

HEALTHCHECK360

Wellness Program Guide

GREAT BEND
PUBLIC SCHOOLS • USD 428

HealthCheck360

Welcome!



Lifelong Well-being Starts Here

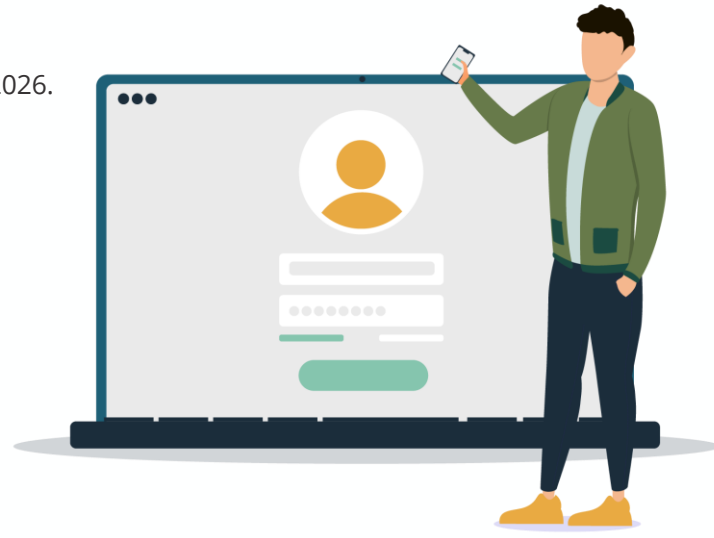
Great Bend USD 428 is continuing to partner with HealthCheck360 to expand your employee benefits. You'll get an email from us soon with instructions on how to join the program, but we wanted to tell you a little bit about what you will gain from participating in HealthCheck360. HealthCheck360 is a wellness company devoted to improving health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your biometric screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

Healthy Living Blog

We understand everyone starts in a different spot, so we are here to meet you wherever you are. If you'd like to get some healthy hacks right away, check out the HealthCheck360 blog.

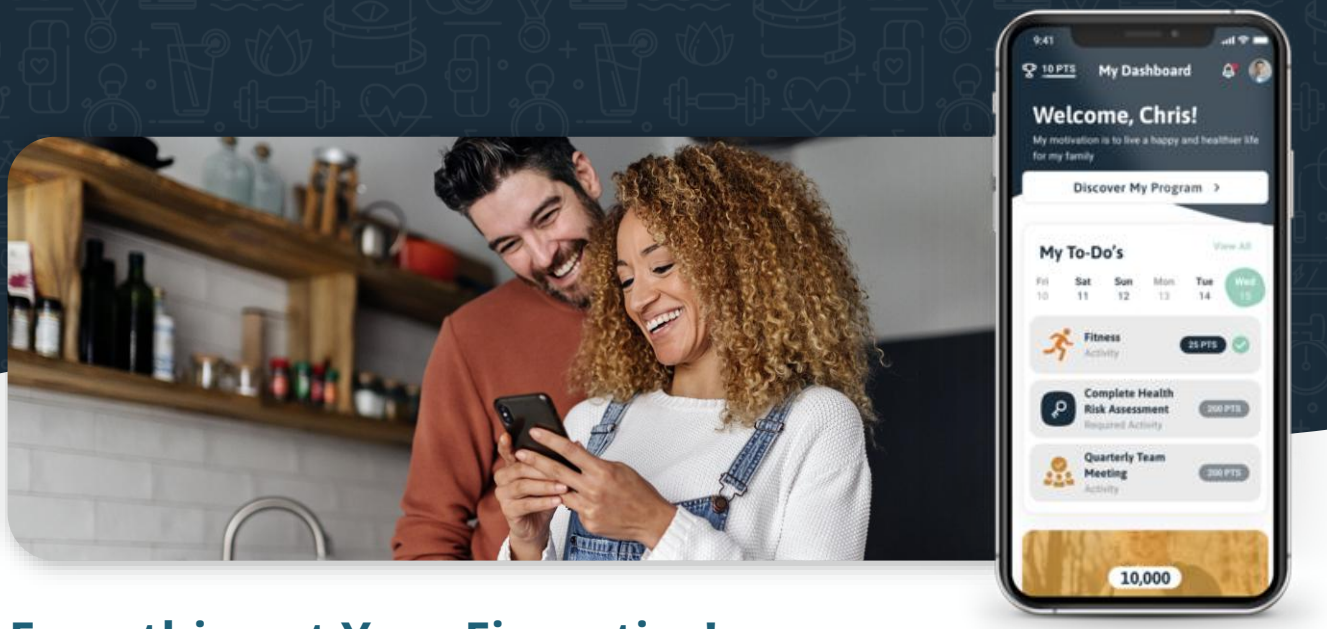
Wellness Rewards

In addition to gaining powerful and personalized information about your health and well-being, Great Bend USD 428 will offer up to a $50/month premium incentive for participating fully by August 28, 2026.



