

2025

✓ HealthCheck360

WELLNESS PROGRAM GUIDE



CONTACT US

Have questions? We're here to support and guide you every step of the way.
Contact us today for more information.

HEALTHCHECK360 SUPPORT

P: 866.511.0360

E: support@healthcheck360.com

FREE HEALTH COACHING

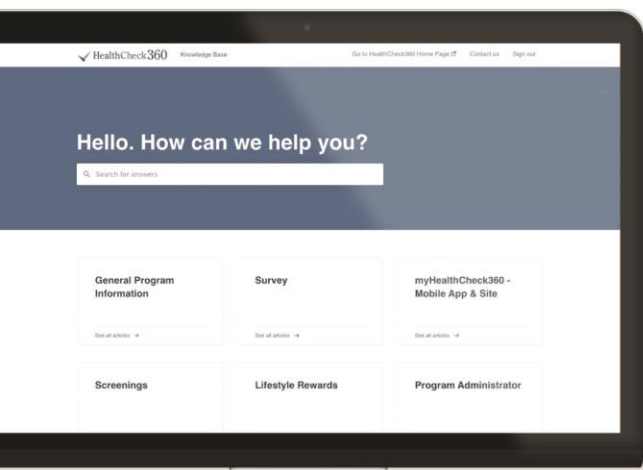
P: 866.511.0360 ext 5099

E: healthcoach@healthcheck360.com

D211 BENEFITS

P: 847.755.6649

E: MyD211benefits@d211.org



WANT MORE?

Check out the HealthCheck360 Knowledge Base for everything you need to know about the myHealthCheck360 mobile app and online portal.

CHECK IT OUT NOW

WWW.HEALTHCHECK360.COM/KNOWLEDGE

WELCOME

Township High School District 211 is continuing to expand your benefits package to include a wellness program. This investment is an added benefit for all insurance eligible employees and their spouses (if spouse is enrolled in D211 medical plan). We care about you and your family's health and are committed to help you achieve overall wellness.

BENEFITS OF PARTICIPATING

By participating in the wellness program, you gain:

- **Independence:** You have the option to get more or less involved depending on your interests. The wellness program is customizable to your needs.
- **Confidentiality:** Everything is confidential; your personal results will not be shared with anyone at Township High School District 211.
- **Convenience:** Flexible program to make all components quick and easy for you.
- **Complete access:** The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go at any time.
- **And more:** One-on-one support from trained health professionals, company challenges to compete with your co-workers, and monthly webinars, just to name a few.

WELLNESS REWARDS

In addition to gaining powerful and personalized information about your health and wellbeing, we will be offering medical insurance premium discounts for all who participate in the biometric screening.

ADDITIONAL RESOURCES

Don't miss out on the additional resources that will be offered through the Healthcheck360 wellness program! Along with access to the myHealthCheck360 mobile app you will have the opportunity to track your health on one platform and compete against your coworkers in challenges.

Check out the following pages to learn how you can enroll today!

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 and, if you wish, your primary care physician for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360.



REAL RESULTS FOR REAL PEOPLE.

WELLNESS MADE EASY

Download the myHealthCheck360 mobile app today!



EVERYTHING AT YOUR FINGERTIPS

HealthCheck360 provides you access to your wellness program anytime, anywhere with the myHealthCheck360 mobile app. You have everything at your fingertips! Get started with the myHealthCheck360 mobile app by following the steps below.

CREATE YOUR ACCOUNT

- Download the myHealthCheck360 app or go to www.myhealthcheck360.com.
- Click **Create an account** and enter your information.
 - Your company code is **TD211**
 - Your unique identifier is your **last 4 SSN**
- Agree to the terms and conditions and click **SIGN UP**.

LOOKING FOR MORE HOW TO'S ON THE APP?

Visit our [Knowledge Base](#).



PRO TIP

CONNECT YOUR DEVICE

Get the most from your myHealthCheck360 experience by connecting a device like FitBit or Garmin, or a tracking app like Apple Health.

