

2025-2026

HCS Wellness Incentive Guide



QuadMed 

Employee Health & Wellness Center

Our Mission

At Hampton City Schools, our mission is to promote the health, well-being and quality of life of our employees and their family members through population health and wellness programming. As an employer, we have heavily invested in resources to support lifestyle and behavior change and improved access to affordable clinical care through the Hampton City Schools Employee Health & Wellness Center.

Our wellness program is voluntary, but we encourage you to participate. The program provides an opportunity to learn more about your individual health profile and helps you maintain and reach your personal health goals.

To help employees and families achieve their health goals, all full-time and part-time employees have access to Wellness Online, our wellness portal. Spouses and dependents over 18, who are enrolled in a Hampton City Schools medical plan, also have access to the portal.



Step 1: Get started with MyChart

The first step to managing your health care with the Hampton City Schools Employee Health & Wellness Center is to set up your patient account in MyChart.

QuadMed's free online patient portal makes it simple to manage all your health care needs – when and where you need it. Sign up and experience the benefits!

- Have video visits
- Schedule appointments
- Message your care team
- View health history
- Request medication refills
- View lab results
- Access Wellness Online

Account Sign-Up Instructions

1. Scan the code below or visit myquadmed.com/hampton.
2. Click on the MyChart Sign Up button.
3. Enter your information to confirm your identity.
4. Check your email for a message from mychartsupport@quadmedical.com.
5. Follow the instructions in the email.
6. Confirm your identity and complete your registration.



Step 2: Create your Wellness Online account



QuadMed Wellness Online: Your Key to Earning Wellness Incentives

To participate in the HCS Wellness Incentive Program, Wellness Online is required. Use this online portal to log your wellness activities and track your progress toward completing the program. Browse the available activities on your desktop or in the mobile app.

How to Set Up Your Wellness Online Profile:

1. You need to have a MyChart account to access Wellness Online.
2. Visit myquadmed.com/Hampton, sign in to MyChart and select "Wellness Online" from the menu.
3. Complete the agreements, enter your information, and create your account.

Note: Wellness Online account creation is not available through the MyChart or Personify Health mobile apps. Please use a web browser on your desktop or mobile device.

Download the App to Manage Activities On the Go

After you've created your MyChart and Wellness Online accounts, download the Personify Health mobile app to make it even easier to complete activities on the go.

1. Open the app and sign in with the email used for Wellness Online.
2. You'll be redirected to sign in to MyChart and then back to Wellness Online.

Get Started Today

Set up your Wellness Online profile to begin tracking your progress in the Wellness Incentive Program and any other goals or habits you want to track and improve.



Need additional support?

Email patientsupport@quadmedical.com or call 888-417-1001



Scan the code to learn more or visit

myquadmed.com/Hampton/wellness-online

Need additional support?

Email support@personifyhealth.com or call 888-671-9395 Mon–Fri, 7 a.m.–8 p.m. ET.

Wellness Incentive Program: How it Works

Employees¹ + Spouses² (on medical plan)

- ✔ Complete wellness activities between: **July 1, 2025 – June 30, 2026**
- ✔ If requirements are met, you will receive either a lower health insurance premium OR a higher HSA contribution if enrolled in the CDHP medical plan for the benefits plan year beginning October 1, 2026.

REQUIRED POINTS = 7,000



REQUIRED ACTIVITY

Schedule and complete your PHA (Personal Health Assessment)*.



DEADLINE

Activities must be completed between **July 1, 2025 and June 30, 2026**.



BONUS POINTS

After completing your PHA, You will receive credit for each of the biometric values that meet the targets outlined in this guide.



LOGGING ACTIVITIES

All activities will be tracked through Wellness Online, your wellness portal. It is your responsibility to verify all program activities are met and reported by June 30, 2026. To learn more about logging your points, visit myquadmed.com/hampton/wellness-online

NOTE: New hires will automatically receive the incentive during their first year of employment. Full-time employees hired on or after April 1 will receive the incentive for both their first school year and the following year.

* This can be completed by contacting the Hampton City Schools Employee Health & Wellness Center (see contact info on the back cover) or visiting your local provider.

