THE HEALTHIER WAY

Our health is our most important asset. Although we get plenty of advice about healthy eating, weight management, and physical activity, we do not always do what we should to maintain or improve our health. Work and family obligations take up the majority of our time, and we often set personal wellness aside.

Our goal at University of Alaska is to help you make informed decisions about your health by providing the tools and resources you need to succeed in achieving a healthier lifestyle. In doing so, we plan to continue to mix in some great programs and provide you extra motivation to maintain or improve your wellness.

University of Alaska is offering all employees and spouses/financially interdependent partners (FIPs) enrolled in the UA Choice health plan an opportunity to earn a rebate up to $600 on their FY24 health care contributions. Please review the details of our 2022 Wellness Program within this guide and help make University of Alaska a healthier place to work.

UNDERSTAND YOUR CURRENT HEALTH

1. Online Health Risk Assessment
2. Biometric Screening & Wellness Visit
3. Tobacco Affidavit
4. Age/Gender Preventative Screenings
5. Adult Immunization

INCENTIVES & REWARDS

1. Health Care Contribution Rebate
2. High Point Raffle Awards
3. Healthy Way of Life for You

Confidential Health Information

The wellness program is confidential and HIPAA compliant. Protected Health Information (PHI) collected through the biometric screening is managed through a secure Health Management System and is only used to help determine your current health status and provide you with the most effective health improvement strategy. Policies and procedures are in place to properly safeguard and maintain the confidentiality of your PHI. PHI is only used as permitted in accordance with HIPAA laws. Your PHI will not be shared with University of Alaska. In addition, no individual PHI or identifying information is shared with anyone at University of Alaska.
Looking for a fun, easy, healthy way to earn some extra money this year? Look no further than our University of Alaska Wellness Program!

Any employee and spouses/Financially Interdependent Partners (FIPs) enrolled in the UA Choice Health plan are invited to participate in the FY23 University of Alaska Wellness Program. To meet the program requirements, employees and spouses/FIPs are required to complete a total of 7 points by completing the health risk assessment, biometric screening and 5 additional activity points. By reaching the 7-point milestone by the June 30, 2023 deadline, employees and spouses/FIPs will receive a health care contribution rebate up to $600 in FY24.

The pages that follow in this Program Manual explain everything you need to know in order to get started with the program. If you have any questions, please contact 1-877-899-8996 or support@preventioncloud.com or your dedicated program manager, Victoria Carver, at victoria.c@zomohealth.com. We look forward to another healthy and productive year!

### Required Wellness Activities: 7 Points

<table>
<thead>
<tr>
<th>Activity</th>
<th>See Pg #</th>
<th>Frequency</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment (HRA)</td>
<td>8</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>FY23 Biometric Screening</td>
<td>9, 10, 11 &amp; 12</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>5 Additional Activity Points *see below</td>
<td>n/a</td>
<td>Ongoing</td>
<td>Points Vary (Need 5 Points)</td>
</tr>
</tbody>
</table>

### Additional Activities: 5 Points Required

<table>
<thead>
<tr>
<th>Activity</th>
<th>See Pg #</th>
<th>Frequency</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY22 Biometric Screening (3 out of 5)</td>
<td>n/a</td>
<td>One Time Annually</td>
<td>3</td>
</tr>
<tr>
<td>*This activity is based on the results of your screening during the previous program year.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>19</td>
<td>Monthly</td>
<td>0.5 (2 max)</td>
</tr>
<tr>
<td>Tobacco – Free Attestation</td>
<td>13 &amp; 14</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>*tobacco users - tobacco cessation program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worksite Health Challenges</td>
<td>19 &amp; 20</td>
<td>Quarterly</td>
<td>1 (3 max)</td>
</tr>
<tr>
<td>Online Classes/ Webinars</td>
<td>21</td>
<td>Ongoing</td>
<td>0.5 (2 max)</td>
</tr>
<tr>
<td>Coaching Sessions</td>
<td>18</td>
<td>Ongoing</td>
<td>1 (2 max)</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>17</td>
<td>One Time Annually</td>
<td>2</td>
</tr>
<tr>
<td>Age/Gender Preventative Screening</td>
<td>10, 15 &amp; 16</td>
<td>One Time Annually</td>
<td>1 (5 max)</td>
</tr>
</tbody>
</table>

