

well^{wellness}volution SM



How is your well-being?

Wellvolution is an easy, social and fun approach to wellness. Participate on the go, from your computer, smartphone, or tablet, and invite your family and friends to join the fun and support your health goals. Start your journey to improved well-being.

Ready, set, go!

Already a member? [Sign in](#)

Assess your well-being

Your journey starts with a survey that scientifically measures your well-being. You'll get a Well-Being Score, which shows where you are in your journey - and all the places you could go.

Do one small action each day

You'll be automatically signed up for **Daily Challenge**, where you'll receive one small daily action via email or SMS. It's easy, fun, and keeps you focused on your well-being.

Track your progress

Taking a lifelong trip means looking back along the way. Our Well-Being Tracker and other well-being products and services show you where you are on your journey.

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Eligibility Check

Hi there!

To check if Wellvolution premium services are available to you, we need to use the information below to do an eligibility check. ? All fields are required.

FIRST NAME

Norman

LAST NAME

Preston

ZIP CODE

02116

HIPAA Authorization

MeYou Health is dedicated to giving you the tools you need to improve your health while protecting your privacy. Therefore, we are asking for your permission (authorization) to allow Blue Shield of California to disclose certain information about you (First name, Last name, and Date of birth) to MeYou Health. By providing this information to MeYou Health, you will be able to use our services and the benefits offered by Blue Shield of California more effectively. With this information, MeYou Health can help you achieve your goals.

However, MeYou Health wants to make sure that you understand what we are

I authorize Blue Shield of California to disclose my Protected Health Information to MeYou Health for the purposes and limitations described above. I certify that I am either authorizing only my own Protected Health Information to be disclosed or that I am a personal representative of the party whose information is being disclosed.

I have read and understand the contents of this document and agree to the terms of this authorization.

CHECK MY ELIGIBILITY



To enroll and use this program, Wellvolution's partner, MeYou Health, will need to access some of your personal data.

Registration

Good news! You're eligible through the City & County of San Francisco.

Now let's create your well-being account. You'll use it to access many well-being products.

FIRST NAME

LAST NAME

DATE OF BIRTH

SEX Male Female

ZIP CODE 5-digit ZIP code (example: 90210)

EMAIL

PASSWORD You'll use this each time you come back to this site.

CONSENT FORM

City & County Of San Francisco Notice and Consent

MeYou Health's Privacy Policy is our commitment to you that we will not disclose any information about you without your permission. We are now asking for your permission to tell Blue Shield of California this information:

- Your employee ID
- Your full name
- The number of points you have accumulated in Daily Challenge

You do not have to give us permission to disclose any information about you to Blue Shield of California, but if you don't give your consent, you are not able to participate in the premium program that is offered by County of San Mateo.

If you give us permission to send information to Blue Shield of California and, in the future, you change your

- I agree to the terms set forth above and authorize MeYou Health to disclose information to Blue Shield of California, and third parties for the purpose of coaching, program delivery, and incentive fulfillment.
- I agree to the MeYou Health [Terms of Use](#) and [Privacy Policy](#)

CREATE MY WELL-BEING ACCOUNT

Welcome Email

wellvolution



Track it All!

Welcome to ALL the Things!

Your journey starts with a survey that scientifically measures your well-being. You'll get a Well-Being Score, which shows where you are in your journey – and all the places you could go. [Visit your Profile](#)

Check Out Your Rewards



You have access to these amazing programs that can help you to achieve your health goals.

Get Started with the Daily Challenge

You'll be automatically signed up for Daily Challenge, where you'll receive one small daily action via email or SMS. It's easy, fun, and keeps you focused on your well-being. Get started to today: [Visit Daily Challenge](#)

Want to Learn More?

If you have any questions or need help accessing, please contact:
Phone (888) 555-5555 or Email support@email.com

Available Programs

You have amazing programs!



Goals

Welcome the participant

Inform about program design

Inform about incentives

Inform about support channel

www.mywellvolution.com

Wellvolution is a well-being program is offered by [Blue Shield of California](#) Life & Health Insurance Company

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Well-Being Tracker



Congratulations!



You're now a member. Get started with the Well-Being Tracker, which offers an exciting way to measure and track your well-being over time.

Start by answering questions about how you feel today.

The questions ask about different parts of your life. Your answers create your Well-Being Score. You'll get the score at the end.

Ready to begin?

[START TRACKING YOUR WELL-BEING!](#)

Or, [skip](#) and get my score later

We will never share your individual answers with anyone without your permission.