If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by 08/28/2026.

HealthCheck360



Everything at Your Fingertips!

Get more than ever before with the myHC360+ mobile app. More access, more support, and better tracking. Get started with the myHC360+ mobile app by following the steps below.

Create Your Account

- Download the myHC360+ mobile app
- Select Register and enter your information:
  - Your Company Code is GB428
  - Your Unique ID is your last 4 SSN
- Complete the form, agree to the terms and conditions and select **Create Account**
- **Don't have a smart phone?** Log in by visiting my.hc360.app.

Looking For More How To's On The App?

Visit our Knowledge Base!

Company Code: GB428
Unique ID: Last 4 SSN



PRO TIP

Connect A Device from Your App

Get the most from your myHC360+ experience by connecting your wearable device!

Connect a Device

- Select the my profile icon at the top of your screen
- Select **Connect a Device**
- Find your fitness app or device and select **Connect**
- Select the data you want to share and then **Allow**

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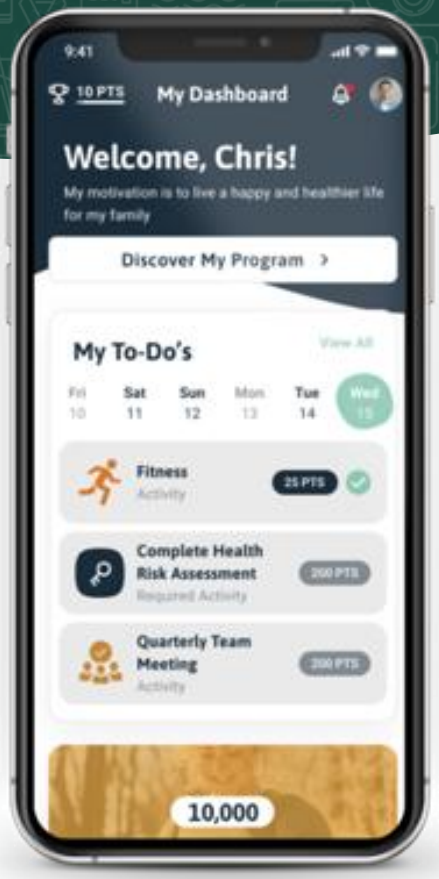
Complete Your Survey



Complete your Health Risk Assessment survey today. This is a required component to earn your premium incentive from Great Bend USD 428.

Complete Your Health Risk Assessment Survey by 08/28/2026.

- Log in to your myHC360+ app
- First time users need to create a new account by selecting **Register**
  - Your company code is GB428
  - Your unique identifier is your last 4 SSN
  - Select **Health Risk Assessment** from the **"My To-Do's"** list
- Select **Complete Survey**
- Scroll down to the Health Risk Assessment section and select **Take Assessment**
- Select **Start HRA** to launch the survey

FAQ

What if I don't have a smart phone? Log in by visiting my.hc360.app.

What if I forgot my password or username? Click on forgot username or password and enter your personal information, company code (GB428) and Unique Identifier (last 4 SSN) and select Submit.

How long will it take to complete the survey? The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Great Bend USD 428.

What is the program deadline? All steps must be complete by 08/28/2026.

Company Code: GB428
Unique ID: Last 4 SSN

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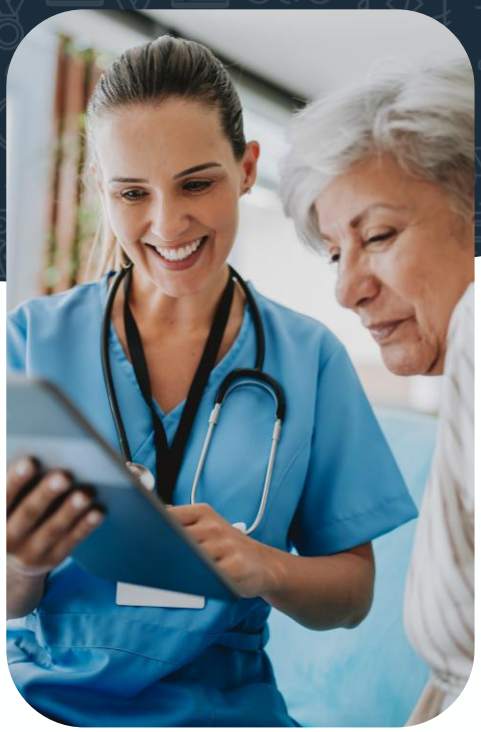
Schedule Your Screening



Receive objective, measurable results year-after-year. Complete a biometric screening to be one step closer to earning your premium incentive from Great Bend USD 428.

