



HEALTHCHECK360

# Wellness Program Guide



SECUR-SERV

# Welcome!



## Lifelong Well-being Starts Here

Secur-Serv is continuing to partner with HealthCheck360 to expand your employee benefits. You'll receive an email from us soon with instructions on how to join the program, but we wanted to tell you a little bit about what you will gain from participating in HealthCheck360. HealthCheck360 is a wellness company devoted to improving health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your biometric screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

## Wellness Rewards

In addition to gaining powerful and personalized information about your health and well-being, we will offer wellness incentives to benefits-eligible employees and health plan spouses by participating fully by **October 31<sup>st</sup>, 2026**. See next page for more information!

We encourage you to take this opportunity to proactively take control of your health. As you navigate the program, both Secur-Serv and HealthCheck360 are here to support you.

Secur-Serv



# Program Overview

## Start Earning Today

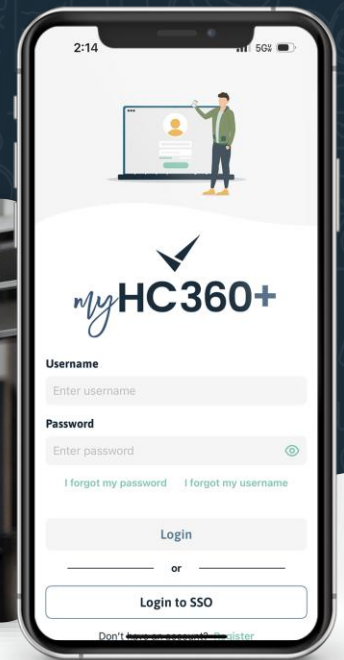
Secur-Serv is teaming up with HealthCheck360 to provide you with a new wellness program. HealthCheck360 is devoted to improving your health and overall wellbeing with tools, motivation, and support to be a healthier you. Complete the following steps to earn incentives from Secur-Serv.

Earn points from **November 1<sup>st</sup>, 2025 through October 31<sup>st</sup>, 2026** to earn incentives from Secur-Serv.

<b>Level 1 Boot Up</b>	<b>Level 2 System Check</b>	<b>Level 3 Optimizing Performance</b>	<b>Level 4 Fully Operational</b>
300 Points	600 Points	900 Points	1,200 Points
Chance to win a \$25 gift card	Chance to win a \$50 gift card	Chance to win a \$100 gift card	Premium Discount in 2026

### New Hires

Any new hires starting after August 2<sup>nd</sup>, 2026, will automatically receive the premium discount for 2027. To continue with the incentive for 2028, you must complete the program requirements.



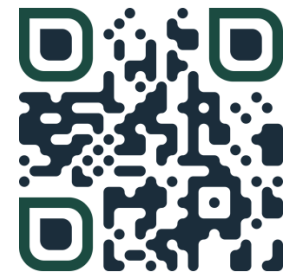
## Everything at Your Fingertips

Discover the ultimate benefits with the myHC360+ mobile app. Gain exclusive access, comprehensive support, and advanced health tracking. Begin your journey with the myHC360+ mobile app by following the steps below.

### Create Your Account

- Download the myHC360+ mobile app
- Select **Register** and enter your information:
  - Your Company Code is SSERV
  - Your Unique ID is your last 4 Digits of your File ID (found on the top left of your paystub)
- Complete the form, agree to the terms and conditions and select **Create Account**
- *You will receive an email from HealthCheck360 to confirm your email address. You must confirm your email address before you can log in, since you will be required to enter an MFA token each time you log in.*
- **Don't have a smart phone?** Log in by visiting [myHC360+](https://myHC360+) on the web

Looking For More How To's On The App?  
Visit our [Knowledge Base!](#)



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\*File ID can be found on the top left of your paystub

\*All employees and all spouses must create their own unique accounts.



### PRO TIP

### Connect A Device from Your App

Get the most from your myHC360+ experience by connecting your wearable device!