**Required Points for FY23 Health Care Rebate up to $600**

7 Points Deadline: June 30, 2023

**Required Points for High-Point Raffle:**

12 Points Deadline: June 30, 2023
## Requirements

<table>
<thead>
<tr>
<th>Activity</th>
<th>Details</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment</td>
<td>Complete Your Health Risk Assessment (HRA)</td>
<td>1</td>
</tr>
<tr>
<td>FY23 Biometric Screening</td>
<td>Complete Your FY23 Biometric Screening</td>
<td>1</td>
</tr>
<tr>
<td>Additional Activities</td>
<td>Complete 5 Points worth of additional wellness activities listed below</td>
<td>5</td>
</tr>
</tbody>
</table>

## Additional Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Details</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worksite Challenges</td>
<td>Worksite Challenges: Stress Less – October 3 to November 7</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Maintain Don’t Gain – November 21 to January 8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ABC of Fitness – April 3 to May 8</td>
<td></td>
</tr>
<tr>
<td>Onsite Classes / Webinars</td>
<td>4 webinar recordings with corresponding quizzes. See page 20 for the list</td>
<td>0.5</td>
</tr>
<tr>
<td>2 Coaching Sessions</td>
<td>Complete 2 Coaching Session</td>
<td>1</td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>Complete 150,000 steps each month</td>
<td>0.5</td>
</tr>
<tr>
<td>Tobacco Affidavit</td>
<td>Complete Your Online Tobacco Affidavit or Complete the “Minus Tobacco”</td>
<td>1</td>
</tr>
<tr>
<td>Cessation Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FY22 Biometric Screening</td>
<td>Complete Your 2022 Biometric Screening ( 3 out of 5)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>*This activity is based on the results of your screening during the previous program year.</td>
<td></td>
</tr>
<tr>
<td>Age/Gender Preventative Screening</td>
<td>Complete Your Age/Gender Preventative Screenings</td>
<td>1</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>Complete Your Adult Immunization Attestation and your COVID vaccine</td>
<td>1</td>
</tr>
</tbody>
</table>
INCENTIVES & REWARDS ELIGIBILITY

- **Who has to meet the requirements?**
  Employees and spouses/FIPs enrolled in a UA Choice health care plan are eligible to participate in the program, however, participation is completely optional. Participants must complete all FY23 Wellness Program requirements by June 30, 2023 to earn a rebate of $600 ($1200 if both employee and covered spouse/FIP complete the requirements) on their FY24 health care contribution.

- **Who can participate?**
  All employees and spouses/FIPs enrolled in a UA Choice Health Plan can participate in any part of the wellness program, including webinars, challenges, and fitness activities.
HEALTHY LIVING REWARDS
YOUR REWARD!

Two Levels of Healthy Living Rewards

**LEVEL 1**
7 Points

Up to $600 Health Care Contribution Rebate
(awarded during FY24 plan year)

Deadline: June 30, 2023

**LEVEL 2**
12 Points

High Point Raffle

Deadline: June 30, 2023

Program Rules

Employees must be actively employed at the time of rebate payment and raffle to receive their incentives. You can view your point total directly on the home page dashboard of the Wellness Portal. Participants that accumulate 12 points will be eligible for an additional incentive.

All points will be reset for the next program year on July 1, 2023.
FOLLOW THESE INSTRUCTIONS:
All employees and spouses/FIPs have their own unique account.

**Username:**
FIRSTNAMELASTNAMEBirthyear

EX. Full Name: John Smith Jr.
Username: JOHNSMITHJR1972

EX. Full Name: John Doe II
Username: JOHNDOEII1970

* Do not use spaces or any type of symbols in your username.

**Password:**
Birthdate (MMDDYYYY)

If you have logged in previously please make sure to use your existing password.

Once logged in, you will be prompted to change your password. You will use that password every time you login. If you forget your password click on forgot password.

Single Sign On is available for employees. To access Single Sign On, please go to the University of Alaska benefits page at: https://alaska.edu/hr/benefits/health/wellness.php

Please direct any questions or concerns to victoria.c@zomohealth.com
HEALTH RISK ASSESSMENT (HRA)

Click on Health Risk Assessment under the billboard ➔ Start completing the assessment ➔ Takes 7 minutes or less to complete

The HRA is an annual requirement.

For questions, please contact your dedicated program manager, Victoria Carver at victoria.c@zomohealth.com or reach out to support@preventioncloud.com.