Schedule Your Onsite Screening

- Log in to your myHC360+ app
- First time users should create an account using the company code and unique ID listed to the right
- Select the **Biometric Screening** from the **To do** list
- Select **Manage a Screening**
- Select Schedule a **Biometric Screening** under the Biometric Screening section
- Select your preferred option and follow the prompts

You will be emailed a confirmation of your appointment.

June Screening Scheduling Window: 04/20/2026 – 05/15/2026

August Screening Scheduling Window: 06/15/2026 – 07/10/2026

Company Code: GB428
Unique ID: Last 4 SSN

Discover the Benefits of Participating

Independence: Customize your involvement based on your interests and needs.

Complete Access: The mobile app allows you to access your program and health results anytime, anywhere.

Convenience: Enjoy a flexible program designed for quick and easy participation.

Confidentiality: Your personal results remain confidential and will not be shared with anyone at your company.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by 08/28/2026.

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What to Expect During Your Biometric Screening



Your biometric screening will consist of body measurements, a quick blood draw, blood pressure reading, and a weight measurement. The below tips will help you complete your screening with ease.

Height:

Stand tall with your back to the height stand and shoes removed when having your height measured.

Blood Pressure

If your blood pressure measures above 120/60, it will be retaken on the opposite arm after the blood draw is complete.

Weight

Remove your shoes, any bulky clothing, and items in your pockets. Stand on the scale provided with your shoes removed and verify your weight looks accurate.

Blood Draw

Drink plenty of water the evening prior and the morning of your screenings.

Waist

Place the measuring tape at your naval and turn 360 degrees. Be sure to keep the tape even and close to your body for an accurate measurement.

Pregnant participants: Please note, we will still need to take your waist measurement.

Tips:

- Wear a short sleeve shirt and remove any clothing with tight sleeves before having your blood pressure measured.
- Don't forget to refuel! Enjoy a nutritious meal after your screening.
- Examiners will record body measurements to the nearest ¼".
- **IMPORTANT**: After your measurements are taken, the examiner will ask you to verify and initial measurements. At this point, you have the opportunity to have these measurements retaken prior to initialing. You will not have another opportunity to adjust the measurements after initialing.

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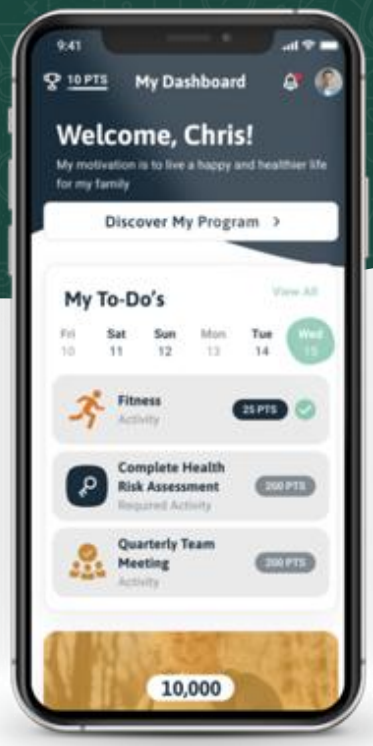
View Your Health Score and Access Your Individual Report



By participating in the HealthCheck360 Wellness program, you have taken a big step in the right direction towards improving your overall health.

Within 7-10 days of completing your biometric screening, you will receive a personalized, confidential report containing your results.

This report breaks down your results to provide you with valuable insight into your

overall health, identifies areas for improvement, and offers suggestions for small adjustments you can make to your daily routine that can make a big difference long-term.

View Your Health Report:

- Log in to your myHC360+ mobile app
- Select the **Health** tab
- Tap on each biometric for more information

Have Questions About Your Health Report?

Health Coaching is a free resource for you! Give the HCC360 team a call at (866) 511-0360 x5099 to get a coaching call scheduled today. Their coaches can help you:

- Understand biometric results
- Become aware of lifestyle habits
- Set attainable health goals
- Gain confidence in your ability to improve your personal health

Share Your Results:

Sharing your results with your physician is easy! Simply bring your myHC360+ mobile app with you to your appointment to show your doctor your recent screening results, or you can fax your results to your physician.