TO CONNECT A DEVICE

- Select the **menu icon** (≡) at the top of your screen.
- Select **Connect Apps & Devices**.
- Find your fitness app or device and select **Connect**.
- Select **OK** and login to your fitness app's account.



BIOMETRIC SCREENING OPTIONS

Township High School District 211 will be offering the opportunity to complete a free biometric wellness screening to all insurance eligible employees and their spouse (if spouse is currently on D211 health plan). Choose from either of the options below and follow the instructions to complete the blood draw. Your results will be available on the myHealthCheck360 portal within 7 – 10 business days along with an individual health report. You must complete your wellness screening by October 3, 2025, in order to be eligible for the health insurance premium reduction in 2026.

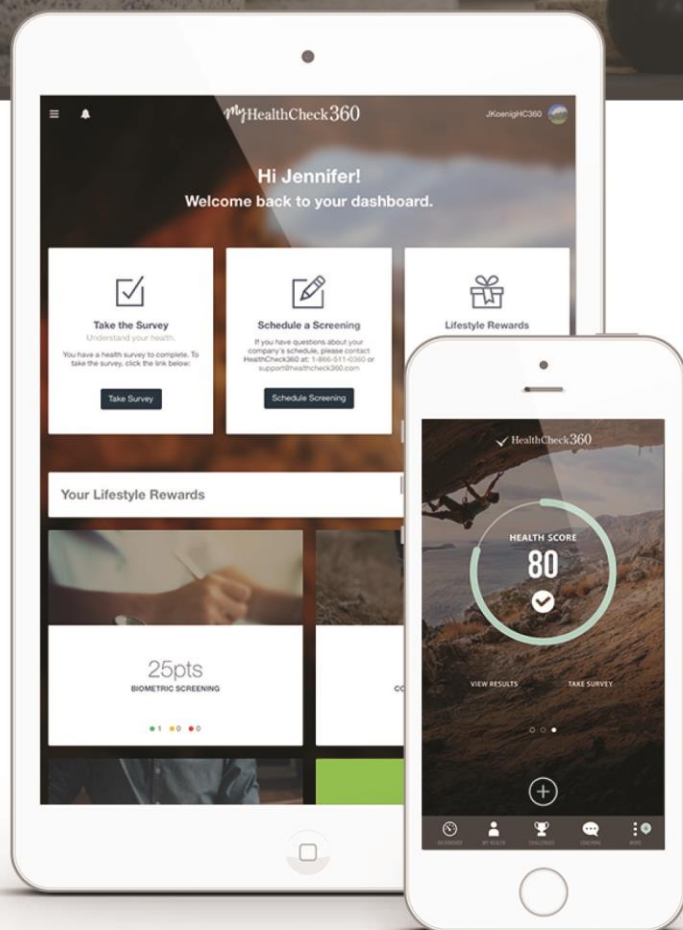
ONSITE EVENT

- Log in to your myHealthCheck360 app or at www.myhealthcheck360.com.
- Select **Schedule Biometric Screening** from your account's Dashboard
- Choose **Onsite**
 - Select the location, date, and time that best fits your schedule.
 - If you are electing additional tests, enter your credit card information to purchase for the day of screening.
- Accept and provide your e-signature on the **Health Screening Consent** and **HIPAA Authorization**.
- You will receive an email confirmation for your screening from service@ehealthscreenings.com.

LABCORP WALK-IN CLINIC

- Log in to your myHealthCheck360 app or at www.myhealthcheck360.com.
- Select **Schedule Biometric Screening** from your account's Dashboard.
- Select **Offsite Lab** then enter your address to find a LabCorp near you.
 - Select the clinic most convenient to your location from the list.
- Accept and provide your e-signature on the **Health Screening Consent** and **HIPAA Authorization**.
- You will receive an email confirmation for your screening from service@ehealthscreenings.com.
 - This confirmation email includes the lab form and screening instructions. You must take these with you to complete your screening.
 - Through the confirmation, you can also follow the steps to schedule an appointment time at the LabCorp clinic but this is not required.