### Connect a Device

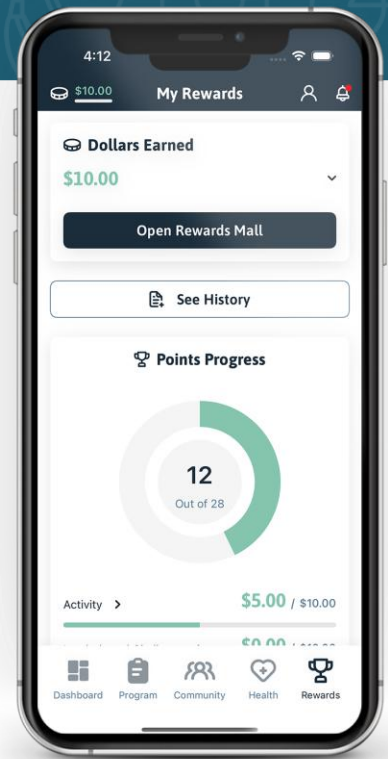
- Select the my profile icon at the top of your screen
- Select **Connect a Device**
- Find your fitness app or device and select **Connect**
- Select the data you want to share and then **Allow**

# Earn Points

Choose activities from the list below to earn points today!

## How to Submit an Activity for Points:

- Once logged into your **myHC360+ mobile app**, select an activity from the **My To Do's** or **Discover My Program** tab on your screen
- If required, enter a brief description, enter a date, and/or upload your document
- Select **Mark it Done** to submit your activity



Activity	Points Per Activity	Maximum Points	Validation
<b>Preventative Care</b>			
Biometric Screening	800	800	<b>Approved Automatically</b> – Points will be awarded once your screening results are received
Complete Health Survey	75	75	<b>Approved Automatically</b> – Points will be awarded after completing the survey
Annual Physical	500	500	<b>Upload and Submit</b> – Points will be awarded when you upload and submit your proof of annual physical
Annual Physical (Booster Points)	200	200	<b>Admin Approval</b> – HC360 will award booster points to those who upload their Annual Physical by 4/1
Eye Exam	150	150	<b>Upload and Submit</b> – Points will be awarded when you upload and submit your proof of eye exam

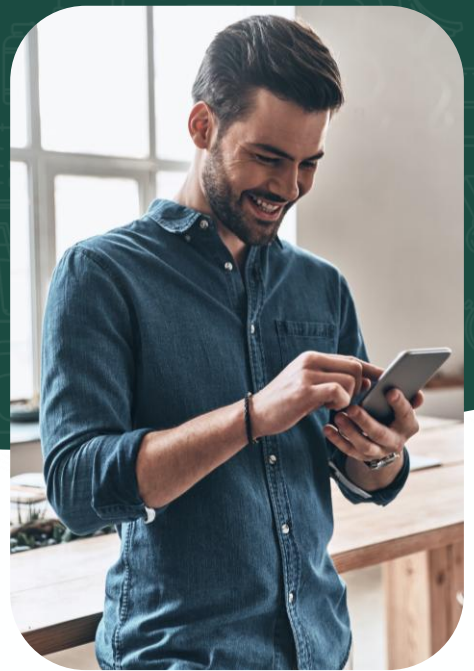
Activity	Points Per Activity	Maximum Points	Validation
Dental Exam	150	150	<b>Upload and Submit</b> – Points will be awarded when you upload and submit your proof of dental exam
Flu Shot/Shingles/RSV/COVID	75	150	<b>Upload and Submit</b> – Points will be awarded when you upload and submit your proof of vaccine
Achieve a Blood Pressure of $\leq 120/\leq 80$	50	50	<b>Approved Automatically</b> – Points will be awarded if your screening results fall within this range
Achieve an A1c $< 5.7\%$ or Glucose $< 100$	50	50	<b>Approved Automatically</b> – Points will be awarded if your screening results fall within this range
Achieve an LDL $< 100$	50	50	<b>Approved Automatically</b> – Points will be awarded if your screening results fall within this range
Achieve a BMI $< 25$	50	50	<b>Approved Automatically</b> – Points will be awarded if your screening results fall within this range
Complete a Health Coaching Call	200	400	<b>Approved Automatically</b> – Points will be awarded when you complete your coaching call
Age/Gender Cancer Screening	75	300	<b>Upload and Submit</b> – Points will be awarded when you upload and submit your proof of age/gender screening