- Log in to your myHC360+ mobile app.
- Select the **Health** tab at the bottom of your screen.
- Under Biometric Screening select **Fax to a Physician**
- Enter in your contact information and hit **Next**
- Input your physician's information and click **Submit**

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How is my Biometric Health Score Calculated?

The results of your biometric screening are evaluated to produce an overall health score. Your Health Score is calculated using the algorithm below, which assigns a risk status and point value to each clinical value range. Your Health Score is the sum of points scored across each of the biometric measurements below.

SCORED BIOMETRIC	CLINICAL VALUE	RISK STATUS	VALUE
BODY MASS INDEX (BMI)	18.50 - 24.9	Ideal	16
	25.0 - 29.9	Low	12
	30.0 - 34.9	Moderate	8
	35.0 - 39.9; <18.5	High	4
	≥40.0	Very High	0
WAIST MEASUREMENT	Men Women		
	≤40 in ≤35 in	Ideal	4
	>40 in >35 in	Very High	0
BLOOD PRESSURE	Systolic Diastolic		
	≤120 and ≤ 80	Ideal	20
	121 - 130 and ≤ 80	Low	15
	131 - 139 or 81 - 85	Moderate	10
	131 – 139 or 86 - 89	High	5
	≥140 or ≥90	Very High	0
TOTAL CHOLESTEROL:HDL RATIO	Men Women		
	<3.5 <3.4	Ideal	8
	3.5 – 4.2 3.4 – 3.9	Low	6
	4.3 – 5.0 4.0 – 4.4	Moderate	4
	5.1 – 7.3 4.5 – 5.7	High	2
	>7.3 >5.7	Very High	0
HDL CHOLESTEROL	≥60	Ideal	4
	50 -59	Low	3
	46 - 49	Moderate	2
	40 - 45	High	1
	<40	Very High	0
LDL CHOLESTEROL	<100	Ideal	4
	100 - 129	Low	3
	130 - 159	Moderate	2
	160 - 189	High	1
	≥190	Very High	0
TRIGLYCERIDES	<150	Ideal	4
	150 - 174	Low	3
	175 - 199	Moderate	2
	200 - 499	High	1
	≥500	Very High	0
GLUCOSE	<100	Ideal	20
	100 - 109	Low	15
	110 - 119	Moderate	10
	120 - 125	High	5
	≥126	Very High	0
NICOTINE	Negative	Ideal	20
	Positive	Very High	0

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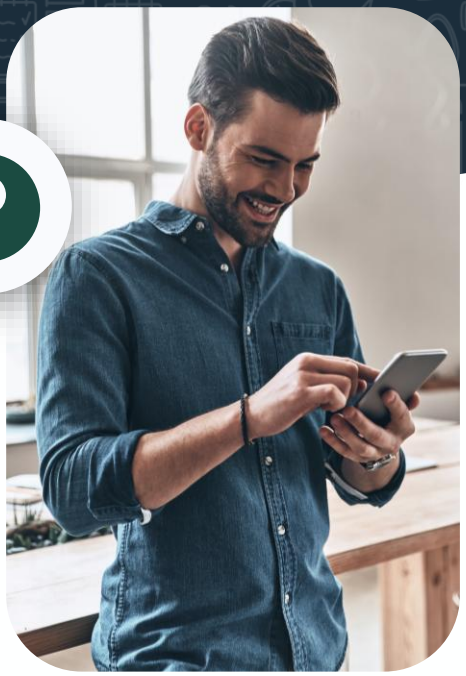
myHC360+ Device Connection FAQ



HC360+ is integrated with a variety of other apps and devices to allow participants to sync outside data to their myHC360+ account.

FAQ:

Q: How do I connect my fitness device?

A: Follow the steps below to connect your device:

1. Select your profile icon at the top of your screen
2. Select **Connect a Device**
3. Find your fitness app or device and select **Connect**
4. Select the data you want to share and then **Allow**

Tip: The more categories you select, the more data will show on your myHC360+ account

Q: Why is my data not syncing?

A: There are a few things you can do to troubleshoot your data syncing issue.
First, ensure your myHC360+ app is updated to the latest version and ensure your mobile device's operating system is up to date.

If you're still experiencing syncing issues, take these next steps:

1. Disconnect your device and reconnect
2. Verify you have data in the application for your chosen device (examples: Health App on your iPhone, Fitbit App, Health Connect app and ensure they are syncing the device to your account if applicable.)
3. Ensure all permissions are enabled to share with myHC360+ by ensuring you completed step 4 above when connecting your fitness device
4. **IMPORTANT**: Leave the app for your tracking device open and the myHC360+ app open and running in the background on your phone

Q: Can I find a step-by-step guide for Apple Health, Fitbit, Garmin, or Health Connect?

