
Fairleigh Dickinson University Personal Rewards Program

**A health incentive program for medical
plan enrollees.**





Fairleigh Dickinson University is pleased to offer **Personal Rewards**, an incentive-based program designed to help you adopt and maintain healthy behaviors as a way of life. By completing the online health assessment **and** obtaining your annual physical **or attending an onsite biometric screening event**, you and your enrolled spouse can each earn the following for 2023:

- The reward for an annual physical or biometric screening is \$100.
- Complete a Virtual Visit and earn \$75.

Personal Rewards aims to increase your awareness of your own health status and provides education, resources and support to help you stay healthy, get healthy or live better with an existing health condition. This brochure provides a description of the **Personal Rewards** program that will be offered to you in 2023. It also includes a Frequently Asked Questions & Answers section.



Personal Rewards is offered to faculty, staff and their spouses enrolled in the Fairleigh Dickinson University medical plan. All personal health information will be kept confidential and in compliance with HIPAA as it pertains to the sharing of participation data to Fairleigh Dickinson University for the purpose of administering program incentives.

Join us and make 2023 your year for good health!

Fairleigh Dickinson University

Personal Rewards Program Checklist

Complete both items below to earn Personal Rewards dollars.

Personal Rewards Action Item	Activity Description	Dollar Value, Time Period and Limitations	Check When Complete	Notes
	Obtain an annual physical exam with an in-network physician or obtain your biometrics at an onsite screening event	Between January 1 and September 30, 2023 Reward: \$100		You can track on www.myuhc.com in the Health Resources tab
	Complete a Virtual Visit (see myuhc.com , then provider search and click on the Virtual Visit Box to choose a network Virtual Visit provider)	Between January 1 and September 30, 2023 Reward: \$75 (only applies to the 1 st visit -not annually) <i>(Note: You will still need to pay your co-pay or, for the CDHP plan, the fee applied to the deductible/co-insurance.)</i>		You can track on www.myuhc.com in the Health Resources tab

Personal Rewards Program

Frequently Asked Questions

How does the Personal Rewards incentive program work?

Complete your online health assessment and visit your in-network physician to obtain your annual physical **or** attend an onsite biometric screening event between 1/1/2023 and 9/30/2023: You and your spouse can each earn a \$100.00 gift card by completing these two actions. You and your spouse can also each earn \$75 by completing a Virtual Visit.

Who is eligible to participate? All Fairleigh Dickinson University faculty and staff and their spouses enrolled in FDU's UnitedHealthcare medical plan are eligible to participate.

Are my spouse and/or dependents eligible to participate? Yes, your enrolled spouse is eligible to participate. At this time child dependents enrolled in FDU's UnitedHealthcare medical plan are not eligible.

Do I need to pre-register for the Personal Rewards program? No. All Fairleigh Dickinson University faculty and staff enrolled in the UnitedHealthcare medical plan are automatically enrolled in the **Personal Rewards** program.

What do I need to complete in order to successfully complete the Personal Rewards program? Faculty, staff and covered spouses enrolled in FDU's UnitedHealthcare medical plan **must** complete the following in order to earn the \$100 gift card:

1. **A. Complete an annual physical with your physician**
OR
B. Obtain your biometric numbers at an onsite biometric event.

AND

2. **Complete the online Health Survey on www.mvuhc.com.**
3. **Earn an additional \$75 for completing a Virtual Visit.**

Do my preventive care visits and/or completed health assessments in 2022 count? No. All activities must be completed between 1/1/2023 and 9/30/2023.

Will I receive the incentive if I complete an activity after the specified time frame? No. To be eligible to receive the gift card, you must complete all **Personal Rewards** activities between 1/1/2023 and 9/30/2023.

Personal Rewards Program

Frequently Asked Questions continued

What if I do not have access to a computer? How can I complete the Health Assessment? You can ask your supervisor for assistance. Computer centers are available on each campus that can be utilized by FDU employees. The health assessment can also be completed on home computers or you can contact Human Resources.

How can I track my progress in the Personal Rewards program? Participants can track activities online at www.myuhc.com in their Health Resources tab. Click on “Rewards” to see program details and the activities completed. You may also use this brochure to manually track actions completed.

How do I or my spouse obtain our gift cards? You can go online to myuhc.com, click on the Health Resources tab, then go to the “Rewards” tab and retrieve your gift card.

What should I do first? To get started, it is recommended for you to schedule your annual physical with your physician or plan on attending an onsite biometric screening event. Next, complete the online Health Assessment on www.myuhc.com.

What is preventive care and where can I get more information about covered services? Preventive care is defined by the U.S. Preventive Task Force. Not all services provided by your physician or lab services requested by your physician may be considered preventive in nature, although they may be necessary for your individual health needs.

Visit www.uhcpreventivecare.com to search specifically by your age and gender what preventive services you should be receiving and which are payable at 100% by the FDU medical plan if billed by your physician as preventive.