Please contact support@preventioncloud.com for technical support
BIOMETRIC SCREENING
PHYSICIAN VISIT PACKET OPTION
From The Wellness Dashboard:

Click on “Biometric Screening” under the billboard

Click on HIPAA Release Online

Once completed, you may download and print the Physician Visit Packet

Form Download

Take your form to your primary care physician. Your physician will fax or input the information to PreventionCloud or you can scan and submit through your portal.

The Age/Gender Appropriate Screening & Immunization Attestation will be on the 4th page of the physician visit packet.

ALL BIOMETRIC SCREENING CATEGORIES ARE REQUIRED FOR COMPLETION OF THE BIOMETRIC SCREENING ACTIVITY.

WELCOME TO YOUR FY23 WELLNESS PROGRAM!

Employees and spouses/FIPs* (Financially Interdependent Partners) enrolled in the UA Choice health plan are eligible to earn a rebate of up to $600 on their FY24 health care contribution by completing the Health Risk Assessment, a biometric screening, and 5 additional activity points by June 30, 2023.

For questions, please contact your dedicated program manager, Victoria Carver at victoria.c@zomohealth.com or reach out to support@preventioncloud.com.

Estimated Time Required: 60 minutes or less!

An established relationship with your primary care physician is essential for early detection of health issues and for getting and keeping you healthy.

Please refer to your physician visit packet for further instructions.
HOW TO SUBMIT YOUR PREVENTIVE FORMS

Use one of the below options to submit forms to PreventionCloud:

1. **SECURE ONLINE PHYSICIAN/DENTIST/OPTOMETRIST ENTRY:**
   Have your Physician/Dentist/Optometrist login and submit your information.
   2. Enter your patient’s ID code e.g. CI425666.
   3. Update your patient's information and you're done!

2. **SECURE ONLINE USER UPLOAD:**
   Submit via computer or phone.
   1. Log on to your personal portal [https://www.preventioncloud.com](https://www.preventioncloud.com).
   2. Click “Health Forms” located on your left menu.
   3. Click “Submit Forms” located on your left menu.
   4. “Select Form” section: Click the dropdown arrow to select the proper form.
   5. Attach your wellness form and click “Submit”.
      *if you are using your phone you can take a picture of your form.
   6. You can view if your wellness form is approved by clicking on your “Submitted Forms” tab located on your left menu.

3. **Fax document(s) to 713-714-2273**
   Be sure to receive a fax confirmation from your fax machine.

An established relationship with your primary care physician/dentist/optometrist is essential for early detection of health issues and for getting and keeping you healthy. If you have primary coverage through the UA Choice Plan, your wellness, dental and vision exams will be sent on a file feed from Premera and VSP.

Please refer to your preventive forms on PreventionCloud for further instructions.
BIOMETRIC SCREENING

LAB VOUCHER OPTION
From The Wellness Dashboard:

Find “Quick Links” on your PreventionCloud homepage in the bottom right corner

Click “Lab Voucher” to print and take to nearest LabCorp office

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Status</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worksite Health Challenges</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Tobacco-Free Attestation</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Dental Exam</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Vision Exam</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Annual Wellness Exam</td>
<td>Optional</td>
<td>07/01/2023</td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>FY22 Biometric Screening (3 out of 5)</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Telephonic Health Coaching</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
<tr>
<td>Preventative Health Plans</td>
<td>Optional</td>
<td>06/30/2023</td>
</tr>
</tbody>
</table>

University of Alaska LabCorp Voucher
The voucher to take with you to LabCorp to complete your biometric screening.

- FY22 Webinars (Not For Points)
- FY22 Newsletters
- FY21 Newsletters
BIOMETRIC SCREENING
ORDERING A HOME TEST KIT OPTION
From The Wellness Dashboard:

Click on “Events” on the left-hand side of your dashboard

Select “Biometric Screening Home Test Kit” from the events list

You will be taken to the page where you can order your kit.

BIOMETRIC SCREENING HOME TEST KITS MUST BE ORDERED BEFORE JUNE 1st.

KEEP GOING FOR THE HIGH POINT RAFFLE

Did you know your points matter even after you’ve earned your wellness rebate?
Go above and beyond the required 5 points by earning a total of 12 points, and your name will be entered into the high point raffle! Winners are selected for UAA, UAF, and UAS campuses.

