



Newly Hired Employees



Newly hired Douglas County employees are eligible to participate in the voluntary **Healthy Directions Worksite Wellness Program**. This program offers the necessary tools to help you lead a healthier lifestyle. Not only is it free to you, but it can also pay! To get started, simply complete the following steps.

Step 1: Visit www.myviverae.com
Click **New User Registration**
Enter last name & date of birth (DOB)
Enter your identifier: **Employee Number**
(for eligible spouse **SP-Employee Number**)
Enter registration code: **douglascounty**

Step 2: Member Health Assessment
Complete by December 1, 2016

The MHA asks questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA online at www.myviverae.com.

The easiest way to complete the MHA is by completing it when prompted at the start of each program year, but you can also complete it from the My Health page.

Step 3: Biometric Screening

Complete December 1, 2016

Complete your Biometric Screening through one of the following options:

- **On-site Screening March/April & August/September**
- **Submit a Physician Lab Form**

Visit www.myviverae.com or contact the Viverae Health Center at 888-VIVERAE (848-3723) to speak with a Viverae Health Professional about your screening options above.

Step 4: Reward!

Once you've completed the MHA and Biometric Screening, you earn 100 points toward the 200 point goal and you will receive your first **\$100 Visa gift card incentive reward**.

Step 5: Reward!

Continue to participate and earn 100 additional points by December 1st for your second **\$100 Visa gift card incentive reward**.

Douglas County has partnered with Viverae, a leading corporate wellness provider, to host the Healthy Directions Worksite Wellness Program and its services. All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.