



Dear Marathon County Employees,

Marathon County will be continuing the Employee Wellness Program in 2019. To participate in the 2019 Employee Wellness Program you must sign-up by emailing or calling the Health Coach, Asia Bay at Health.Coach@co.marathon.wi.us or 715.847.2000 x21611. After you have signed up, you will receive your registration information on how to access to your personal and confidential Aspirus Wellness Portal.

WHAT IS THE ASPIRUS WELLNESS PORTAL?

In 2019, you will have access to your own personal and confidential wellness portal. This is where most of the 2019 wellness program will be completed. All wellness program requirements will be available and tracked on this system. This includes the ability to schedule appointments (biometric screenings, health coaching sessions), complete your health risk assessments, and register, track and submit information for wellness challenges/educational activities. You will also have access to your wellness results, goals, and achievements - all of which are confidential between you and Aspirus Business Health.

HOW TO REGISTER FOR THE ASPRIUS WELLNESS PORTAL?

All employees who did not participate and complete the 2018 Employee Wellness Program must register in the wellness portal. Please feel free to contact your health coach with any questions on registering for the wellness portal.

1. Signup by emailing or calling Asia Bay, Health Coach (see contact information above)
2. Registration instructions will be sent to you through email. Once you have received your registration instructions please complete your registration online at www.managewell.com.

The screenshot shows the Aspirus Wellness Portal interface. At the top right, the user is identified as 'Female Test'. The main navigation bar includes 'DASHBOARD', 'REWARDS', 'MESSAGES', 'ACTIVITIES', and 'MY HEALTH'. A notification banner at the top center states 'You have one unread message - click to read -'. Below this, the 'REWARD' section shows a progress bar for '0 points earned' towards an 'Employee Insurance Discount' reward, with a 'LEARN MORE' button. To the right, the 'MESSAGES' section shows a message dated '02/01/16' about a 'Smartphone App now available' and a 'VIEW ALL MESSAGES' button. The 'CURRENT ACTIVITIES' section is highlighted in purple and includes a 'SEE ALL ACTIVITIES ...' button. Below this, there are two main activity cards: 'ACTIVITY TRACKER' with a 'GET STARTED' button and 'ACTIVITY' with a 'LEARN MORE' button. The 'ACTIVITY TRACKER' card contains text about linking activity trackers and a 'Click here to get started' link. The 'ACTIVITY' card is titled 'Biometric Screening Assessments' and includes a 'Click "Learn More" above to get started' instruction.