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 FY21 health care contributions. Please review the details of our 2020 Wellness Program within this guide and help make University of Alaska a healthier place to work.

UNDERSTAND YOUR CURRENT HEALTH
- Online Health Risk Assessment
- Biometric Screening & Wellness Visit
- Tobacco Affidavit
- Dental Exam
- Vision Exam
- Adult Immunization

INCENTIVES & REWARDS
- Health Care Contribution Rebate
- High Point Raffle Awards
- 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 FY21 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, 2021 deadline, employees and spouses/FIPs will receive a health care contribution rebate up to $600 in FY22.**

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!

### FY21 PARTICIPATION REQUIREMENTS

**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>6 Additional Activity Points *see below</td>
<td>n/a</td>
<td>Ongoing</td>
<td>Points Vary (Need 6 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>Biometric Screening</td>
<td>9, 10 &amp; 11</td>
<td>One Time Annually</td>
<td>2</td>
</tr>
<tr>
<td>FY20 Biometric Screening (3 out of 5)</td>
<td>n/a</td>
<td>One Time Annually</td>
<td>5</td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>18</td>
<td>Monthly</td>
<td>1 (4 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>18 &amp; 19</td>
<td>Quarterly</td>
<td>1 (2 max)</td>
</tr>
<tr>
<td>Local Wellness or Sporting Events</td>
<td>21 &amp; 22</td>
<td>Ongoing</td>
<td>1</td>
</tr>
<tr>
<td>Online Classes/ Webinars (4 classes = 1 point)</td>
<td>20</td>
<td>Ongoing</td>
<td>1 (4 max)</td>
</tr>
<tr>
<td>Onsite Education Class Attestation</td>
<td>17</td>
<td>Ongoing</td>
<td>1 (4 max)</td>
</tr>
<tr>
<td>Coaching Sessions (2 sessions = 1 point)</td>
<td>17</td>
<td>Ongoing</td>
<td>1 (4 max)</td>
</tr>
<tr>
<td>Dental Exam</td>
<td>15</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Vision Exam</td>
<td>16</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>9</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Annual Wellness Visit</td>
<td>9</td>
<td>One Time Annually</td>
<td>1</td>
</tr>
<tr>
<td>Fitness Videos (3 videos = 1 point)</td>
<td>n/a</td>
<td>Ongoing</td>
<td>1 (4 max)</td>
</tr>
</tbody>
</table>

**Required Points for FY22 Health Care Rebate up to $600**

- **7 Points**
- **Deadline: June 30, 2021**

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

- **12 Points**
- **Deadline: June 30, 2021**
Wellness Happenings

**CALENDAR FY21**

**Employee Wellness Portal**

Getting Started

Login at [www.preventioncloud.com](http://www.preventioncloud.com)

If you have previously logged in, please use your username and password from the previous program year. See page 8 for details.

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<table>
<thead>
<tr>
<th>Requirements</th>
<th>Description</th>
<th>Due Date</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment</td>
<td>Know your Numbers</td>
<td>Complete Your Health Risk Assessment (HRA)</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Additional Activities</td>
<td>Better – for - you</td>
<td>Complete 6 Points worth of additional wellness activities listed below</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Worksite Challenge</td>
<td>Better- for - you</td>
<td>Worksite Challenges</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ABC of Healthy Eating Challenge – October 5 to October 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maintain Don’t Gain Challenge – November 23 to January 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Healthy Habits – February 8 to March 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Around the World – April 5 to June 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onsite Classes</td>
<td>Better- for - you</td>
<td>TBD</td>
<td></td>
</tr>
<tr>
<td>Onsite Classes / Webinars</td>
<td>Better- for - you</td>
<td>16 webinars recordings will be available. See page 20 for the list</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(4=1 point)</td>
<td></td>
</tr>
<tr>
<td>Local Wellness or Sporting Events</td>
<td>Better- for - you</td>
<td>Complete a Local Wellness or Sporting Event</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Coaching Sessions</td>
<td>Better- for - you</td>
<td>Complete 2 Coaching Sessions</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>150,000 Activity Points</td>
<td>Better- for - you</td>
<td>Complete 150,000 steps each month</td>
<td>September 1 - June 30</td>
</tr>
<tr>
<td>Tobacco Affidavit</td>
<td>Know your Numbers</td>
<td>Complete Your Online Tobacco Affidavit or Complete the “Minus Tobacco” Cessation Program</td>
<td></td>
</tr>
<tr>
<td>FY19 Biometric Screening</td>
<td>Know your Numbers</td>
<td>Complete Your 2020 Biometric Screening (3 out of 5)</td>
<td>June 30, 2020</td>
</tr>
<tr>
<td>Biometric Screening</td>
<td>Know your Numbers</td>
<td>Complete Your Annual Biometric Screening</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Annual Wellness Exam</td>
<td>Know your Numbers</td>
<td>Complete Your Wellness Exam</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Adult Immunization Attestation</td>
<td>Know your Numbers</td>
<td>Complete Your Adult Immunization Attestation</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Dental Exam</td>
<td>Know your Numbers</td>
<td>Complete Your Dental Exam</td>
<td>June 30, 2021</td>
</tr>
<tr>
<td>Vision Exam</td>
<td>Know your Numbers</td>
<td>Complete Your Vision Exam</td>
<td>June 30, 2021</td>
</tr>
</tbody>
</table>

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**University of Alaska**

*Page 4*
INCENTIVES & REWARDS ELIGIBILITY

Who has to meet the requirements?
Participation in the program is completely optional; however, any employee and spouses/FIPs enrolled in the UA Choice health plan are eligible to earn a rebate of up to $600 on their FY22 health care contribution that completes all FY21 Wellness Program Requirements by June 30, 2021.

