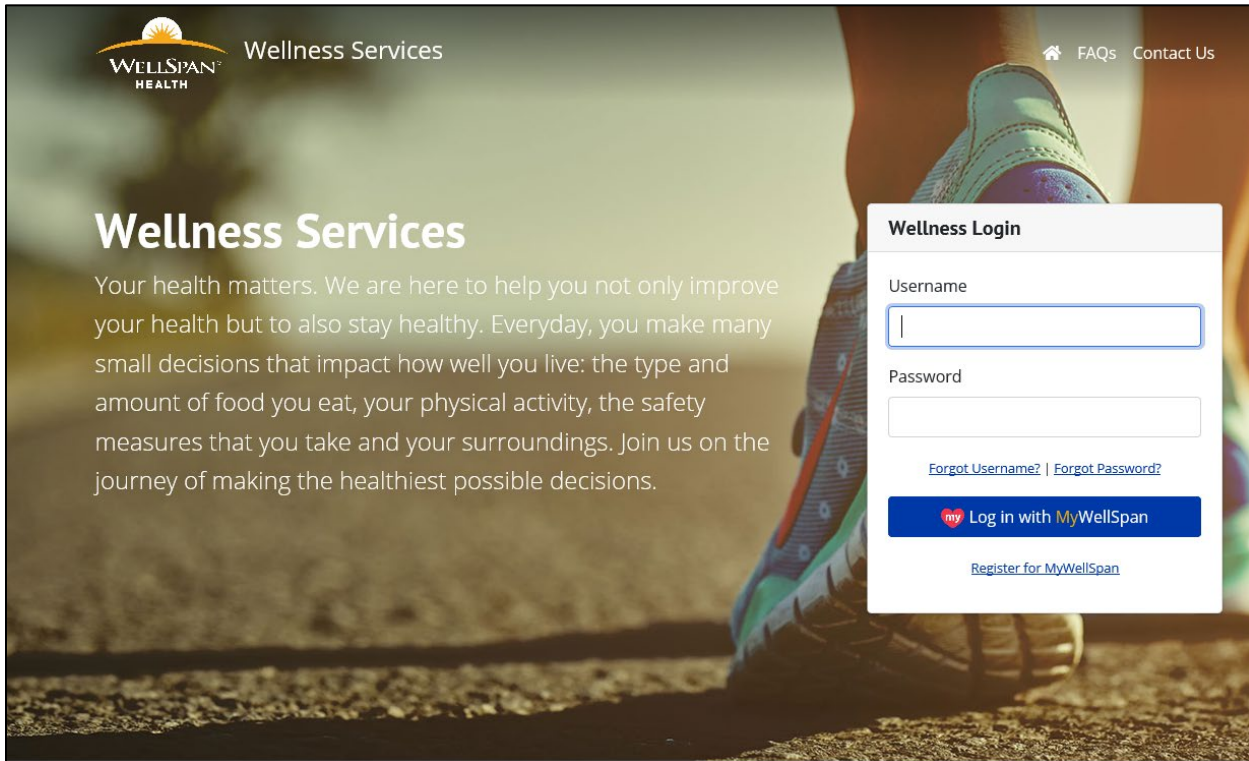


Log On

- <https://www.wellspanwellness.org/>
- On the log on page enter your MyWellspan Credentials. If you are unsure of your credentials or have any specific questions -please contact the MyWellspan team www.Mywellspan.org or call (866)-638-1842.



2022 Program Description Details

Guidelines and Eligibility:

Ephrata National Bank's Wellness Program is designed to promote and reward a healthy lifestyle. The program is voluntary. To receive an employee premium discount in the following year, employees must complete six wellness activities in addition to completing a Biometric Screening and COVID Vaccine. To receive a dependent premium discount for the following year, a total of three wellness activities in addition to a Biometric Screening must be completed by the dependent. To be eligible to receive a premium discount for dependent coverage, employees must have also completed the requirements to receive an employee premium discount.

Wellness Period: November 30, 2021 – November 30, 2022

- Annual Biometric Screening and COVID-19 Vaccine is required
- Wellness Activities include medical care and program participation options



[Personal Health Assessment](#)

[Wellness Screening Results](#)

[Tracking Logs/Tools](#)

[Nutrition](#)

[Physical Activity](#)

[Monthly Newsletter](#)



2022 Program Details



Personal Health Survey



ENB Workshops

Learn More

[Biometric Screening Form](#)

[Program Description](#)

[Personal Health Assessment](#)

[ENB Workshops](#)

[Self-Documented Wellness Activities](#)

[Portal Guide](#)

Your Progress

My Activities:

[Details](#)

2022 Ephrata National Bank (1/1/2022 - 11/30/2022)

2021 Biometric Wellness Screening
Max: 1 Points

Earned: 0 Points

Annual Preventative Exam - Physical
Max: 1 Points

Earned: 0 Points

2021 Dental Exam
Max: 1 Points

Earned: 0 Points

2021 Vision Exam
Max: 1 Points

Earned: 0 Points

Preventive Care -Pap Test
Max: 1 Points

Earned: 0 Points

Preventive Care-Mammography
Max: 1 Points

Earned: 0 Points

Preventive Care -Colonoscopy
Max: 1 Points

Earned: 0 Points

Annual Flu Vaccine
Max: 1 Points

Earned: 0 Points

Participation in Step Challenge
Max: 1 Points

Earned: 0 Points

Participation in Drink Water

Daily Tip

Did you know heart attacks and strokes can often be prevented?

By taking proactive measures, such as regular health care checkups, practicing good nutritional habits, and engaging in a regular exercise program, the risk of a heart attack or stroke can be significantly reduced.

Resource: www.heart.org

- Navigation Panel -Under the ENB Logo. This includes links to the optional Personal Health Assessment, your screening results, personal wellbeing support resources and monthly newsletter.
- Picture Tiles-Click on the Pictures to access the information
 - Program Description
 - Personal Health Assessment -Confidential assessment of personal wellbeing.
 - Workshops-Weight Management and Tobacco Cessation

Quick Links

- 2022 Biometric Wellness Screening Form
- 2022 Medical Activities Attestation Form
- 2022 Program Description
- 2022 Wellness Activities Self -Documentation -open to self-document activities.

2022 ENB Incentive Progress Bar

The following will be automatically reported to the wellness team:

- 2022 Biometric Wellness Screening
- Online Personal Health Assessment
- Completion of Online Education Modules -Weight Management and/or Tobacco Cessation

Self-Report Activities

- Points will document once you document and click the green button labeled Update

Self-Report Activities Tips

- Under Quick Links – Open Self Document Wellness Activities
- Page is titled Incentive Tasks -this lists all self-report options

Options available:

- Annual Preventative Exam (Physical)
 - Dental Exam
 - Vision Exam
 - Preventive Care Visit (Pap smear, Mammogram and/ or Colonoscopy)
 - COVID-19 Vaccine
 - Obtain a Flu Shot
 - Participate in 10 Pound Throw Down Community Program sponsored by WellSpan
 - Participate in Drink Water Challenge
 - Attend the Annual Wellness Fair
 - Attend the Financial Wellness Seminar
-
- Complete the requested information
 - Once complete – remember to click the update button located at the end of the page

Update