Activity	Points Per Activity	Maximum Points	Validation
<b>Daily Healthy Habits</b>			
Create a Goal	8	40	<b>Submit</b> – Create a goal to earn points
Track Sleep	5	100	<b>Submit</b> – Track your sleep to earn points
Achieve 8,000 steps a day OR 30 minutes of activity a day	5	200	<b>Submit</b> – Track your steps OR minutes of activity to earn points
<b>Educational Resources</b>			
Attend a Kick-off Meeting	50	100	<b>Admin Approval</b> – HC360 will award points if you attend a kick-off meeting
Complete a Pathway	20	160	<b>Approved Automatically</b> – Complete a pathway to earn points
Learning Opportunities	10	40	<b>Upload and Submit</b> – Points will be awarded when you upload and submit your proof of eye exam

Activity	Points Per Activity	Maximum Points	Validation
<b>Holistic Well-Being</b>			
Financial Wellness Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
Self-Care Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
Safety First Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
Community Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
Nutrition Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
Mental Wellness Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
Diversity, Equity, Inclusion Activities	10	40	<b>Describe and Submit</b> – Write a brief description of your activity and submit
<b>Automated Rewards</b>			
myHC360+ Mobile App Download and Sign In	25	25	<b>Approved Automatically</b> – Points will be awarded once you download and sign into the mobile app the first time
Connect a Device	50	50	<b>Approved Automatically</b> – Points will be awarded once you connect a device the first time
Participate in a challenge	75	300	<b>Admin Approval</b> – HC360 will award points once challenge is complete
Add a Friend	5	50	<b>Approved Automatically</b> – Points will be awarded once you add a friend

Activity	Points Per Activity	Maximum Points	Validation
<b>Monthly Booster Points!</b>			
<b>November Booster Points:</b> Prioritize Well-Being	75	75	<b>Admin Approval</b> – Upload 2 Learning Opportunity Activities
<b>December Booster Points:</b> Setting Boundaries	75	75	<b>Admin Approval</b> – Upload 2 Self-Care Activities
<b>January Booster Points:</b> Motivation and Meaning	75	75	<b>Admin Approval</b> – Create and upload a picture of a vision board with your goals and plans for the new year
<b>February Booster Points:</b> Heart and Hustle	75	75	<b>Admin Approval</b> – Upload proof that you participated in a 5k, 10k, half marathon, or full marathon
<b>March Booster Points:</b> Smart Nutrition on the Go	75	75	<b>Admin Approval</b> – Complete the Eating Well on the Go Pathway
<b>April Booster Points:</b> Tech and Health	75	75	<b>Admin Approval</b> – Create a screentime limit each day and track your progress. Submit a description of what you learned.
<b>May Booster Points:</b> Mental Health Matters	75	75	<b>Admin Approval</b> – Complete the Meditation Pathway
<b>June Booster Points:</b> Fresh and Seasonal Living	75	75	<b>Admin Approval</b> – Participate in the 7-Day Chef Wellness Challenge
<b>July Booster Points:</b> Emotional Wellness	75	75	<b>Admin Approval</b> – Upload 2 Mental Wellness Activities
<b>August Booster Points:</b> Longevity and Movement	75	75	<b>Admin Approval</b> – Participate in a Page Turners Challenge
<b>September Booster Points:</b> Mindful Eating	75	75	<b>Admin Approval</b> – Complete the Eating healthy for Beginners Pathway
<b>October Booster Points:</b> Workday Wellness	75	75	<b>Admin Approval</b> – Participate in the Don't Skip The Stretch Challenge

# How to submit an activity



## How to Submit an Activity

Secur-Serv's program allows you to complete healthy activities to earn points. See below on how to submit and complete your activity!