1) Employees not on a plan can participate in the incentive activities. Incentives are received only if a person is enrolled in a qualifying health plan.
2) Employee and spouse both need to complete designated wellness activities for the employee to earn the \$1,000.

Wellness Activities Quick Chart

ACTIVITIES	POINT VALUE	MAX ALLOWED
PHA	1,000	1
Annual Physical Exam	1,000	1
Cancer Screenings	2,000 each	4 (1 per screening type)
Dental Exam(s)	1,000	2
Flu Shot	1,000	1
Coaching	2,000	12
Education and Group Programs	1,000	3
Fitness Tracker (20-Day Triple Tracker)	500 monthly	8
Health Check Survey (Health Risk Assessment/HRA)	1,000	1
Bonus Points	1,000 each	5
PHA Review	1,000	1
Pharmacy Safety Session	2,000	1
Vision Exam	1,000	1
Wellness Challenges	1,000	2

Activities

Below are the Wellness Incentive Program Activities for this program year.



REQUIRED ACTIVITY

Personal Health Assessment | 1,000 points

There are three choices for completing a PHA, which includes fasting blood draw and vitals (blood pressure, height, weight, and waist circumference).

Schedule an appointment:

1. with a provider at the HCS Employee Health & Wellness Center
2. with your own provider
3. at an onsite screening event (dates to be shared by location)

If screenings are done with your community provider, the provider will need to complete the Outside Provider form, located at myquadmed.com/hampton/wellness-resources. Refer to the form for instructions on how to submit it once completed.



Annual Physical Exam* | 1,000 points

Annual physical exam offered at the HCS Employee Health & Wellness Center OR a routine annual exam provided by your community PCP or OB/GYN.



Cancer Screening(s)* | 2,000 points each

Breast Cancer:

Women ages 40-49: Individual decisions based on patient history
Women ages 50-74: Screen every two years

Cervical Cancer:

Women ages 21-65: Screen with pap smear every three years

Colorectal Cancer:

Adults ages 50-75: Screen with high sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy

Prostate Cancer:

Men ages 55-69: Screen with PSA blood test and physical exam

If you are unable to complete the activities associated with the wellness program, there maybe a reasonable alternative available to you. Call Nicole Samuelson at 757-727-2326 to discuss.

Activities Continued



Dental Exam* | 1,000 points

Per your dental benefit, your dentist will perform the following routine checks: Examine and assess gum health; check for gum disease; diagnose any existing tooth decay; when indicated, take and analyze X-rays, which may reveal decay, bone loss, abscesses, tumors, cysts, and other problems; screen for the presence of oral cancer; verify the stability of any existing fillings or other restorations; inform you of all findings and make treatment recommendations.



Flu Shot* | 1,000 points

For the best protection against the flu, everyone six months and older should get vaccinated annually.