IMPORTANT NOTE: You must go through the myHealthCheck360 portal and follow the steps above to obtain your **Lab Requisition Form**. HealthCheck360 will not receive your bloodwork results and you risk being billed directly if you choose to go through the LabCorp site and not HealthCheck360.



COMPLETE YOUR SURVEY

Please take a couple of minutes to complete your health survey. Your answers are not shared with anyone at Township High School District 211, and they have no effect on your overall health score.

COMPLETE YOUR SURVEY BY OCTOBER 3, 2025

- Log into your myHealthCheck360 app.
- First time users should create an account:
 - Your company code is **TD211**
 - Your unique identifier is your **Last 4 SSN**
- Select **Take Survey** from the **Dashboard**.

FAQ

What if I don't have a smart phone? Log in by visiting myHealthCheck360.com.

What if I forgot my password or username? Click on forgot username or password and enter your personal information, company code (TD211) and Unique Identifier (Last 4 SSN) and select Submit.

How long will it take to complete the survey? The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Township High School District 211.

What is the program deadline? All steps must be complete by October 3, 2025.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360.

VIEW YOUR MYHEALTHCHECK360 HEALTH REPORT

By participating in the HealthCheck360 program, you have taken a big step in the right direction towards improving your overall health. Now that you have completed your biometric screening and your health report is in, it's time to take a look! Follow the steps below to get started:

Screening results are available within 7-10 business days after you complete your screening.

VIEW YOUR HEALTH REPORT ON THE MYHEALTHCHECK360 PORTAL:

- Log into your myHealthCheck360 app or at <https://myhealthcheck360.com>.
- Select **My Health** at the bottom of the screen.
- Your individual health score will be provided.
 - For more information on each biometric, tap on the biometric you'd like to learn more about.

QUESTIONS ON YOUR HEALTH REPORT?

Health Coaching is a free resource for you! Give our team a call at 866-511-0360 x5099 to get a coaching call scheduled today. Our coaches can help you:

- Understand biometric results.
- Become aware of lifestyle habits.
- Set attainable health goals.
- Gain confidence in ability to improve personal health.

WANT TO SHARE YOUR RESULTS?

Sharing your results with your physician is easy! Either bring your myHealthCheck360 mobile app with you to your appointment, or fax a summary of your results directly to your Physician from the myHealthCheck360 website. To fax your results:

- Log into your myHealthCheck360 account.
- Select **My Health** from the bottom of the screen.
- Select **Fax Report to Physician** found under your health score.
 - Fill in your contact information and your physician's fax information.
 - Select **Submit**.
- You will receive a notification when the fax has been successfully sent to your physician.



EARN YOUR LIFESTLYE REWARDS POINTS

On August 1, 2025, you can start submitting for activities from the list below. In December, you will be entered into a prize drawing for gift cards! You will be entered into the drawing for every 200 points you earn (i.e. 400 points = 2 entries). More points equal more chances to win!

ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	VALIDATION
HC360 Biometric Screening	50	50	Approved Automatically – Points will be available immediately for those who participated in the screenings July 1st – October 3.
Know Your Numbers! <i>Review your screening results in the myhealthcheck360 app or website</i>	50	50	Approved Automatically – Points will be available immediately for those who view their screening results via myHealthcheck360 App or website.
Achieve a score outcome of Ideal or Low risk (75+) OR improve by 10+ points on biometric screening	50	50	Approved Automatically – Points will be posted for eligible participants once screening results are available.
Achieve a score outcome of Moderate Risk (65+) OR improve by 5+ points on biometric screening	25	25	Approved Automatically – Points will be posted for eligible participants once screening results are available.
Fax Screening Results to Your Physician <i>Fax biometric screening results to your physician from the myhealthcheck360 app or website</i>	25	25	Approved Automatically – Points will be available immediately for those who fax their screening results to their physician via myHealthcheck360 App or website.
Take Health Risk Assessment Survey/Questionnaire	25	25	Approved Automatically – Points will be awarded immediately to those who completed the survey.
Wellness Challenges	25	100	Approved Automatically – Points will be awarded when you track at least once a week during challenge.
View a HealthCheck360 Webinar	5	60	Submit – Points will be awarded after submitting what webinar you watched.
Download & Sign-In to the myHealthCheck360 app	25	25	Approved Automatically – Download the myHealthCheck360 mobile app. Simply log into the app and points will be awarded. You may need to logout and log back in to see points.
Set Steps, Minutes of Activity, and Weight Goals	5	15	Approved Automatically – Points will be awarded after setting goals. In app click on More & Goals.
Walk or Healthy Activity with a Coworker	10	100	Submit – Points will be awarded after submitting your activity.
Track Weight Weekly	3	75	Approved automatically – Points will be awarded when you log your weight.



ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	VALIDATION
Achieve 30 Minutes of Activity OR 8,000 Steps per Day	1	175	Approved Automatically – Points will be awarded when you log or sync your device to achieve the steps or minutes of activity goal.
Track Nutrition 3 Items Daily (Log what you eat in a day)	1	175	Approved automatically – Points will be awarded when you log your food intake daily.
Track Glucose Once Daily	1	50	Approved automatically – Points will be awarded when you log your glucose through myHealthcheck360 or with a synced device
Track Blood Pressure Once Daily	1	50	Approved automatically – Points will be awarded when you log your blood pressure through myHealthcheck360 or with a synced device
Flu Shot <i>Note: onsite events will be held at each school</i>	25	25	Submit – Points will be awarded after submitting the location and date you received your vaccination in the Activity Description.
Attend a Preventative Care Visit (Eye exam, dental visit, or an annual physical)	25	100	Submit – Points will be awarded after submitting the name, date, provider, and the exam
Volunteering (Food banks, Homeless shelters, Salvation Army, etc.)	25	50	Submit – Points will be awarded after submitting your activity.
Complete a Daily Journal Entry	1	50	Approved automatically – Points will be awarded when you complete your daily journal entry on the myHealthCheck360 app or website.
Volunteer at a Charitable Event	25	50	Submit – Points will be awarded after submitting your activity.
Participate in an Organized Team Event (Intramurals, Adult Rec League, etc.)	25	50	Submit – Points will be awarded after submitting your activity.
Healthy Selfie (Cooking a healthy meal, Workout, etc.)	10	50	Submit with Upload – Upload a picture completing a healthy activity.
Meet with a Financial Consultant	50	50	Submit – Provide a short summary of what you learned from your consultation.
Create a Budget	25	25	Submit – Provide a short summary of what you learned by putting this together.
Contribute to your Retirement Savings	25	25	Submit – Provide a short summary detailing your plans for saving for retirement.

QUESTIONS OR FEEDBACK

Have Lifestyle Rewards questions? Check out our [Knowledge Base](#) by clicking the FAQ section on the website or mobile app. Simply type your question and find your answer! For additional assistance, contact HealthCheck360 support at 866.511.0360 or support@healthcheck360.com.

NOTICE REGARDING WELLNESS PROGRAM

Township High School District 211 sponsors HealthCheck360, a voluntary wellness program available to insurance eligible employees and their spouses (if spouse is currently enrolled in D211 medical plan). The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for HDL, LDL, Triglycerides, Total Cholesterol, Glucose, GGT, Cotinine, Creatinine, Albumin, ALP, Total Protein, ALT, AST, GSP, Bilirubin, Globulin, and BUN. The blood test may also include A1c testing. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, insurance eligible employees and their spouses (if spouse is currently enrolled in D211 medical plan) who choose to participate in the wellness program will receive an incentive of a medical insurance premium discount for participating in the biometric screening. Although you are not required to complete the biometric screening, only insurance eligible employees and their spouses (if spouse is currently enrolled in D211 medical plan) who do so will receive the medical premium discount.

Additional gift card incentives may be available for insurance eligible employees who participate in certain health-related activities. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthCheck360 at 1-866-511-0360 or support@healthcheck360.com by 10/03/2025.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program. You also are encouraged to share your results or concerns with your own doctor.



Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Township High School District 211 may use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact HealthCheck360 at 866-511-0360 or support@healthcheck360.com.

