

THRIVE365 WELLNESS PROGRAM



All employees may participate in Hospice of the Piedmont wellness program.

October 1, 2025 - September 30, 2026

**Refer to pages 2-3 for more information on how to participate*

REGISTRATION INSTRUCTIONS

< Join Today >



Download the mobile app to earn points on the go!

- Visit the App Store on your smartphone and search for "Alaveda"
- Once downloaded, open the app and select "Already have a Log-In" and sign in using your username and password created during registration



New Users:

- Visit <https://hospiceofthepiedmont.medikeeper.com>
- On the log-in screen, click **"or Click Here to Register"** at bottom of page.
- Complete all registration fields. Be sure to use your full legal name and 8-digit date of birth (MM/DD/YYYY)
- Use your @HOPNC.org work e-mail address as your username.

The username and password created during registration will be used for login from web browser and Alaveda App.



MOBILE ACCESS INSTRUCTIONS



INCENTIVE DETAILS



»»» Your Wellness, Your Rewards: Earn Up to 16 Hours of Discretionary PTO

At Hospice of the Piedmont, we believe that when you feel your best, you can give your best. That's why we created THRIVE365, a wellness program designed to support you year-round in making healthier choices, preventing illness, and managing your well-being.

Your efforts don't just benefit your health, they also come with meaningful rewards. By participating in activities throughout the year, you can earn up to 16 hours of discretionary PTO to use for rest, relaxation, or whatever helps you recharge. Every point you earn adds up: 1 point = 1 minute of Discretionary PTO paid out quarterly in a minimum of quarter hour increments. Earn up to 960 points/minutes per plan year.

THRIVE365 is about more than just wellness—it's about giving you the tools, resources, and time you deserve to take care of yourself. Because when you thrive, we all thrive.



WELLNESS ACTIVITIES



Personalized Path to Wellness: Kickstart your journey with our Health Risk Assessment and biometric screening. These assessments provide a clear picture of your current health and unlock personalized recommendations tailored to your needs. Explore the full list of activities and program details below to discover how you can maximize your rewards and improve your well-being.

<p>Health Risk Assessment (HRA)</p> <p>90 Points</p>	<p>Biometric & Preventative Screening(s) & Annual Exam</p> <p>60 Points/Screening</p>	<p>Onsite & Telephonic & Health Coaching</p> <p>30 Points/Session</p>	<p>Mail Order Pharmacy</p> <p>60 Points</p>
<p>Designate Physician on Blue Connect</p> <p>30 Points</p>	<p>LifeSpeak Mental Health & Resilience</p> <p>5 Points/Week</p>	<p>Wellness Challenge Completion</p> <p>60 Points/Challenge</p>	<p>Avidon Health Self-Paced Coaching Module(s)</p> <p>15/45 Points per Module</p>
<p>Financial Wellness Meeting</p> <p>30 Points/Meeting</p>	<p>Weekly Activity Tracking</p> <p>5 Points/Week <i>FitStream, 6500 steps or 150 active minutes</i></p>	<p>Mobile App Download "Alveda"</p>  <p>15 points</p>	<p>BE ON THE LOOKOUT FOR OTHER WAYS TO EARN WELLNESS POINTS THROUGHOUT THE YEAR!</p>

FREQUENTLY ASKED QUESTIONS

Q. HOW DO I SUBMIT “PROOF” OF COMPLETION FOR ACTIVITIES THAT REQUIRE DOCUMENT UPLOAD?

A. Follow the steps below to submit proof of activity completion.

- Log-in to the online wellness portal
- Click on the “THRIVE365 Wellness Incentive” tile > View my incentive programs > View Program
- Navigate to the activity line item (ex. Age-Appropriate Preventative Screening) and click the plus sign (+) to expand the activity
- Click “Upload File” for the appropriate activity (ex. Annual Physical) and follow the prompts to complete document upload. Be sure to click “submit” once uploaded.

Once your document has been submitted, allow 3-5 business days for your submission to be approved. You will receive a portal notification to advise that your submission has been approved or denied.

Q. HOW DO I SELF-SIGN TO VERIFY ACTIVITY COMPLETION?

A. Follow the steps below to complete the self-sign activity.

- Log-in to the online wellness portal
- Click on the ““THRIVE365 Wellness Incentive”” tile > View my incentive programs > View Program
- Navigate to Webinars and click the plus sign (+) to expand the activity
- Click “View Occurrences”
- Click “Sign Here” and type your full name and the title of the webinar that you’re requesting credit for; click “Submit”

Q. HOW DO I SIGN-UP FOR HEALTH COACHING?

A. You can schedule an onsite or telephonic coaching appointment by logging in to the wellness platform, clicking on the Health Coaching tile, and selecting the appropriate booking link.

- A calendar invite and reminder will be sent to the email provided.
- Coaching calls typically take 15 - 20 minutes.
- Upon the successful conclusion of the session, points will be automatically linked to the platform incentive tile.

WHAT'S NEW?

PERSONALIZED PROGRAMMING

The Health Risk Assessment delivers valuable health information and creates action plans based on your personal results. The comprehensive NCQA certified questionnaire gathers information about your lifestyle, demographics, and medical history and provides a personal report with suggestions for ways to lower risk, and recommends plans for wellness aimed at improving health in a variety of areas.

ONSITE & TELEPHONIC HEALTH COACHING

Our coach's role is to provide accountability, encouragement, and one-on-one support to create and sustain consistent, and even dramatic, change in your life using our intrinsic methodology, SMART goals, and other strategies. Topics may include physical, mental, emotional, and social wellness.

AVIDON HEALTH AND WELLBEING COURSES

Avidon Health enhances wellness coaching through a cognitive video training method that motivates behavioral changes for wellness. It targets and eliminates emotional and psychological factors that sustain unhealthy habits. Additionally, Avidon Health provides a wide range of video training sessions in its library to promote healthy behaviors like stress management, sleep enhancement, quitting smoking, nutrition, and other topics.

LIFESPEAK

LifeSpeak provides instant access to expert, video-based advice on a wide range of topics, from physical and mental health, to relationships, financial health, parenting, and caregiving. Users can view video transcripts, download audio and tip sheets, and share videos through email with friends and family members.

PLANS FOR WELLNESS

Plans for Wellness provide actionable steps to help you meet your target health goals in a way that's clear and easy to manage. These plans are personalized based on each person's HRA or biometric screening results and are displayed on your dashboard or can be accessed through your HRA results. All plans for wellness are also available at any point through a simple search.

VIRTUAL CHALLENGES

Quarterly challenges to support many different behaviors including tracking steps, hydration, stress reduction and boosting nutrition. These challenges cultivate healthy competition while encouraging positive lifestyle behaviors.

HEALTHWISE

Healthwise is a science-based, health education component that provides a robust health content library consisting of information on specific conditions, life stages, and other wellness topics. Medically-reviewed articles ensure members receive accurate and up-to-date information, while providing guidance on behavior changes and health solutions.

WEEKLY ACTIVITY TRACKING

Tracking at least 42,000 steps per week (an average of 6,500 steps per day) or 150 active minutes (average 30 minutes/5 times per week) via manual entry or wearable device (Like Apple Watch, FitBit, etc.) will earn 5 points per week towards your wellness incentive score. Must log-in to app daily or sync wearable to track.

