

THE INCENTIVE PROGRAM FOR THE EHA WELLNESS PROGRAM

ELEVATE

STEP UP...INVEST IN YOUR HEALTH

ELEVATE 2024-25 FAQ

QUALIFY
FOR THE
\$150
INCENTIVE

How long do I have to complete the Elevate Incentive requirements?

You have from October 1, 2024 until August 31, 2025 to complete the three (3) Elevate Incentive requirements and qualify for the \$150 incentive.

How do I know what I have completed?

Go to www.ehawellness.org and enter your EHA Code and password. You will see your Elevate Incentive status in your Reward Center at the top of the dashboard. Your Elevate Incentive completion status will be updated as you complete the PHA, upload your form or complete challenges during the year. You can also participate using the Abhaya app (download the app using the QR code below).

Will I receive reminders during the year?

You will receive periodic Elevate Incentive status emails from EHA Wellness. You will also receive reminders from your EHA Wellness Rep.

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

Go to www.ehawellness.org, and enter your EHA code and password. Click on the scrolling PHA announcement banner or go to your reward center to complete the PHA. You can also complete the PHA in the Abhaya app (download the app using the QR code below).

How do I get help with my PHA?

Email contact@ehawellness.org.

Where do I access the Elevate Incentive Form?

Go to www.ehawellness.org and enter your EHA Code and password or log into the Abhaya app. You can access your Elevate Form by clicking View Rewards in the Reward Center. You will gain access to download your form once you complete your PHA (Personal Health Assessment).

CONTINUED...



Scan the QR code to
download the Abhaya app.



WWW.EHAWELLNESS.ORG



EHA Wellness
An educators health alliance program

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

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 can use a physician's assistant, nurse practitioner, chiropractor or any licensed health professional that you have a relationship with and who has detailed information about your overall health.

You will have almost a year to see a provider. We recommend you have the conversation about your PHA and completing the form at a visit that's already scheduled such as an annual checkup. You will need to complete your PHA and print 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 to sign your form.

How do I enroll in the challenges?

Go to www.ehawellness.org and login with your EHA Code and password or log into the Abhaya app. You will be on your account dashboard once you login. Your Dashboard will include upcoming challenges for you to enroll in.

When the challenge starts (October, December, February, March, June or August), be sure to update your progress throughout the month by clicking on the green "Update" button in the challenge tile. Check the progress bar on the challenge to see how many days you will need to be complete. All Core Wellness Trackers require 60 days out of the quarter to qualify as a completed challenge. **NOTE:** Only ONE quarter of a Core Wellness Tracker counts towards challenge completions for Elevate Incentive.

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

No, the Elevate Incentive does not include an additional \$25 Visa gift card for the PHA.

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

You will receive the \$150 incentive in September 2025 from your EHA Wellness Rep. To receive the incentive, you need to be employed by an EHA school or group in September 2025.

All requirements of the Elevate Incentive program need to be completed by August 31, 2025. All inquiries about completion need to be resolved before the program deadline. If your dashboard does not reflect completion on August 31, 2025, you will not receive the \$150 incentive. Be sure to complete all requirements in advance of the deadline.

Questions? Email contact@ehawellness.org.



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