### Add Your Activity to Your My To-Do List

- Navigate to your **Program** Tab on the bottom dashboard
  - From the Available List, click on your activity and choose + **Add to My To Do's**

### Complete Your Activity and Submit for Points

- Select **View All** from the **My To-Do's** list
- Choose the activity you wish to complete
- If the activity requires proof, click **Upload proof** or **Write a brief description**
  - Choose from your documents, gallery or snap a picture and click
  - Send proof
  - You will be notified via email/push notification once approved
- If the activity does not require proof, simply **Mark it Done**



Company Code: SSERV  
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\*File ID can be found on the top left of your paystub

### Looking For More How To's On The App?

- Visit our [Knowledge Base!](#)

# How To Use Your Tracking Tools!



Secur -Serv and HealthCheck360 are excited to offer points for tracking your healthy habits! Easy device connection with apps like Apple Health, Fitbit and Google Fit make tracking easy!

## If you do not have an available device connection, you can easily track using the tracking tools on myHC360+!

1. Log in to your myHC360+ app
2. Click the + in the bottom right
3. Choose the type of tracking you wish to complete
  - **Activity** to keep track of your physical activity
  - **Mood** to tell us how you're feeling
  - **Health** to keep track of your heart rate, nicotine use, sleep, or weight
  - **Nutrition** to keep track of calories
4. Enter in the value and click + **Log It**



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## Pro Tip!

### Connect Your Device to Automatically Track Your Minutes of Activity

1. Select the **my profile icon** at the top of your screen
2. Select **Connect a Device**
3. Find your fitness app or device and select **Connect**
4. Select the data you want to share and then **Allow**



### Available Devices

1. Apple Health
2. HealthConnect
3. Garmin
4. Fitbit

# Complete Your Health Risk Assessment Survey

Please take a couple of minutes to complete your Health Risk Assessment survey. Your answers are not shared with anyone at Secur-Serv and they have no effect on your overall health score.

## Complete Your Health Risk Assessment Survey by October 31<sup>st</sup>, 2026

- Log in to your myHC360+ app
- First time users need to create a new account by selecting **Register**
  - Your company code is SSERV
  - Your unique identifier is your Last 4 Digits of File ID
  - Select **Health Risk Assessment** from the “My To-Do’s” list
- Select **Complete Survey**
- Scroll down to the Health Risk Assessment section and select **Take Assessment**
- Select **Start HRA** to launch the survey

## FAQ

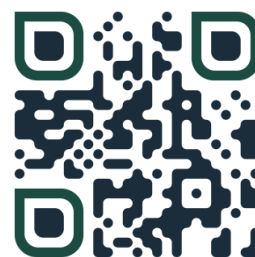
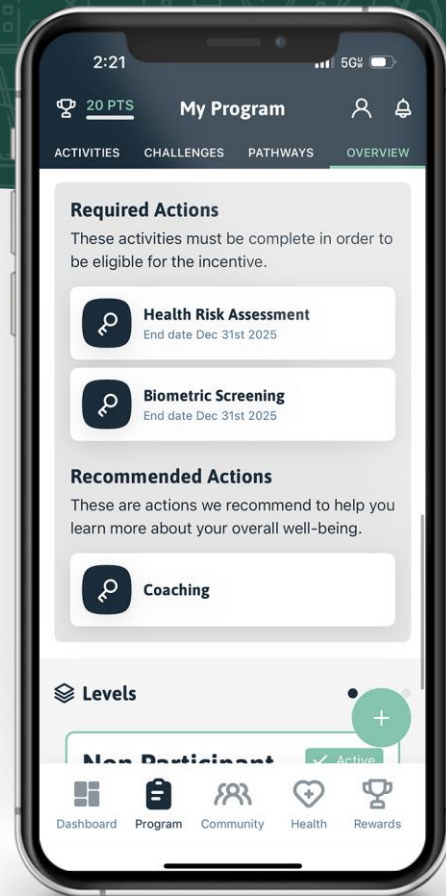
**What if I don't have a smart phone?** Log in by visiting [my.hc360.app](http://my.hc360.app).