High Point Raffle Prize Menu

$500 gift cards to:
- Alaska Mountaineering and Hiking
- Beaver Sports
- Foggy Mountain Shop
- Nugget Alaskan Outfitter
- Skinny Raven
- Trax Outdoor Center
- Garmin Fenix 6
- Suunto 9
- Fitbit Sense

If you have any questions regarding the high point raffle or how many points you’ve accumulated so far, please don’t hesitate to reach out to your dedicated wellness coordinator, Victoria Coner at victoria.c@zoomhealth.com.

HEALTH RISK ASSESSMENT  BIOMETRIC SCREENING  PROGRAM MANUAL  MONTHLY NEWSLETTER
TOBACCO-FREE ATTESTATION
TOBACCO USERS – TOBACCO CESSATION PROGRAM

From The Wellness Dashboard:

Click on “Online Form” button under the Tobacco Affidavit Activity at the bottom

If you are a tobacco user, you will need to complete the Minus Tobacco Program through PreventionCloud. Register under the “Events” tab on your left menu or call/email a tobacco cessation specialist (following page includes contact information).

Estimated Time Required:
Non-Smokers: 5 minutes or less!
Smokers: Varies

KEEP GOING FOR THE HIGH POINT RAFFLE

Did you know your points matter even after you’ve earned your wellness rebate? Go above and beyond the required 7 points by earning a total of 12 points, and your name will be entered into the high point raffle! Winners are selected for UAA, UAF, and UAS campuses.

High Point Raffle Prize Menu

<table>
<thead>
<tr>
<th>$50 gift cards to:</th>
<th>$50 gift cards to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska Mountaineering and Hiking</td>
<td>Nugget Alaskan Outfitter</td>
</tr>
<tr>
<td>Seawer Sports</td>
<td>Skinny Raven</td>
</tr>
<tr>
<td>Foggy Mountain Shop</td>
<td>Trax Outdoor Center</td>
</tr>
<tr>
<td>Gamin Fenix 6</td>
<td>GoPro Hero 9</td>
</tr>
<tr>
<td>Fitbit Sense</td>
<td></td>
</tr>
</tbody>
</table>

If you have any questions regarding the high point raffle or how many points you’ve accumulated so far, please don’t hesitate to reach out to your dedicated wellness coordinator, Victoria Caner at victorac@zomohhealth.com.
GETTING STARTED IS EASY!

1. If you are a tobacco user and are planning to participate in our tobacco cessation program, you will need to contact a tobacco specialist to register.

   You can contact your tobacco specialist via phone or email.

   - Email: minustobacco@zomohealth.com
   - Phone #: 1-800-435-3220 (press 2 to get a registration specialist)

1. Make sure to include your name and company name.

2. The tobacco specialist will send you an email with more information on the program for living a tobacco-free lifestyle.

3. Complete 5 telephonic coaching sessions (1 per week). Once completed you will receive credit for your Tobacco Affidavit activity within 2 weeks from your last call.

Don’t let tobacco drag you down!

- Our program allows any user (long term or beginner) to begin a healthier life without tobacco cravings.
- The program includes 5 coaching calls at 1 per week.
- If you choose to complete the program you must enroll by 5/31/23 to complete the program by 6/30/2023.
- During the calls tobacco users receive support and guidance on how to quit successfully.
DENTAL VISIT FORM

From The Wellness Dashboard:

Click on “Activities” on your left menu.

Click on HIPAA Release Online.

Once completed, you may download and print the Dental Visit Form.

Take your form to your Dentist. Your Dentist will fax or input the information to PreventionCloud or you can scan and submit through your portal.

Estimated Time Required: 60 minutes or less!

An established relationship with your dentist is essential for early detection of health issues and for getting and keeping you healthy.

If you have primary coverage through the UA Choice Plan, your wellness, dental and vision exams will be sent on a file feed from Premera and VSP.

Please refer to your dental form for further instructions.
An established relationship with your Optometrist is essential for early detection of health issues and for getting and keeping you healthy. If you have primary coverage through the UA Choice Plan, your wellness, dental and vision exams will be sent on a file feed from Premera and VSP.

Please refer to your optometrist form for further instructions.
ADULT IMMUNIZATION ATTESTATION & COVID VACCINE ATTESTATION

From The Wellness Dashboard:

Click on “Activity Forms” on your left menu

Select your activity from the drop-down menu provided and enter the date you completed it

Click "Submit"

Estimated Time Required: 60 minutes or less!
REGISTER FOR ONSITE & TELEPHONIC EVENTS

From The Wellness Dashboard:

Click on “Events” on your left menu

Find the event you would like to register for and click the “Join” button

Type in your phone number and date and time you would like to go to the event and click “confirm”
Take control of your stress in this five week challenge! In this individual challenge, participants will practice a variety of stress management techniques each week. Each week a new healthy habit is introduced.

