

BETTER HEALTH IS AS EASY AS

1-2-3

CU WELL

Participating in the **CU Well** program is easy! This program will offer you the necessary tools to help you lead a healthier lifestyle. The best part is that as a benefit eligible employee of Colgate it is FREE to you! To get started, simply complete the following steps.

Step 1: Register for an Online Account

To register and create an account:

- Visit www.MyViverae.com
- Click **New User Registration**
- Enter your Last Name and Date of Birth (DOB)
- Enter your Identifier: DOB + Last 4 of SSN (MMDDYYYY1234)
- Enter the Registration Code: colgate (all lowercase)

Step 2: Member Health Assessment

The Member Health Assessment (MHA) is a 20-question survey which takes less than 10 minutes to complete.

Complete the MHA either by telephone with a Viverae Health Professional at 888-VIVERAE (848-3723) or online at www.MyViverae.com

To complete the MHA online:

- Log onto your www.MyViverae.com homepage
- Select **Health Assessments**
- Select **MHA**
- Select **Begin**
- Answer all the questions and select **Send**
- A confirmation screen will appear

Step 3: Biometric Screening

A Biometric Screening consists of a finger stick to measure your cholesterol, (total, LDL and HDL), triglycerides, cardiac risk, and glucose. The screening will also check your blood pressure and body composition (including height, weight, Body Mass Index (BMI) and waist measurement).

Visit www.MyViverae.com to find out how to reserve a space in the upcoming on-site Biometric Screening.

If you are unable to attend an onsite screening, you may participate by submitting a physician form, visiting a local LabCorp facility or completing a home screening kit. Contact the Viverae Health Center at 888-VIVERAE (848-3723) to speak with a Viverae Health Professional about your screening options.



Save the Date

Viverae Health Professionals will be onsite to conduct Biometric Screenings on the following date by appointment only:

February 3, 2014
8:00 AM – 5:00 PM
Wooster Room, Huntington Gym

Future dates will be announced.

