

Get with the PROGRAM


2018 Program Schedule

January 1 - December 31


FEED THE BANK

Earn points through program participation.

R  Health Assessment
50 Wellness Bucks

R  Annual Physical
50 Wellness Bucks
** Must be completed by November 17th*

R  Tobacco Declaration/
Cessation
50 Wellness Bucks

 Quarterly Webinars
& Quizzes
20 Wellness Bucks

 Online Workshops
50 Wellness Bucks

 Challenges
30 Wellness Bucks

 Biometric Screening
50 Wellness Bucks

 Health Coaching
75 Wellness Bucks

 Healthy Habits
Wellness Bucks Vary

The Tobacco Cessation program addresses any nicotine delivery method, including but not limited to electronic cigarettes.

R Program Requirement

! More info in the Wellness Center



REGISTER TO START 24/7 WELLNESS CENTER ACCESS



Register Now

1

Visit www.myGilsbar.com & select “**First Time User? Click here to register.**”

2

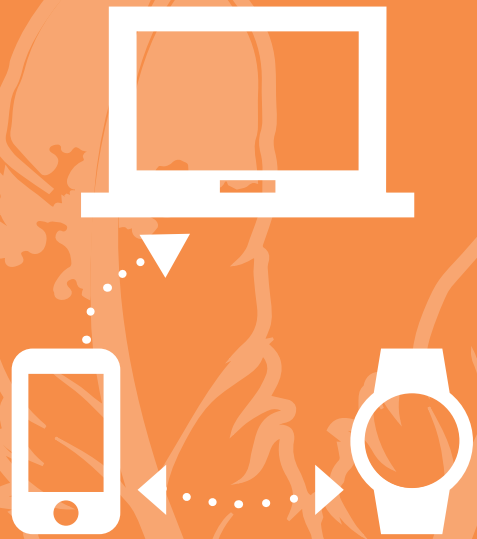
*(S2724)

Enter your group number*, personal email address, and the last four digits of your social security number.

Do More...

- Track Incentives
 - Log Food
- Challenge Registration
 - Event Calendar
- Complete Health Assessment
 - And More!



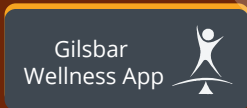


LAUNCH & CONNECT

PORTAL ACCESS ON THE GO

Mobile Access

- 1 On the Go Mobile page in your Wellness Center, select



and follow the on-screen instructions.

- 2 Download the **Gilsbar Wellness** app on your mobile device.

- 3 Enter the **ACCESS CODE** created while registering your phone in the Wellness Center.

- 4 Use the same **USERNAME AND PASSWORD** as your Wellness Center to log in.



Sync Your Device

On the Go Mobile page in your Wellness Center, click

Sync Your Device 