wellness	
	MapMyFitn	Polar	

Submitting Documentation

17. Which activities require documentation?

Both the Primary Care Physician visit and Health Maintenance visit must be completed and submitted on inovawell.org. **Please note submissions of any kind sent to inovawell@inova.org will not be accepted and are discouraged for your own privacy protection.** Please use the approved forms on inovawell.org located on the home page. Other documents outside of the approved forms will not be accepted.

18. How do I find the required forms on inovawell.org?

- Log in to www.inovawell.org
- On the home page, view the section that says “Download Forms” and select the correct document
- Once you have completed each document, please submit the document on the homepage of inovawell.org.

19. Where do I submit documentation?

Please submit your completed documentation to www.inovawell.org on the home page. If you have questions on how to upload, please contact inovawell@inova.org

20. I forgot to bring my forms with me to my visit; can I submit another form in its place?

While we understand that mistakes happen, please be sure to print these approved forms and bring them with you to your appointments. If you have misplaced your forms, please contact inovawell@inova.org.

New Hired Team Members

21. How can newly hired team members participate in Inova Well?

Newly hired Team Members are encouraged to register with Inova Well and become familiar with all aspects of the programs and opportunities available. New hires are immediately eligible to receive High Fives points for any qualifying healthy actions completed after their date of hire. We recognize that some team members may have recently completed their annual health screening visits and it would not make sense to unnecessarily repeat these activities upon hire. In this case, new team members can still participate in taking the personal health risk assessment or review the list of other healthy maintenance visits that may be appropriate.

Spouse/Domestic Partner Participation

22. Can my spouse/domestic partner participate?

Inova Well encourages all team members to make wellness a priority in your home. We encourage team members to review information and programs that are appropriate for your spouse or domestic partner to participate. However, High Fives points will only be awarded to team members for their own activities and participation.

23. How does my spouse/domestic partner register at www.inovawell.org ?

Your spouse/domestic partner will follow the same registration process that team members use. In the Employee ID field, they will enter your employee ID followed by an “s”. For example, your Employee ID: 12345. Your spouse/domestic partner will put: 12345s. Please make sure the “s” is lower case.

** If you have a question that is not listed on this document, please contact us at inovawell@inova.org **