**What if I forgot my password or username?** Click on “I forgot my password” or “I forgot my username” and enter the required information. Your reset will be sent to your preferred email.

**How long will it take to complete the survey?** The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

**Will my results be confidential?** HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Secur-Serv.

**What is the program deadline?** All steps must be complete by October 31<sup>st</sup>, 2026



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# Complete Your Biometric Screening



Receive objective, measurable results year-after-year. Complete your Biometric Screening with a physician form to be one step closer to earning incentives from Secur-Serv.

## How Do I Schedule?

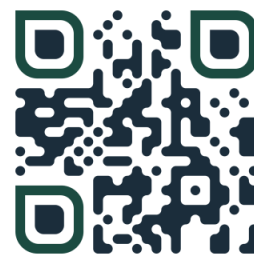
- Contact your Healthcare Provider and schedule an annual wellness appointment
- Lab work from **November 1<sup>st</sup>, 2025 – October 31<sup>st</sup>, 2026**, will be accepted

## What Should I Bring to My Appointment?

- Download the **Physician Form** from your myHC360+ account
  - Log in to your myHC360+ app
  - Select the Health tab at the bottom of your screen
  - Select **Physician Form** and download the form

## How Do I Submit My Physician Form?

- Log in to your myHC360+ app
- Select the **Health** tab at the bottom of your screen
- Select **Physician Form** under the Biometric Screening section
- Select **Upload File** to upload your completed screening form and fill in the on-screen form
- Once submitted, you will receive a notification that results are under review




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## Discover the Benefits of Participating

 **Independence:** Customize your involvement based on your interests and needs.

 **Complete Access:** The mobile app allows you to access your program and health results anytime, anywhere.

 **Convenience:** Enjoy a flexible program designed for quick and easy participation.

 **Confidentiality:** Your personal results remain confidential and will not be shared with anyone at your company.

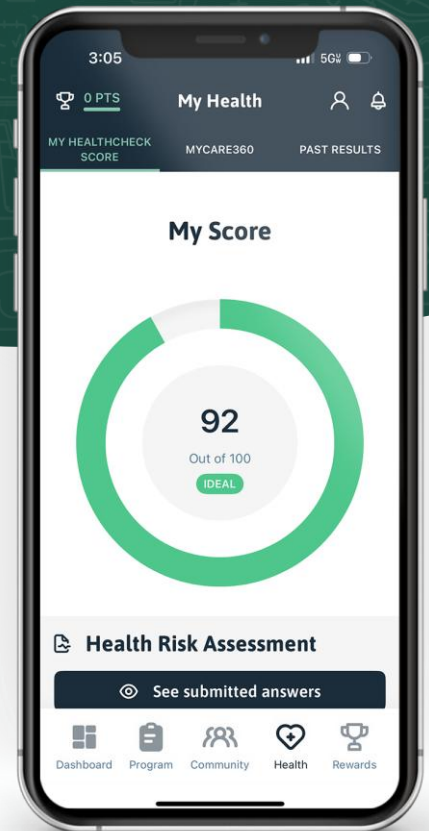
# View Your Health Score and Access Your Individual Report

By participating in the HealthCheck360 Wellness program, you have taken a big step in the right direction towards improving your overall health.

Within 7-10 days of completing your biometric screening, you will receive a personalized, confidential report containing your results.

This report breaks down your results to provide you with valuable insight into your

overall health, identifies areas for improvement, and offers suggestions for small adjustments you can make to your daily routine that can make a big difference long-term.



## View Your Health Report:

- Log in to your myHC360+ mobile app
- Select the **Health** tab
- Tap on each biometric for more information

## Have Questions About Your Health Report?

Health Coaching is a free resource for you! Give the HCC360 team a call at (866) 511-0360 x5099 to get a coaching call scheduled today. Their coaches can help you:

- Understand biometric results
- Become aware of lifestyle habits
- Set attainable health goals
- Gain confidence in your ability to improve your personal health

## Share Your Results:

Sharing your results with your physician is easy! Simply bring your myHC360+ mobile app with you to your appointment to show your doctor your recent screening results, or you can fax your results to your physician.

