

Introducing the SCFC Wellness Program

What would you like to accomplish when it comes to your wellness goals? Your path to well-being is unique only to you. You may want to be more active, eat healthier, learn better financial habits, practice gratitude, recognize your purpose, or foster interpersonal relationships.

The Scott County Government Wellness Program can help.

All Scott County Government employees are eligible to participate in our new wellness program, a collection of holistic activities to help you form healthy habits.



How It Works

Our wellness program, administered by ICWS, can be managed online or via mobile app. It consists of a health assessment, company & personal challenges, and coaching.

You can track your progress and accumulate points for completing a challenge or activity.

Challenge Examples

Curious about the types of challenges available? Below are just a few examples of the activities WellRight has to offer to improve well-being.



AgeGage
Complete a health assessment

SayAah
Visit your doctor

MeasureUp
Complete a biometric screening

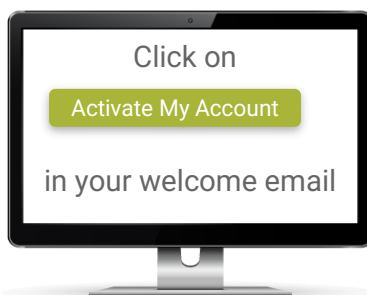


Overview

The wellness program offers fun and exciting ways to get healthy with a wide variety of activities to help you achieve your wellness goals. Simply complete the steps outlined below to be eligible for rewards.

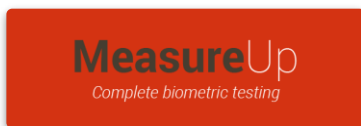
STEP
1

Register To Activate Your Account



STEP
2

Participate In Activities To Earn Points



Required



Optional



Optional



Complete your account setup

After registration, complete the steps below to setup your account and sign up for challenges. Track your progress through the website, mobile app, fitness devices and text tracking.

STEP
1



Web

- 1 Log in to view available challenges
- 2 Hover over a challenge and click the “i” icon to learn more
- 3 Track a challenge by hovering over it , clicking “Track”

STEP
2



Mobile App

- 1 Download the WellRight app in the Apple or Google Play store
- 2 Click on existing challenge tiles or click on the “+” icon to add a personal challenge.
- 3 Track a challenge by tapping on it and clicking on “Track”

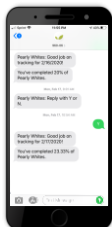
STEP
3



Device Setup

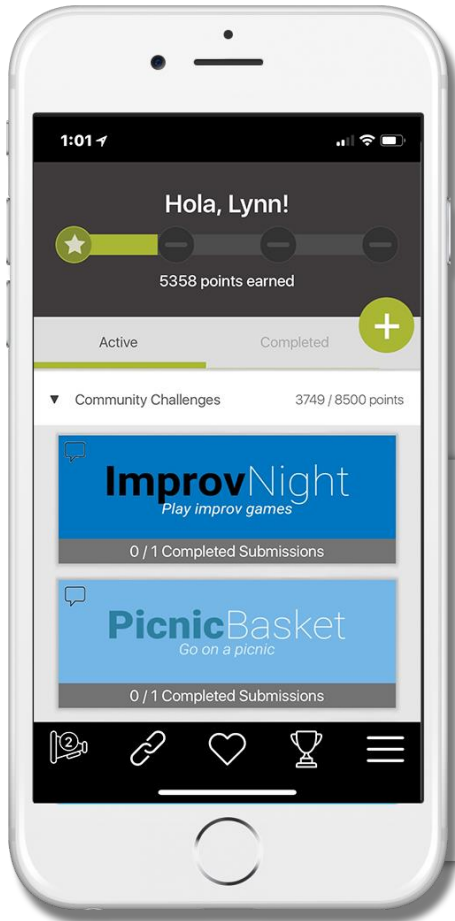
- 1 On the home page, go to the Device Menu
- 2 Select your device
- 3 Sign in to grant access
- 4 WellRight can now automatically track progress for you

STEP
4



Text Reminders

- 1 Add your mobile number to your account homepage
- 2 Hover over a challenge and click “i” to set your text reminders
- 3 Reply to the text to track your progress



Your wellness journey, your way.
Even when you're on-the-go.

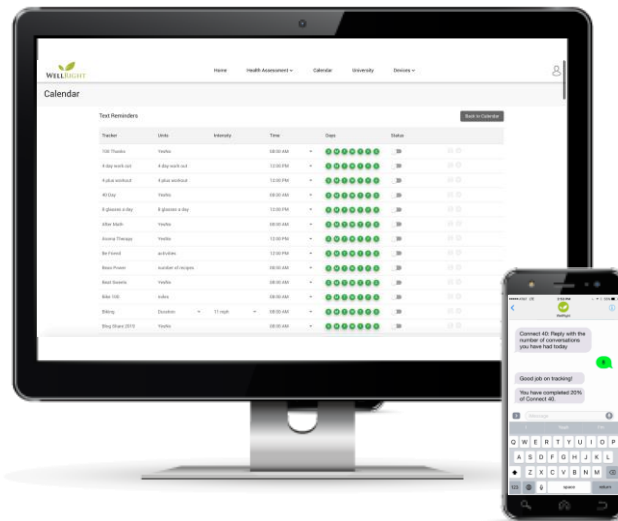
Download the Mobile App

- 1 Search for the WellRight App in the iOS App Store or Google Play Store.
- 2 Log in with the same username and password you use on the web.

Access all of the platform features no matter where you are.

- ✓ Complete the health assessment
- ✓ Join a challenge
- ✓ Set up text reminders
- ✓ Sign up for push notifications

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



Click on "Calendar"



Select "Text Reminders"



Customize your text reminders



Modify at any time*

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

Personalized guidance on your wellness journey

Wellness goals may be personal, but nobody should have to navigate it alone. A certified coach can guide and encourage you to set goals to build healthier habits and improve your well-being.



- ✓ Smoking Cessation
- ✓ Nutrition
- ✓ Emotional Well-Being
- ✓ Sleep Hygiene
- ✓ Fitness
- ✓ Finding Your Purpose
- ✓ Weight Management
- ✓ Family Relationships
- ✓ Occupation
- ✓ Prenatal Health
- ✓ Finances

What can I expect from a coach?

- Guidance to determine your personal wellness goals
- Expertise to help you achieve healthier habits
- Availability to connect via phone or email

How do I get started?

Sign up for an appointment under the Health Coaching Challenge.