

2017 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 2017 to help you complete your WB5 through one-on-one sessions or in a class room setting.

Sign up online or
call 866-556-7671

How to sign up online:

If you received a letter to complete a biometric screening for the 2017 *Chicago Lives Healthy* wellness program, [click here](#).

Complete the Well-Being 5 Assessment (WB5)

Fill out your online health questionnaire between **1/5/2017 - 2/28/2017**.

- Deadline:** Well-Being 5 Assessment (WB5) must be completed by **2/28/2017**.

COMPLETE THE WB5

Health Advisor Check-In Call

Take the Call and talk to a health professional about your results and next steps between **1/5/2017 - 3/31/2017**. You will receive a Health Advisor Check-In Call only after completing your biometric screening (if required) and WB5.

- Deadline:** Health Advisor Check-In Call must be completed by **3/31/2017**.

Ongoing Participation Paths

There will be two ongoing participation paths. In January 2017 you will receive written communication regarding your ongoing participation options.

COMPLETE A WELL-BEING 5 ASSESSMENT (WB5)

Everyone enrolled in the *Chicago Lives Healthy* wellness program **MUST** complete a WB5. You have until **February 29, 2016** to complete your online WB5 for the 2016 plan year.

CLICK HERE TO COMPLETE THE WB5

The Well-Being 5 Assessment® (WB5) measures your current well-being and is used to help you and your Health Advisor identify potential areas of focus for your personal 2016 Wellness Program goals.

The WB5 is a simple, confidential questionnaire that looks at your lifestyle habits and current health to see what may be helping or hurting your overall well-being. Simply answer a few focused questions and get instant feedback in your Well-Being Report, including suggestions on ways to increase your well-being.

All questions are simple to understand and easy to answer. It should take 15 minutes to complete the questionnaire.

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 on a computer. Below are 2 options to sign up for a Well-Being Help Session:

- Click here to sign up for a one-on-one Well-Being Help Session.**
- Call Healthways at 1-866-556-7671 and sign-up for a Well-Being Help Session through a customer service representative.

1. Visit www.chicagoliveshealthy.com and click the **“Complete WB5”** button.

2. Find the **“Click here to sign up for a one on one Well-Being 5 Assessment 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

Monday - Friday
8:00am - 8:30pm (CST)

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

You can also visit www.chicagoliveshealthy.com



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



Si necesita ayuda en español, llámenos al 1-866-556-7671 y oprima el 1 y después el 5. Una vez que se haya puesto en contacto con un representante de servicio al cliente, solicite en inglés la Language Line (Línea de lengua). En ese momento, un intérprete le ayudará.

Aby otrzymać pomoc w języku polskim, prosimy zadzwonić pod numer 1-866-556-7671 i wybrać opcję 1 a następnie opcję 5. Po połączeniu z przedstawicielem działu obsługi klienta, należy po angielsku poprosić o Language Line. Tłumacz języka polskiego udzieli Państwu pomocy.

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 английском) и затем переводчик вам поможет.