



# ELEVATE

STEP UP...INVEST IN YOUR HEALTH

*The Incentive Program for the EHA Wellness Program*

## ELEVATE FAQ

### **How long do I have to complete the requirements?**

You have until September 13, 2019 to complete the Elevate requirements and qualify for the \$150 incentive. **NOTE:** The PHA is open until August 30, 2019. The PHA will need to be completed prior to visiting your healthcare professional.

### **How do I know what I have completed?**

Go to [www.ehawellness.org](http://www.ehawellness.org) and enter your EHA Code. You will see your Elevate status listed by the Elevate logo.

### **Will I receive reminders during the year?**

Yes, you will receive a monthly status email for Elevate from EHA Wellness. You may also receive reminders from your EHA Wellness Rep and postcards in the mail.

### **Where do I access the form?**

Go to [www.ehawellness.org](http://www.ehawellness.org) and enter your EHA Code. You will see a link to download the form by the Elevate logo.

### **How do I take the Personal Health Assessment (PHA)?**

To access your Personal Health Assessment (PHA), go to [www.ehawellness.org](http://www.ehawellness.org) and enter your code. Click on the Take Now link under PHA. If you need assistance with the PHA, please email [pha@ehawellness.org](mailto:pha@ehawellness.org). It will take 2-3 days to show as completed on your status page.

### **How do I get help with my PHA?**

If you need assistance, email [pha@ehawellness.org](mailto:pha@ehawellness.org).

### **How often is my Elevate status updated on [www.ehawellness.org](http://www.ehawellness.org)?**

Your PHA completion status will be updated weekly. For example, if you complete your PHA on a Tuesday, your Elevate status will be updated by the following Tuesday (usually sooner). When you send in your form either by mail or scanned and emailed it will be processed within 10 days. Challenges are updated within two weeks of a challenge being completed.



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## ELEVATE FAQ (CONTINUED)

### **Who can I use as my licensed health care provider? Can it be the school nurse?**

It doesn't need to be a doctor – you can use a physician's assistant, a nurse practitioner, your chiropractor or any licensed health professional that you have a relationship with and who has information about your overall health. While the school nurse is a licensed health care provider, he or she won't have the ability to provide recommendations using PHA results because other health information would be missing such as medications, conditions, etc. Additionally, depending on the size of the staff, this can put a lot of extra work on your school nurse. You will have almost a year to see a provider and we recommend you have the conversation about your PHA and completing the form at a visit that's already scheduled (e.g. an annual checkup, a visit for an illness, etc.). Be sure to complete your PHA and download your form early to give you plenty of time. **NOTE:** If you participate in a screening offered at your worksite, you may not use the nurse at the screening as your healthcare provider.

### **How do I complete the challenges?**

Go to [www.ehawellness.org](http://www.ehawellness.org) and enter your EHA Code. You will see the challenges listed. Check the box to register. When you log out you will be registered. When the challenge starts (October, December, February, April, June or August), be sure to update your progress throughout the program month. On average, each program requires a minimum of 20 days to be considered complete. Be sure to check the program requirements for exact number of days to complete. All yearlong challenges require 60 days completed in a quarter to qualify as a completed challenge and only one quarter per yearly challenge counts towards challenge completion.

### **Will I still receive the \$25 Visa gift card for completing the PHA?**

Yes – you will receive that same incentive you have in the past. If you complete the PHA between November 1 and March 31, you will receive your gift card in April. If you complete it between April 1 and September 14, you will receive your gift card in October.

### **When do I receive the \$150 incentive if I complete everything?**

You will receive the \$150 incentive in October, 2018. To receive the incentive, you need to be employed by a school or group in the EHA.

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If you still have questions, contact your EHA Wellness rep or email [contact@ehawellness.org](mailto:contact@ehawellness.org).