Who can participate?
All employees and spouses/FIPs enrolled in UA Choice Health Plan can participate in any part of the wellness program, including webinars, challenges, and fitness activities.

New Hires
New hires will have 90 days from date of benefit eligibility to complete the online Health Risk Assessment required activity to receive the prorated rebate in FY21. New hires that continue to participate and complete the 6 additional activities by June 30, 2021 will receive the full rebate for FY21.
Two Levels of Healthy Living Rewards

**LEVEL 1**
7 Points

- Up to $600 Health Care Contribution Rebate
  (used for FY22 plan year benefits)

**LEVEL 2**
12 Points

- High Point Raffle

**Deadline: June 30, 2021**

---

**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, 2021.
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.

All Employees & Spouses/FIPs Have an Account Already Created:
Using your computer or mobile device, go to PreventionCloud.com

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

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

From The Wellness Dashboard:

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, Lab Voucher, Onsite)

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.

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 FY22 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 FY22 health care contribution by completing the Health Risk Assessment and 6 additional activity points by June 30, 2021.

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

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
(PHYSICIAN VISIT PACKET, LAB VOUCHER, ONSITE)

ONSITE SCREENING OPTION:
From The Wellness Dashboard:

Click on “Events” on your left menu

Find the Onsite Screening event 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”

ONSITE SCREENING DATES COMING SOON!
Find “Quick Links” on your PreventionCloud homepage in the bottom right corner

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

BIOMETRIC SCREENING
(PHYSICIAN VISIT PACKET, LAB VOUCHER, ONSITE)

LAB VOUCHER OPTION:
From The Wellness Dashboard:

University of Alaska LabCorp Voucher
Click here to download your lab voucher to take to a LabCorp location.

July 2020 "Ergonomics" Newsletter
July 2020 newsletter discussing posture and a recipe for guacamole at the bottom.

Wellness Coordinator Bio
The introduction and contact information for your new, on site wellness coordinator, Victoria.
TOBACCO-FREE ATTESTATION
TOBACCO USERS – TOBACCO CESSATION PROGRAM

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

From The Wellness Dashboard:

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

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).
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 miss out on a better life without the weight of tobacco dragging 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 5/31/20 to complete the program by 6/30/2020.
- During the calls tobacco users receive support and guidance on how to quit successfully.
Estimated Time Required: 60 minutes or less!

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.

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.
REGISTER FOR ONSITE & TELEPHONIC EVENTS
* Onsite Screenings, Onsite Classes, Telephonic Coaching

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”
The objective of this challenge is to select a new exercise each day starting with each letter of the alphabet beginning with A and ending with Z. The purpose of this activity is not only to encourage healthy fitness habits but also for participants to think outside the box and add some variety to their daily routine. Trying a new exercise that you may have never tried before may soon become one of your favorites! The fitness selections can be either a cardio, resistance training, or any other commonly known exercise.

**150,000 ACTIVITY POINTS**

July 1 – June 30

(1 point per month / 4 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.

**ABC OF FITNESS**

October 5 – October 30

(1 point)

The objective of this challenge is to select a new exercise each day starting with each letter of the alphabet beginning with A and ending with Z. The purpose of this activity is not only to encourage healthy fitness habits but also for participants to think outside the box and add some variety to their daily routine. Trying a new exercise that you may have never tried before may soon become one of your favorites! The fitness selections can be either a cardio, resistance training, or any other commonly known exercise.
Estimated Time Required: Varies per challenge. As little as a few minutes per day!

MAINTAIN DON’T GAIN

November 23 – 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.

AROUND THE WORLD

April 5 – June 6
(1 point)

Explore the beautiful sights of the world during this movement challenge! From the USA all the way around the globe and back to the States. Read about the various sites and explore the many maps and resources along the way. This challenge uses phones, pedometers, or fitness trackers to track steps.
Your online class/webinar recordings will be located under Quick Links on your PreventionCloud homepage. Click on the online class/webinar you are interested in and watch the recording. Watch 4 different recordings and receive 1 point (max amount you can receive is 4 points). Please note it will take 14 days to receive credit for your webinar/class.

- Enhance Your Mood with Food
- Cardio Training
- Positive Thinking
- Meal Planning
- Family Fitness
- Restful Sleeping
- Vitamin D Deficiency
- Healthy Meals at Home
- Quick and Easy Cooking
- Overcoming Plateaus
- Stretching Basics While at Home
- Portion Distortion
- Food and Body Connections
- Eating for Peak Performance
- Cholesterol and Heart Disease
- Promoting Mental Health
- Flexibility and Posture

Estimated Time Required: 20 minutes or less!
HOW TO SUBMIT LOCAL WELLNESS & SPORTING EVENTS

*No attachment is required for submission

1. Click “Activity Form” from the left navigation menu.

2. Then click on “Submit Form”.

3. Click on “Select Form” to select “Local Wellness & Sporting Events”.

*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 FY22 health care contribution by completing the Health Risk Assessment and 6 additional activity points by June 30, 2021. For questions, please contact your dedicated program manager, Victoria Carver at victoria.c@zomohealth.com or reach out to support@preventioncloud.com.
HOW TO SUBMIT LOCAL WELLNESS & SPORTING EVENTS

*No attachment is required for submission

4

Then in “Select Activity” select “Local Wellness & Sporting Events”

5

Then select “Activity Date” of receipt and click “submit”
**HOW TO SYNC YOUR FITBIT**

Estimated Time Required: 5 minutes or less!

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.
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.’

[Images of app store downloads]

**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

[Images of QR codes]

HOW TO LOG INTO YOUR PREVENTION CLOUD APP

Username: FIRST NAME + LAST NAME + DOB (JOHNDoe1971)
Password: DOB (mmddyyyy)

[Image of login interface]

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
**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.