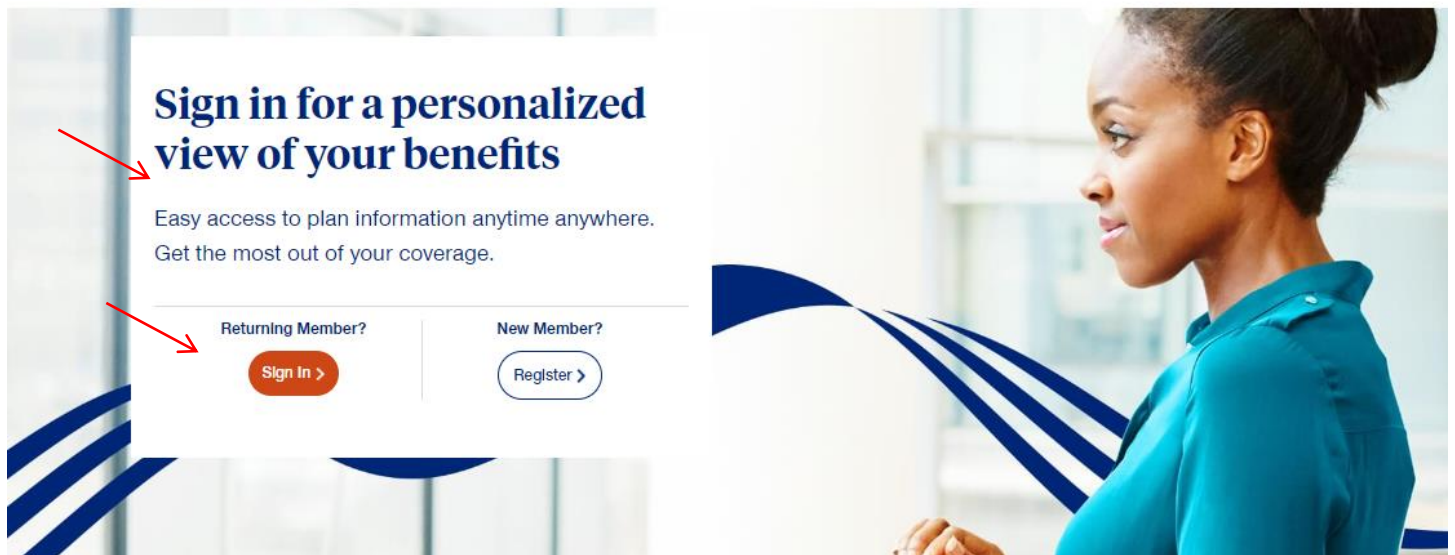
What if I have trouble logging into www.myuhc.com? For technical issues or questions related to the UnitedHealthcare member website (www.myuhc.com) such as the registration process or password issues, please contact the UnitedHealthcare Technical Support Line at [1-877-844-4999](tel:1-877-844-4999).

What if I had a physical or attended a biometric screening event and took my Health Assessment, but did not receive my gift card? First, be sure to return to www.myuhc.com, and then go to the “Health Resources” tab, and “Rewards” tab to claim your card. If you did so and are still having trouble, please call [1-877-818-5826](tel:1-877-818-5826) for Health and Wellness portal support and questions regarding your gift card.

Getting Started with the Personal Rewards Program

How to Complete the Online Health Assessment on the UnitedHealthcare member website at www.myuhc.com.

Go to www.myuhc.com and login using your user name and password. If you have never registered on the website, click “Register Now” to create a user name and password. You will need your UnitedHealthcare ID card to register as a new user.



Secure, convenient sign in.

Use your HealthSafe ID® to access your accounts using a single ID and password. [Learn more.](#)

Username

Password

Remember my username on this [trusted device](#). (Optional)

[Sign in](#)

[Register now](#)

Forgot [username](#) or [password](#)?

Continue to Health & Wellness on the home page, which brings you to the Rewards program page below:

Health Resources

Rewards program Missing a reward?

YOUR PROGRESS

You've Earned

\$50

\$0 \$800

[View Your Program](#)


FEATURED ACTIVITY

Biometric Screening

\$100 Reward Dollars

Complete a biometric screening or, if pregnant, a prenatal visit to earn rewards.

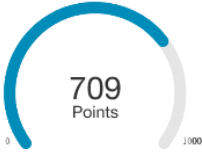
[Learn More](#)



Hello, Chrisdemo | [View 34 Recommendations](#)

[Change member >](#)

[View & Print Member ID Cards](#)



You're almost there with your Health Score!



You're on-track with some health areas, but can improve on others. View the recommendations to help get to the next level. Select View Details to learn more about each section.

- Health Factors
- Biometrics
- Health Conditions
- Health Checklist

Completed Recommendations - 1

Get Your Cholesterol Checked

Unhealthy cholesterol levels can cause plaque to build up inside your arteries and reduce blood flow. Make sure to get your cholesterol checked.

[Missing a Reward?](#)

Gift Card Credits

\$25



Available Gift Card Credit Balance

\$25

[Redeem](#)

Bonus Coins

0

For Health and Wellness portal support and questions regarding your electronic gift card, please call:

877-818-5826

Protecting your privacy in the **Personal Rewards Program.**

UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is critical to protect your privacy. Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA). Your personal information will not be shared with your employer. Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information that may help you improve your health practices.

Remember, your health and well-being begins with you.

So take control of your health today and be rewarded.