July 1 – June 30
(0.5 points per month / 2 points maximum)

Sync your Device on PreventionCloud. Individuals who complete a total of 150,000 steps in a calendar month will earn credit for the specific month.

No action necessary as long as you have already synced your device.

See Page 22 through 25 for instructions on syncing to your wellness portal.

October 3 – November 6
(1 point)

Estimated Time Required: Varies per challenge. As little as a few minutes per day!
Estimated Time Required: Varies per challenge. As little as a few minutes per day!

CHALLENGES

MAINTAIN DON’T GAIN

November 21 – January 8
(1 point)

During the holidays, it isn’t realistic to try to lose weight. The goal of this challenge is to concentrate and maintain weight during the holiday season, while practicing healthy habits. Log and track your weight throughout the entire challenge.

ABC’s of Fitness

April 3 – May 8
(1 point)

This is a 26-day challenge. The objective of this challenge is to experiment with new exercises, encourage healthy fitness habits, help participants to think outside of the box and add some variety to their daily routine. Exercises must start with each letter of the alphabet beginning with A and ending with Z, and can be either a cardio, resistance training, or any other commonly-known exercise.
ONLINE CLASSES/WEBINARS

Your online class/webinar recordings will be located under Quick Links on your PreventionCloud homepage. Click on the online class/webinar that interests you. Watch a recording, take the corresponding quiz (found under Quizzes on the left-hand side of your dashboard) and receive 0.5 point (max amount you can receive is 2 points).

- Family Fitness
- Flexibility and Posture
- Mindful Eating
- Stress Reduction Techniques

Estimated Time Required: 20 minutes or less!
INTRODUCING THE PREVENTIONCLOUD APP!

You can now sync your favorite device to the wellness program!

HOW TO DOWNLOAD THE PREVENTIONCLOUD APP (2 OPTIONS)

Option 1
Open your app store on your mobile device and search ‘PreventionCloud’ (1 word)

*If you are on an Android you will need to search and click the text ‘Search instead for preventioncloud.

Option 2
1. Download the Scan QR or Barcode app (download and open)

2. Take a picture from your QR Code app of the appropriate QR Code Below and download and open the PreventionCloud App

Username: FIRST NAME + LAST NAME + DOB (JOHND0E1971)
Password: DOB (mmddyyyy)

Copyright © 2019 PreventionCloud Inc.
HOW TO SYNC YOUR FITNESS DEVICE

Please complete the following instructions to sync your device with PreventionCloud. Once your device is synced your steps will automatically log.

Example on How to Sync Your Device

To sync your device data with PreventionCloud, your device should be connected to an app on your mobile device. For example, FitBit devices have the FitBit app on your phone. That FitBit app connects with the Apple Health Kit app on iOS devices and Google Fit on Android devices. The data from your Apple Health Kit app or Google Fit app will sync with the PreventionCloud app each time you open the app.

Apple (iOS) – Apple Health Kit

1. Download/Open the Apple Health Kit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Apple Health Kit settings).
3. Download the PreventionCloud mobile app from the App Store.
4. Click on the app icon from your home screen to open it.
5. Login using your username and password.
   Username: FIRST NAME + LAST NAME + Year of birth (JOHNDoe1961)
   Password: DOB (mmddyyyy).
6. From your PreventionCloud app click “Apple Health.”
7. Enable Sync.
8. The app will sync with Health Kit every time you open it and push the data to www.PreventionCloud.com.

Google (Android) – Google Fit

1. Download/Open the Google Fit App.
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Google Fit settings).
3. Download the PreventionCloud mobile app from the Play Store.
4. Login using your username and password.
   Username: FIRST NAME + LAST NAME + Year of birth (JOHNDoe1961)
   Password: DOB (mmddyyyy).
5. From your PreventionCloud app click “Google Fit.”
6. Select the account which you use on Google Fit.
7. You can verify that Google Fit is connected to the PreventionCloud app by opening the Google Fit app on your mobile device. Once open, click on the settings icon on the top right, then click on “Manage connected apps”. There you should see PreventionCloud listed. If you do not see it listed, then click on the dropdown and select “All apps & devices”. If you still do not see it please repeat steps 1 through 7 to verify they were done.
8. The app will sync with Google Fit every time you open it and push the data to www.PreventionCloud.com.
HOW TO SYNC YOUR FITBIT

1. Log in to the WELLNESS PORTAL.
2. Click on "TRACKERS" from the left hand menu.
3. Click on "FITBIT SYNC" from the left hand menu.
4. Enter the email associated with your Fitbit and connect.
5. Enter your Fitbit account login information to complete the setup.

