

2020-2021 Enrollment Instructions

Linn County continues to partner with Health Solutions to offer **free health screenings** to all benefit-eligible employees. To be eligible for incentives in the Wellness Rewards Program, an annual health screening or physical must be completed. By participating, you can earn up to \$500!

Participants earn \$150 and 150 points for completing a health screening and consultation (if eligible).

Initial \$150 payout will be awarded in October 2020.

How To Get Started...

Register your Wellness Portal Account

- Visit www.myhealthywithhsi.com
- Current Users - Login with your username & password
- New Users - Click 'Register' in the New User Box
 - Read the Terms and Conditions and click 'Accept'
 - In the New Users Registration box, fill out the required information:
 - Company: LinnCo
 - Member ID: Employee ID number
 - Gender, Date of Birth, E-mail address, and Telephone number
 - Click 'Register'
 - Set Username, Password and click 'Sign In'

Visit the Onsite Screening Safety Information tile to review the precautions being taken during onsite wellness screenings to prevent the spread of COVID-19, and what you need to do to keep yourself and others safe.

While you're logged into your wellness portal...

Select Your Screening Option and Complete Next Steps

On-site Screening	Health Form	Weland Screening
On-site screenings are available at various Linn County locations. Schedule through your wellness portal or call Health Solutions. Note: Health Screening events close <u>two</u> weeks in advance. Schedule now!	Download a Health Form for your medical provider to submit in lieu of completing a screening. Health Form data must be new from the last 12 months and the previous program.	Arrange a screening at a Weland location near you! Find locations and forms in your wellness portal. NOTE: Weland Labs only completes lab draws; biometrics must be submitted separately.

For your convenience, fasting for your screening is encouraged, but not required!

Drink plenty of water and follow a well-balanced diet.

For accurate results, avoid large portions and fried foods 24 hours prior to your appointment.

Alternatives for completing the incentive requirements are available upon request.

Visit your Health Solutions wellness portal to learn more.