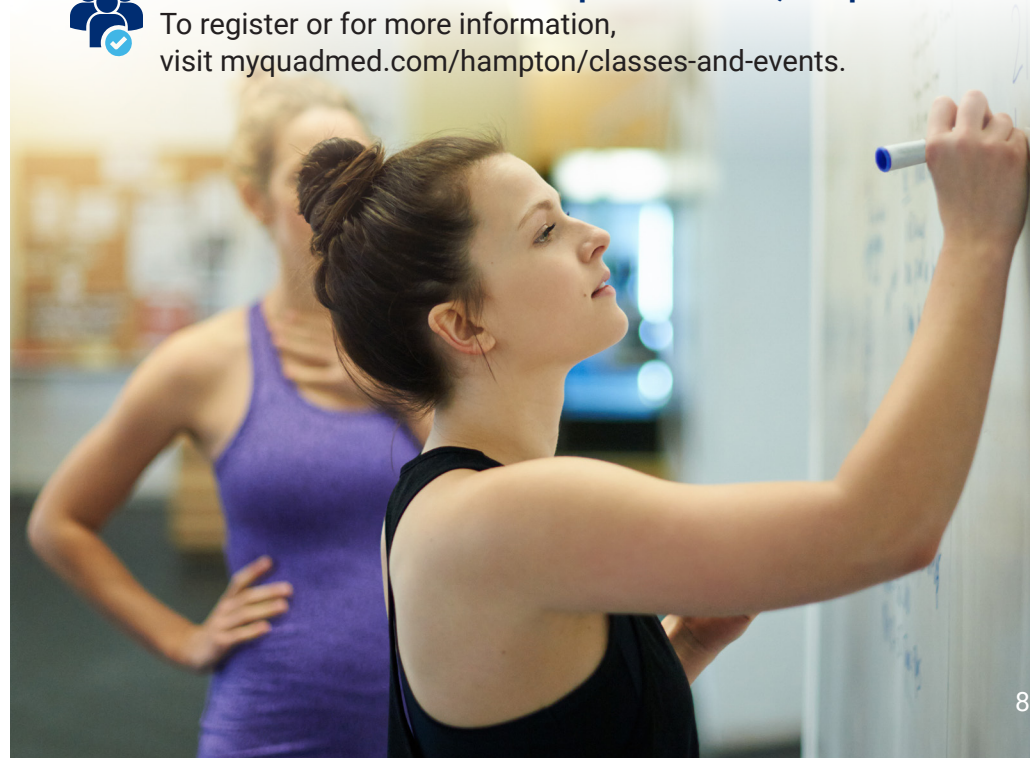
Wellness Coaching | 2,000 points

Wellness coaching with a HCS Employee Health & Wellness Center coach can help you achieve and maintain health-related goals.



Wellness Education and Group Sessions | 1,000 points

To register or for more information, visit myquadmed.com/hampton/classes-and-events.





Bonus Points | 1,000 points each

After completing your PHA, you will receive credit for each biometric value where your risk is within the outlined values below:

- ✓ triglycerides < 200 mg/dl
- ✓ blood pressure < 140/90
- ✓ hemoglobin A1C equal to or < 6.6
- ✓ waist circumference < 35 inches women < 40 inches men
- ✓ total cholesterol < 240 mg/d



Personal Health Assessment Review | 1,000 points

The PHA review will be available at the HCS Employee Health & Wellness Center. After you complete your PHA, schedule your PHA review appointment with a health care provider.



Pharmacy Safety Session | 2,000 points

Set up your personalized pharmacy medication review appointment with Kristin Jennings, PharmD, by calling our HCS Employee Pharmacy at 757-224-9681. Please note that this session is available only to those employees or spouses currently enrolled in one of our HCS medical plans and is most useful to the person taking routine prescriptions which treat chronic or long-term conditions.



Vision Exam* | 1,000 points

Per your vision benefit, a comprehensive adult eye and vision examination may include but not be limited to patient history, visual acuity, depth perception, color vision, eye muscle movements, peripheral vision, and how pupils respond to light and are an important part of preventive health care.



The following activities (point values vary per activity) are also available in Wellness Online.



Fitness Tracking

Sync your wearable device or manually record your activities to achieve the 20-Day Triple Tracker trophy. Complete any of the following activities at least 20 days during the month.

- ✓ 10,000 steps
- ✓ 30 active minutes
- ✓ 30 workout minutes

Complete the 20-Day Triple Tracker once a month to obtain 500 points/month.



Health Check Survey (Health Risk Assessment/HRA)

A quick, 15-minute survey available on Wellness Online is all it takes to get personalized recommendations and help you tackle your well-being goals.



Wellness Challenges

Build healthy habits while motivating one another with friendly competition. Challenges will be held throughout the year.



Health Center

Hampton City Schools Employee Health & Wellness Center

2238 Todds Lane, Suite A
Hampton, VA 23666

Phone: 757-315-8100
Fax: 414-622-3886

Hours

Monday – Thursday: 7 a.m. – 6 p.m. ET
Friday & Saturday: 8 a.m. – 1 p.m. ET



myquadmed.com/Hampton

The Hampton City Schools (HCS) Employee Health & Wellness Center is open to full-time and part-time employees. Additionally, spouses and dependents (ages 6 +), who are covered by an HCS medical plan, are welcome to use the health center. All visits are \$15 or less.

