



2023 Employee Wellness



**Medical Premium
Wellness Incentive**



**Health Education
Resources**



Wellness Challenges



Free Mobile App



**Access on
SharePoint**

Participation in employee wellness programming is not mandatory. Employees may register and start participating in the program at any time. If an employee is unable to complete an activity for this program, they may request an exemption or reasonable alternative to obtain the reward.

Getting Started

Step 1: Activate your account.

- [Click this link](#)
OR
- Log into a UCNW computer
- Open SharePoint
- Access the MediKeeper Wellness Portal instructions and link under HR Resources or the link directly under UCNW Links.

Step 2: Follow the prompts.

Take note of the username and password you create. You will need to input your username and password if you access your account on the Alaveda mobile app or on personal devices via ucnw.medikeeper.com. You will not need to input your username and password when you access your account from [this link](#) (same as the link in SharePoint).

Step 3: Download the Alaveda app.



You must complete Steps 1 and 2 above before downloading the app

- Open the App Store or Google Play Store on your smartphone
- Download and open the “Alaveda” app
- Type in your username and password
 - If the app prompts you to enter a registration code, select “Already have a Login.” Do not enter a registration code.
 - If you do not know your username and password, go back to Step 1 and Step 2. The “forgot username” and “forgot password” links will only work if you have completed Step 1 and 2.

Step 4:

Connect a Tracker.

[Click here for Apple iPhone connection instructions.](#)

[Click here for non-Apple smartphone connection instructions.](#)

Now you have 3 ways to access your online wellness portal account!

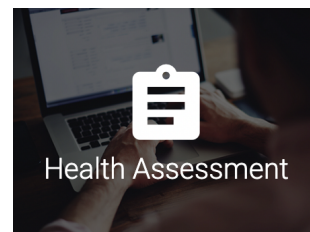
1. Click [this link](#) (same as the link in SharePoint)
 - o No username or password required
2. Log into the Alveda mobile app
 - o Input the username and password that you created in Step 1 and 2
3. Log into [UCNW.medikeeper.com](https://ucnw.medikeeper.com)
 - o Input the username and password that you created in Step 1 and 2

Medical Premium Wellness Incentive

You have the opportunity to earn a \$40/month discount on your 2024 medical premium! All employees who are enrolled in medical insurance through UCNW will pay at least \$40 per month for any plan, but employees can bypass this additional cost in 2024 by completing 1 action:

1. Complete the Health Assessment

- Log into your wellness portal account. (Instructions on page 1)
- Select the “Health Assessment” tile.
- Complete the questionnaire.
- Your personalized results page will appear when the assessment is complete.



Employees may register for the wellness program at any time. Participation in the wellness program is optional. If you are unable to complete an activity for this program, you may request an exemption or reasonable alternative to obtain the reward.