- Log in to your myHC360+ mobile app
- Select the **Health** tab at the bottom of your screen
- Under Biometric Screening select **Fax to a Physician**
- Enter in your contact information and hit **Next**
- Input your physician's information and click **Submit**

# How is my Biometric Health Score Calculated?

The results of your biometric screening are evaluated to produce an overall health score. Your Health Score is calculated using the algorithm below, which assigns a risk status and point value to each clinical value range. Your Health Score is the sum of points scored across each of the biometric measurements below.

SCORED BIOMETRIC	CLINICAL VALUE	RISK STATUS	VALUE
BODY MASS INDEX (BMI)	18.50 - 24.9	Ideal	16
	25.0 - 29.9	Low	12
	30.0 - 34.9	Moderate	8
	35.0 - 39.9; <18.5	High	4
	≥40.0	Very High	0
WAIST MEASUREMENT	Men    Women		
	≤40 in    ≤35 in	Ideal	4
	>40 in    >35 in	Very High	0
BLOOD PRESSURE	Systolic    Diastolic		
	≤120 and ≤ 80	Ideal	20
	121 - 130 and ≤ 80	Low	15
	131 - 139 or 81 - 85	Moderate	10
	131 - 139 or 86 - 89	High	5
	≥140 or ≥90	Very High	0
TOTAL CHOLESTEROL:HDL RATIO	Men    Women		
	<3.5    <3.4	Ideal	8
	3.5 - 4.2    3.4 - 3.9	Low	6
	4.3 - 5.0    4.0 - 4.4	Moderate	4
	5.1 - 7.3    4.5 - 5.7	High	2
	>7.3    >5.7	Very High	0
HDL CHOLESTEROL	≥60	Ideal	4
	50 - 59	Low	3
	46 - 49	Moderate	2
	40 - 45	High	1
	<40	Very High	0
LDL CHOLESTEROL	<100	Ideal	4
	100 - 129	Low	3
	130 - 159	Moderate	2
	160 - 189	High	1
	≥190	Very High	0
TRIGLYCERIDES	<150	Ideal	4
	150 - 174	Low	3
	175 - 199	Moderate	2
	200 - 499	High	1
	≥500	Very High	0
GLUCOSE	<100	Ideal	20
	100 - 109	Low	15
	110 - 119	Moderate	10
	120 - 125	High	5
	≥126	Very High	0
NICOTINE	Negative	Ideal	20
	Positive	Very High	0

# Health Coaching Made For You

## Simple Steps, Long-Term Results

Talk with a trained professional to understand your current health and focus on improving your overall well-being. Inbound health coaching is free and unlimited!

## A Health Coach Can Help You:

- Work to understand your current health
- Become aware of your current lifestyle habits
- Determine lifestyle changes that could improve your health
- Set attainable health goals
- Gain confidence in your ability to improve and/or maintain your physical and mental health

## How Can I Contact a Health Coach?

Contact a coach by calling 1.866.511.0360 extension 5099 or email [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com)

***“The relationship with my coach is key!”***  
- HealthCheck360 Participant



***Call Today!***  
**1.866.511.0360 ext. 5099**



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# myHC360+ Device Connection FAQ

HC360+ is integrated with a variety of other apps and devices to allow participants to sync outside data to their myHC360+ account.

## FAQ:

### Q: How do I connect my fitness device?

A: Follow the steps below to connect your device:

1. Select your profile icon at the top of your screen
2. Select **Connect a Device**
3. Find your fitness app or device and select **Connect**
4. Select the data you want to share and then **Allow**

**Tip: The more categories you select, the more data will show on your myHC360+ account**

### Q: Why is my data not syncing?

A: There are a few things you can do to troubleshoot your data syncing issue.

First, ensure your myHC360+ app is updated to the latest version and ensure your mobile device's operating system is up to date.