As a member of the Wellvolution program, you will automatically be signed up for Daily Challenge.



Daily Challenge is a social well-being experience that lets you improve your well-being by doing a simple challenge each day and sharing the experience with others.

[I already have an account.](#)

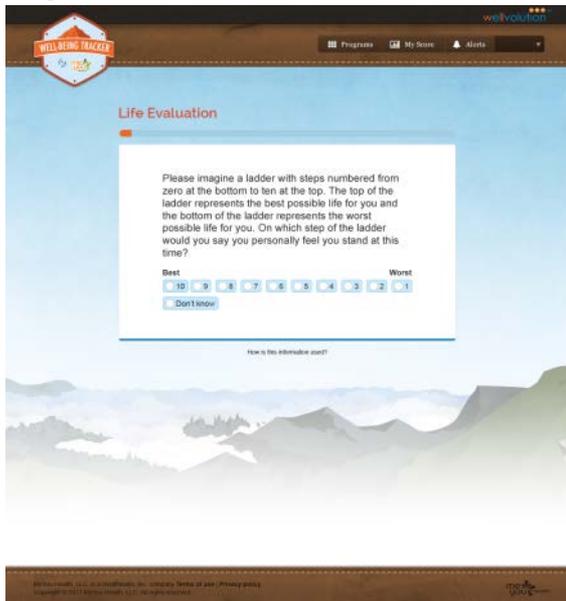


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Well-Being Assessment

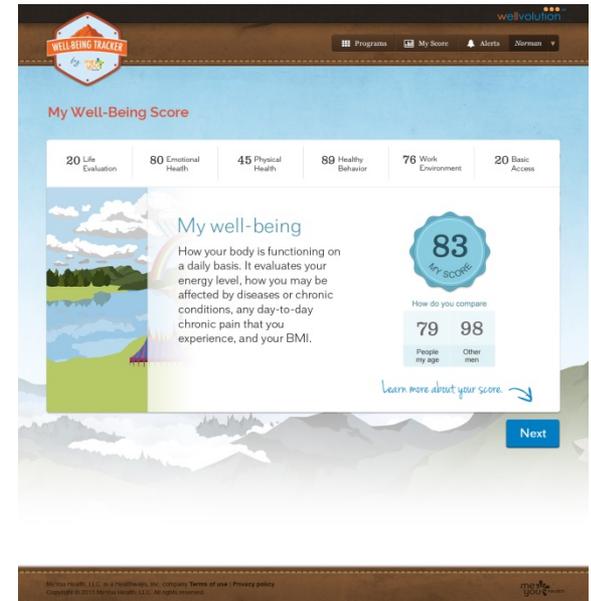
Step 1 – Answer the questions



Step 2 – Complete the sections



Step 3 – Explore your results



Life Evaluation



Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

Best Worst

10 9 8 7 6 5 4 3 2 1 Don't know

How is this information used?



Assessment Section Complete

The screenshot shows a web browser window with the URL `skylightmyhdev.com:3100/assessment/progress#page/24`. The page header includes the user name "Hi, Jane" and navigation links for "Alerts", "My Score", and "Programs". The main content area features the heading "Physical Health section complete" and a sub-message: "Great! You're almost halfway to getting your score." Below this is a progress bar with seven segments: "Life Evaluation", "Emotional Health", "Physical Health", "Healthy Behavior", "Work Environment", "Basic Access", and "Productivity". The first three segments are filled with colorful illustrations and each has a white checkmark in a green circle below it. The "Physical Health" segment is highlighted in green and contains a blue "Next" button. The remaining four segments are empty line-art illustrations. At the bottom of the page, there is a footer with the text: "MeYou Health, LLC. is a Healthways, Inc. company | [Terms of Use](#) | [Privacy Policy](#) Copyright © 2013 MeYou Health, LLC. All rights reserved." and the MeYou Health logo.

Healthy Number Goals

Cornerstone of wellness, know your numbers:

BMI: <30

Blood Pressure: <140/90

Blood Glucose: <126

LDL Cholesterol: <160

Non Smoker: (self reported)



programs page

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Well-Being TRACKER

Norman P.

Programs My Score Alerts Rewards

Well-Being Programs

Acme Inc.

You're a member

Daily CHALLENGE
by

Learn more

Daily well-being challenges

WALKADOO
by

Learn more

Wireless pedometer program

Quit For Life

Learn more

Smoking cessation

questions?