INSTRUCTIONS ON HOW TO LOG MANUAL STEPS FOR:
WALKING/RUNNING/SWIMMING/CYCLING

1. Log in to the WELLNESS PORTAL. Click on EXERCISE under the TRACKERS left menu.
2. Select Walking, Running, Swimming, or Cycling.
3. Enter the distance and change the measurement unit (meters, miles, kilometers, steps, yards).
4. Click LOG and your exercise will automatically convert to steps and show under the activity history section on this page.
5. Any steps shown under the activity history section will automatically count for the challenge regardless of whether they are from Fitbit or manually entered.
DEVICES AND APPS YOU CAN SYNC FOR YOUR CHALLENGE

COMPATIBLE DEVICES

- Apple Watch Series 3
- Amazfit
- LG Watch Sport
- Xiaomi Mi Band 2
- Misfit Ray
- Polar
- Wahoo Tickr X
- Garmin
- Misfit
- Withings
- Jawbone
- Samsung
- Fitbit
- Moov
- Sensoria
- Nokia

*Although listed as compatible to the Android and iOS operating systems, some devices may require third party apps in order to migrate data from the device to Google Fit or Apple Health apps.

*Any app or device that can by synced to Google Fit or Apple Health that is not listed can also be used!

GOOGLE FIT (ANDROID) APPS

- Google Fit: Health and Fitness
- Calorie Counter – Asken Diet
- Lose it! – Calorie Counter
- Under Armour Record
- Workout training
- Runkeeper – GPS Track Run Walk
- Runtastic Running App: Run & Mileage Tracker
- Nike Run Club
- Fitwell- 30 Day Fitness Workout Diet Step Counter
- Runtastic Results
- Calm – Meditate, Sleep, Relax
- Calorie Counter – MyFitnessPal
- 8fit Workouts & Meal Planner
- Run with Map My Run
- Map My Fitness Workout Trainer
- Walk with Map My Walk
- BodySpace – Social Fitness
- Endomondo – Running & Walking
- Instant Heart Rate: HR Monitor & Pulse Checker
- Noom: Health & Weight
- Health Mate – Total Health Tracking
- Map My Ride GPS Cycling Riding
- Seven – 7 Minute Workout
- Progression Workout Tracker
- Weight Track Assistant
- Runtastic Steps
- PlexFit for Pebble
- SmartBand Talk SWR30
- Pedometer
- SmartBand 2 SWR12
- Magra – Weight Loss Coach
- Instant

APPLE HEALTH (IOS) APPS

- Nike+ Run Club
- Human
- Garmin Connect Mobile
- Runtastic
- DailyBurn
- Carrot Fit
- Fjuul
- Dance Party
- Get Moving
- Map My Run
- PEAR Personal Coach
- Strava Running and Cycling
- Zova Personal Trainer
- Runkeeper
- Zombie, Run!
- Strava
- Lifesum
- Streaks
- Gymaholic
- MyFitnessPal
- Swing Tennis Tracker
- Pocket Yoga
WHAT FEDERAL LAWS DO UNIVERSITY OF ALASKA AND PREVENTIONCLOUD FOLLOW?

- Health Insurance Portability and Accountability Act (HIPAA) Compliant.
- Genetic Information Nondiscrimination Act (GINA) Compliant.

WHAT DOES THIS MEAN?

All individually identified health information collected and maintained by PreventionCloud is kept 100% secure & private. No individually identifiable health information is shared with University of Alaska, Premera or VSP. No family history is requested within the Health Risk Profile.

WHAT IS SHARED WITH UNIVERSITY OF ALASKA?

Only aggregate reports summarizing total population health information is given to University of Alaska. These aggregate reports will in no way reveal or provide any individually identified health information. These reports are used to help focus the Wellness Program in a direction that will have the largest impact for employees. For example, determining which webinars and challenges to make available.