

IAFF Local 587 Health Insurance Trust

Ignite Wellness

Fueling Fitness, Health & Wellness



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Program Guide

1/1/23-12/31/23

Our vision is to improve our culture of health by increasing communication about our well-being and health benefit offerings and engage our members in healthy activities available through our new well-being platform.

Welcome!!

Welcome to your 2023 IAFF Local 587 **Ignite Wellness** Program! The following guidelines will provide you with all the information you need to take advantage of this great opportunity to earn a total of **\$200 in gift cards** and live a happy, healthy life. The **Ignite Wellness** Program is a voluntary program open to subscribers and their spouses/domestic partners.

Qualification Period: January 2023 – December 31, 2023

Wellness Program

Ways to earn points towards gift cards!

- Subscribers & Spouses/ Domestic Partners complete the Health Assessment to earn 50 points to use towards gift cards.
- Subscribers & Spouses/Domestic Partners accumulate additional points by completing various wellness activities to use towards gift cards.
 - *1 point = 1 dollar*
 - *Maximum 200 points to redeem for a gift card*

*The Requirements **MUST** be completed by **December 31, 2023**.



Health Assessment
Complete to earn 50 points

****You must complete before earning additional points in other wellness activities***



Complete Health & Well-Being Courses
25 Points each



Challenges (4 offered)
25 Points each



Complete Annual Physical or Preventive Screening
50 Points



Complete 10 Burnalong Classes
25 Points



Complete 1,000,000 Steps
25 Points

Wellness Portal



In order for your participation to be tracked and to become eligible for an incentive, subscribers, spouses/domestic partners must have an active account in the IAFF Local 587 Ignite Wellness Portal.

Here is the link to your Wellness Program:
iaff587.medikeeper.com

HOW TO REGISTER:

- Click the link above
- Click on “or click here to register” button on the login page
- Fill in the fields
- Enter email address and create password
- Click “Submit” button

Program Activities

Wellness Activity	Description	Points	Max # of Points
Complete Health Assessment	1. Log into your wellness portal iaff587.medikeeper.com 2. The portal will automatically prompt you to start assessment or you can click on the Health Assessment Tile on the homepage to complete the assessment *Necessary to Earn Any Incentive!	50	50
Health & Well-Being Course(s)	1. Click on the Health & Well-Being tile on homepage 2. Click what course you would like to participate in 3. Start course *Microlearning courses do not qualify	25	150
Complete a Challenge(s) 3 Challenges will be offered	Enroll in challenges on the wellness portal during the below enrollment timeframe: 1. Enroll from email that will be sent detailing the challenge or click on challenge tile on the homepage to register <ul style="list-style-type: none"> • Get Stepping Challenge: <ul style="list-style-type: none"> ○ Purpose of this challenge is to help you increase your daily step count <ul style="list-style-type: none"> ▪ Enrollment Period: 1/30 – 2/13 ▪ Challenge Dates: 2/13 – 3/5 • Fruits & Veggies = Friends Challenge: <ul style="list-style-type: none"> ○ The goal of this challenge is to make sure you're eating at least the recommended 5 daily servings of fruits & vegetables <ul style="list-style-type: none"> ▪ Enrollment Period: 4/17 – 5/1 ▪ Challenge Dates: 5/1 – 5/21 • Breath In Breath Out Challenge: <ul style="list-style-type: none"> ○ The goal of this challenge is to encourage you to try breathing techniques to reduce stress & boost your mood <ul style="list-style-type: none"> ▪ Enrollment Period: 8/28– 9/11 ▪ Challenge Dates: 9/11 – 9/25 • Step It Up During the Holidays: <ul style="list-style-type: none"> ○ The goal of this challenge is to encourage you to get your steps in during the holidays <ul style="list-style-type: none"> ▪ Enrollment Period: 11/6 – 11/20 ▪ Challenge Dates: 11/20 – 12/17 *Must enroll in each challenge to participate	25	100

Program Activities

Wellness Activity	Description	Points	Max # of Points
<p>Complete Annual Physical or Preventive Screening</p>	<ol style="list-style-type: none"> 1. Take the preventive screening form with you to your doctor's appointment 2. Have your doctor sign the form 3. Eligible screenings include: Annual Physical, Mammogram, Colonoscopy, Prostate, Well Women Visit, Skin Exam, Vision or Dental Exam & take place between 1/1/2023 – 12/31/2023 4. Log into your wellness portal iaff587.medikeeper.com 5. Click on the Incentives & Rewards tile 6. Click on the upload box & upload completed form 7. Once your form is verified you will be rewarded the points <p>*1 per year</p>	50	50
<p>Complete 10 Burnalong Courses or Classes</p>	<ol style="list-style-type: none"> 1. Log into your wellness portal iaff587.medikeeper.com 2. Click on the On Demand Fitness Classes tile 3. Click on View on Demand Fitness Classes 4. If first time, it will prompt you to register for Burnalong 5. Once registered on Burnalong platform login & complete a class 6. A report will be pulled quarterly. If you have completed 10 or more classes you will be rewarded points. <p>*10 completed classes = 25 earned points. Max of 50 points per year.</p>	25	50
<p>Complete 1,000,000 Steps</p>	<ol style="list-style-type: none"> 1. Log into your wellness portal iaff587.medikeeper.com 2. Click on Tracker tile & then click on view my tracker or update my tracker 3. To sync a device click on Manage Devices 4. Click on Connect Devices & follow prompts 5. For detail instructions click on Connect Devices and click on either How to Sync Non-Apple Devices or How to Sync my Apple Health 	50	50

*** Maximum points redeemable for gift cards is 200**

How to access on your Smartphone


The Wellness Portal is mobile ready - access the full site from your smart phone or tablet

You can save the **full website** to your home screen for easy access:

Android Users:

- To add iaff587.medikeeper.com to your home screen, open the browser option menu and tap on Add to home screen.
- The browser option menu can be found by pressing the menu hardware button or by tapping the right menu icon.

iOS Users:

- To add iaff587.medikeeper.com to your home screen, tap  and then select Add to Home Screen.



You can download the FREE Mobile app

- Search in the app store for “Alaveda” - to access certain activities with your wellness program.
- Find the Alaveda App in your app store and download and sign in.

How to redeem your gift card(s)

Once you complete one of the ways to earn a gift card you can access the gift card store from the portal by clicking the Spend Points button. Once you purchase a gift card from the store you will receive an email from IAFFIgniteWellnessProgram@hawkmarketplace.com with the subject line “IAFF Local 587.”

Common errors when registering for the portal

- Your credentials must match what is registered with the IAFF Local 587 Health Insurance Trust. If you are still unable to log in using your credentials, call 305-425-1938 or email benefits@healthtrustmaff.org email to verify your information.
- If you receive a security error while accessing the portal make sure you are typing in iaff587.medikeeper.com in your browser (without the www.) NOT www.iaff587.medikeeper.com
- To fully use all components of the wellness platform disable any pop-up blockers on your browser. For directions on how to disable pop-ups on different browsers, click [HERE](#) or visit: <https://www.howtogeek.com/773082/how-to-disable-pop-up-blocker-in-chrome-firefox-edge-safari/> or



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