A: Yes! We have device connection guides for troubleshooting tips, tools, and instructions to walk you through device integration and connection.

Want more? Check out our Device Connection Guide!

Download the App Today!
Company Code: GB428
Unique ID: Last 4 SSN

Next Steps



Start Completing Tasks Today

Wondering where to go from here? Don't worry!
We've got you covered every step of the way.

Complete Each Step	Where To Go	Deadline To Complete
Biometric Screening You can complete your screening onsite	myHC360+ mobile app or my.hc360.app	**June Screening Scheduling Window:** 04/20/2026 – 05/15/2026 **June Screening Dates:** 06/09/2026 – 06/11/2026 **August Screening Scheduling Window:** 06/15/2026 – 07/10/2026 **August Screening Dates:** 08/04/2026 – 08/06/2026
Health Risk Assessment Survey Complete the short and easy health survey.	myHC360+ mobile app or my.hc360.app	04/20/2026 – 08/28/2026

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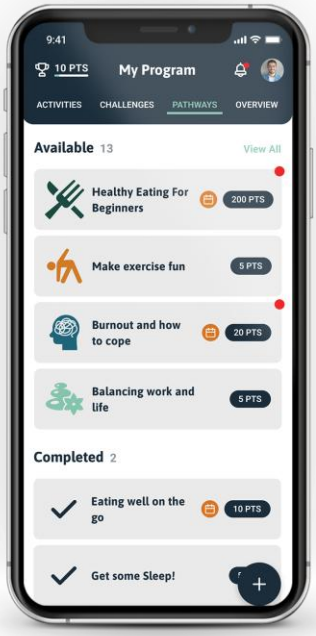
Join The Fun!

HealthCheck360 Resources Just For You



- **Mobile App**: The myHC360+ mobile app allows you to access all parts of your program and your health results on-the go. Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.
- **Educational Pathways:** Our pathways provide interactive coaching modules covering a variety of health topics and optional quizzes to build health awareness, knowledge, and inspire positive change.
- **Unlimited Health Coaching:** Contact HC360 at 1.866.511.0360 ex. 5099 to speak to a health coach anytime, completely free.
- **Lunch & Learn Webinars:** Join HC360 the first Wednesday of every month for tips, tricks, and hacks directly from our health coaches. Register for upcoming webinars on our blog.
- **Monthly Calendars & Newsletters**: Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.
- **Blog Articles:** Subscribe to the HealthCheck360 blog to get recipes, exercises, health tips, and more!
- **Social Media:** Follow HC360 on Facebook, LinkedIn, and Instagram for quick tips year-round and the chance to win prizes!

Company Code: GB428
Unique ID: Last 4 SSN

Contact Us



We're Here to Support You Every Step of the Way

HealthCheck360 Support
P. 866.511.0360
E: support@healthcheck360.com

Free Health Coaching
P. 866.511.0360 ext 5099
E: healthcoach@healthcheck360.com



Want More?

Check out the myHC360+ Knowledge Base for everything you need to know about the myHC360+ mobile app and online portal.

Visit here: Knowledge Base!

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Notice Regarding Wellness Program

Great Bend USD 428 sponsors HealthCheck360, a voluntary wellness program available to all employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for HDL, LDL, Triglycerides, Total Cholesterol, Glucose, GGT, Cotinine, Creatinine, Albumin, ALP, Total Protein, ALT, AST, GSP, Bilirubin, Globulin, and BUN. The blood test may also include TSH, PSA, CBC, A1c, and hs-CRP, Potassium, Chloride, Iron, MVC, MCH, MCHC, WBC, RBC, Hemoglobin, Hematocrit, Platelets, Vitamin D, Testosterone, Vitamin B12, Estrogen, Free T3, or Free T4. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, health plan employee who choose to participate in the wellness program will receive a premium incentive of $50/month for completing the biometric screening and Health Risk Assessment Survey. Although you are not required to complete the HRA Survey or participate in the biometric screening, only health plan employees who do so will receive the $50/month premium incentive. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthCheck360 at 1-866-511- 0360 or by 08/28/2026.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks and may also be used to offer you services through the wellness program. You also are encouraged to share your results or concerns with your own doctor.

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Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Great Bend USD 428 may use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact HealthCheck360 at 866-511-0360 or support@healthcheck360.com