#### If you're still experiencing syncing issues, take these next steps:

1. Disconnect your device and reconnect
2. Verify you have data in the application for your chosen device (examples: Health App on your iPhone, Fitbit App, Health Connect app and ensure they are syncing the device to your account if applicable.)
3. Ensure all permissions are enabled to share with myHC360+ by ensuring you completed step 4 above when connecting your fitness device
4. **IMPORTANT:** Leave the app for your tracking device open and the myHC360+ app open and running in the background on your phone

### Q: Can I find a step-by-step guide for Apple Health, Fitbit, Garmin, or Health Connect?

A: Yes! We have [device connection guides](#) for troubleshooting tips, tools, and instructions to walk you through device integration and connection.

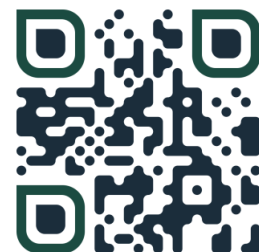


**[Want more? Check out our Device Connection Guide!](#)**

*Download the App Today!*

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# Educational Pathways

## Positive Change One Step at a Time

Pathways provide interactive coaching modules covering a variety of health topics and optional quizzes to build health awareness, knowledge, and inspire positive change.

### Pathway topics you can start exploring today:

**Mental health:** Balancing work and life, developing resilience, putting positivity into practice, self-care, and more.

**Physical health:** Fitness at home, effective workouts without equipment, exercise 101, and more.

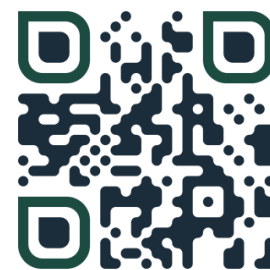
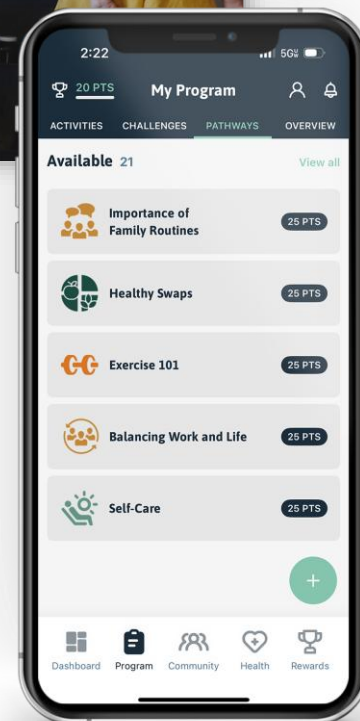
**Nutrition:** Improving comfort foods, eating well on the go, solving the protein puzzle, and more.

You'll also find pathways for social health, financial wellness, safety, sleep, and additional topics you're sure to love.

### Get Started:

To start exploring everything Pathways has to offer, follow the below steps.

1. Login to your myHC360+ account
2. Tap "**Program**" from your login dashboard
3. Select "**Pathways**" from the top menu
4. Select "**Start Pathway**" at the bottom to begin
5. Don't have time? No problem! Add pathways you're interested in to your "To-Do" list to visit later!



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# Social Groups

Whether you're a gardening enthusiast, a passionate runner, a culinary whiz eager to share recipes, or a book lover searching for your next great read, there's a group for you.

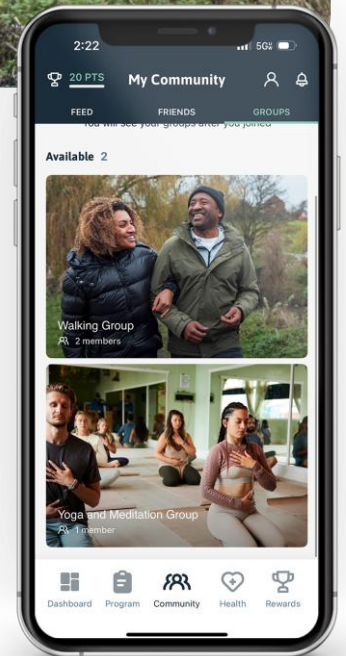
## Share your Passion, Join the Community:

After logging into your myHC360+ account, tap the **"Community"** tab. Here, you can:

- Stay updated on all things HealthCheck360 by exploring our social feed.
- Invite co-workers by tapping the **"Friends"** section.
- Share your interests and passions by tapping **"Groups."**

## Groups you can join today!

Fit Friends  
Give Back Crew  
Weight Loss Support  
Tasty Tribe  
Money Masters  
Trail Blazers  
Step Club



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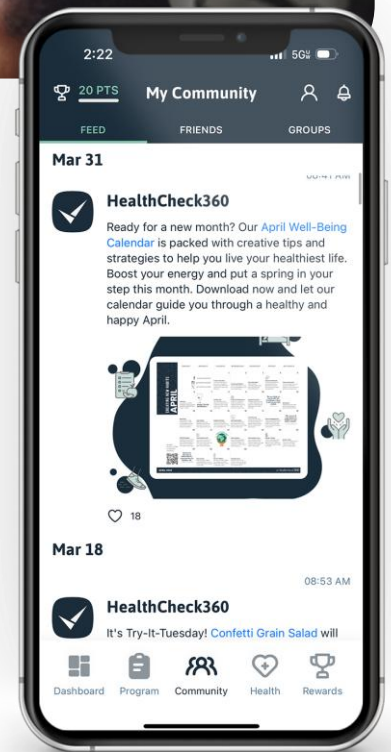
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# Join The Fun!

## HealthCheck360 Resources Just For You

- **Mobile App:** The myHC360+ mobile app allows you to access all parts of your program and your health results on-the go. Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.
- **Social Groups:** Whether you're a garden enthusiast, a passionate runner, a culinary whiz eager to share recipes, or a book lover searching for your next great read, there's a group for you!
- **Educational Pathways:** Our pathways provide interactive coaching modules covering a variety of health topics and optional quizzes to build health awareness, knowledge, and inspire positive change.
- **Unlimited Health Coaching:** Contact HC360 at 1.866.511.0360 ex. 5099 to speak to a health coach anytime, completely free.
- **Lunch & Learn Webinars:** Join HC360 the first Wednesday of every month for tips, tricks, and hacks directly from our health coaches. Register for upcoming webinars on our blog.
- **Monthly Calendars & Newsletters:** Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.
- **Blog Articles:** Subscribe to the HealthCheck360 blog to get recipes, exercises, health tips, and more!
- **Social Media:** Follow HC360 on Facebook, Twitter, and Instagram for quick tips year-round and the chance to win prizes!



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\*File ID can be found on the top left of your paystub

## Notice Regarding Wellness Program

Secur-Serv sponsors HealthCheck360, a voluntary wellness program available to all employees and spouses. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for HDL, LDL, Triglycerides, Total Cholesterol, Glucose, GGT, Cotinine, Creatinine, Albumin, ALP, Total Protein, ALT, AST, GSP, Bilirubin, Globulin, and BUN. The blood test may also include A1c, PSA, TSH. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, all employees and spouses who choose to participate in the wellness program will receive wellness incentives for earning points. Although you are not required to participate, only employees and spouses who do so will receive the wellness incentives.

If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthCheck360 at 1-866-511- 0360 by October 31<sup>st</sup>, 2026.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks and may also be used to offer you services through the wellness program, such as Condition Management services. You also are encouraged to share your results or concerns with your own doctor.

# Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Secur-Serv may use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact HealthCheck360 at 866-511-0360 or [support@healthcheck360.com](mailto:support@healthcheck360.com)

# Contact Us

We're Here to Support You Every Step of the Way

## HealthCheck360 Support

P. 866.511.0360

E: [support@healthcheck360.com](mailto:support@healthcheck360.com)

## Free Health Coaching

P. 866.511.0360 ext 5099

E: [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com)



## Want More?

Check out the myHC360+ Knowledge Base for everything you need to know about the myHC360+ mobile app and online portal.

Visit here: [Knowledge Base!](#)