

2018 CHICAGO LIVES HEALTHY WELLNESS PROGRAM

Need help completing your Well-Being 5 Assessment (WB5)?

Health coaches in the *Chicago Lives Healthy* wellness program are available in 2018 to help you complete your WB5 through one-on-one sessions or in a class room setting.

[CLICK HERE TO SIGN UP ONLINE](#)

OR Call Healthways at **1-866-556-7671** and a customer service representative can help you register for a Well-Being 5 Assessment Help Session.

How to sign up online:

STEP 2
Complete the Well-Being 5 Assessment (WB5)
Beginning **January 4, 2018**, fill out your online health questionnaire.
• **Deadline: Well-Being 5 Assessment (WB5) must be completed by 3/10/2018**
[CLICK HERE TO GET STARTED ON STEP 2](#)

STEP 3
Health Advisor Check-In Call
After you have completed Step 1 and Step 2 listed above, you will get a call from a Health Advisor who will discuss the results of your biometric screening and WB5.
• **Deadline: Health Advisor Check-In Call must be completed by 4/30/2018**
[CLICK HERE TO GET STARTED ON STEP 3](#)

STEP 4
Ongoing Participation Paths
There will be two ongoing participation paths. In **January 2018** you will receive a letter telling you to which of the two paths you have been assigned.
[CLICK HERE TO LEARN MORE ABOUT ONGOING PARTICIPATION PATHS](#)

Questions?
Contact Healthways at **1-866-556-7671**
CUSTOMER SERVICE HOURS OF OPERATION
Monday - Friday 8:00am - 8:30pm (CST)
Saturday 8:00am - 4:30pm (CST)

HEALTHWAYS
CHICAGO lives healthy
Labor & Management working to achieve long-lasting health

Si desea hablar en español sobre el programa de bienestar Chicago Lives Healthy, llame al Servicio de Atención al Cliente de Healthways al 1-866-556-7671 y oprima 5 para comunicarse con un representante. Una vez que el representante le atiende, solicite la línea de idiomas (en inglés) y un intérprete le asistirá. Jeżeli chciałby Państwo otrzymać informacje w języku polskim na temat programu Chicago Lives Healthy, prosimy o telefon do działu obsługi klienta Healthways pod numer 1-866-556-7671. Należy nacisnąć 5, żeby połączyć się z operatorem i w języku angielskim poprosić o przełączenie na linię językową (language line). Będą Państwo mogli skorzystać z pomocy tłumacza.

STEP 2:
COMPLETE A WELL-BEING 5 ASSESSMENT (WB5) by March 10, 2018

Do you need help completing your Well-Being 5 Assessment (WB5)?

Health coaches in the *Chicago Lives Healthy* wellness program are available to help you complete your Well-Being 5 Assessment. Here are two ways to sign up for a Well-Being Help Session:

1. [Click here](#) to sign up for a one-on-one WB5 Help Session.

2. Call Healthways at 1-866-556-7671 and sign-up for a WB5 Help Session through a customer service representative.

WHAT IF I DON'T COMPLETE THE WB5?

If you or your covered spouse, domestic partner or civil union spouse do not complete the WB5 by March 10, 2018, the employee will incur a \$50 per non-participant increase in monthly health care contributions for each individual who does not complete the WB5.

1. Visit www.chicagoliveshealthy.com and click the **“Click here to Get Started On Step 2”** button.

2. Find the **“Click here to sign up for the one-on-one WB5 Help Session.”** button.

3. You can download a list of all Well-Being 5 Assessment Help Sessions by clicking on the **“Download the Onsite Activity Calendar (PDF)”** link. When you are ready to make an appointment, fill out the Personal Information section completely. In the **“Choose an Activity”** Section:

- Select **“All”** for the Category.
- Select **“Well-Being 5 Assessment Help Session”** for the Activity.
- Select the **date/time/location** that works for you.

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Important links:
[Learn more about the program](#)
[Download the Onsite Activity Calendar \(PDF\)](#)
[Learn more about Onsite Activities](#)

- IMPORTANT -

- **NEW FEATURE**
You can now register for multiple events during each session.
- Please enter the information as it appears on your insurance card.
- All fields are required.
- If you do not have an email address, please enter **“none@noreply.com”**. An email address is being requested in order to provide you with class reminders or cancellation notices.

Personal information:

First name:

Last name:

DOB: MM DD YYYY

Gender:

Relationship:

Zip code:

Email address:

Organization:

Choose an activity: [Click here for instructions.](#)

Select an activity:

Select a time slot:

Questions?

Contact Healthways at **1-866-556-7671**

CUSTOMER SERVICE HOURS OF OPERATION

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Saturday 8:00am - 4:30pm (CST)

You can also visit

www.chicagoliveshealthy.com



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Jeżeli chciałby Państwo otrzymać informacje w języku polskim na temat programu *Chicago Lives Healthy*, prosimy o telefon do działu obsługi klienta Healthways pod numer 1-866-556-7671. Należy nacisnąć 5, żeby połączyć się z operatorem i w języku angielskim poprosić o przełączenie na linię językową (language line). Będą Państwo mogli skorzystać z pomocy tłumacza.

Если вы хотите поговорить об оздоровительной программе *Chicago Lives Healthy* на русском языке, позвоните в Отдел обслуживания участников (Customer Service) компании Healthways по номеру 1-866-556-7671 и нажмите 5 для соединения с представителем. Как только представитель ответит, попросите переключить вас на линию выбора языка (на английский) и затем переводчик вам поможет.