



Employee Wellness Program

| 2026

Small Steps For Big Incentives

INTRODUCTION

The Diocese of Columbus recently launched the **St. Raphael Worksite Wellness Initiative** to encourage all diocesan employees to take a proactive approach to your physical, spiritual, emotional, social and intellectual / vocational health.

One of the seven Archangels, St. Raphael was selected as the patron saint of this initiative because the name Raphael means “**God has healed**”. It is our hope that St. Raphael’s intercession will bring good health and increased overall wellness to all our employees across our entire diocese!



DIOCESE *of* COLUMBUS

Please review the details of our Wellness Program within this guide and **help make The Diocese of Columbus a healthier place to work.** Thank you, and we look forward to your participation.

1. **LOGIN TO PREVENTIONCLOUD**
2. **COMPLETE PHYSICIAN FORM**
3. **COMPLETE VARIOUS WELLNESS ACTIVITIES FOR AN ADDITIONAL TOTAL OF 75 POINTS**

Registration

ACCESSING PREVENTIONCLOUD:

Using your computer or mobile device, go to PreventionCloud.com or download the PreventionCloud App.

LOGIN INSTRUCTIONS

Username:

FIRSTNAMELASTNAMEBirthyear
(ex. JOHNSMITH1972)

*Do not use spaces or any type of symbol in your username.

Password:

Birthdate (MMDDYYYY)

Once logged in, you will be prompted to change your password. If you have logged in previously, please use the same login information that you used before.



Android QR Code



iOS QR Code

Please direct any questions or concerns to support@preventioncloud.com or call 877-506-5885.



2026 Wellness Program Activities

WELLNESS PROGRAM ACTIVITIES FOR INCENTIVE	DEADLINE	INCENTIVE
PHYSICIAN FORM EARN 75 POINTS <i>(VARIOUS ACTIVITIES)</i>	NOVEMBER 1, 2026	\$300 - \$600 MEDICAL PREMIUM SAVINGS INCENTIVE IN 2027 MEDICAL PLAN YEAR

EARN 75 POINTS FROM THESE PROGRAM ACTIVITIES	POINT VALUE
PreventionCloud Registration	10 Points
Download PreventionCloud App	10 Points
Health Risk Assessment	50 Points
Step Tracking <i>*Take an average of 25,000 monthly steps for 25 points.</i>	25 Points
Additional Wellness Activities <i>Volunteering, Donate Blood, Participate in Community Sponsored Fitness Event (5k, 10k, Charity Walk, Etc.), Participate in EAP, Contribute to 403b</i>	25 Points Each
Wellness Challenge	25 Points Each

Incentives and Rewards

The Catholic Diocese of Columbus is pleased to reward employees for their participation in the Wellness Program. Participation in the Wellness Program is completely voluntary and open to all full time employees. If it is unreasonably difficult for you to participate due to a medical condition, or it is medically inadvisable for you to attempt to participate, a reasonable alternative will be provided for you to earn the incentive. Please contact support@preventioncloud.com should you need a reasonable alternative.

All medically enrolled employees who do not have a spouse enrolled in the medical plan who successfully login to the platform, complete the Physician Form, and earn an additional 75 points by November 1, 2026 will qualify for the \$300 annual Medical Premium Savings Incentive in the 2027 medical plan year.

All medically enrolled employees who have a spouse enrolled in the medical plan who both (*employee and spouse*) successfully login to the platform, complete the Physician Form, and earn an additional 75 points by November 1, 2026 will qualify for the \$600 annual Medical Premium Savings Incentive in the 2027 medical plan year.

Medically enrolled employees hired on/after July 1, 2026 will be grandfathered into the incentive for one year.

We look forward to your participation!



WELLNESS PROGRAM ACTIVITIES FOR INCENTIVE	DEADLINE	INCENTIVE
PHYSICIAN FORM	NOVEMBER 1, 2026	\$300 - \$600 MEDICAL PREMIUM SAVINGS INCENTIVE IN 2027 MEDICAL PLAN YEAR
EARN 75 POINTS (VARIOUS ACTIVITIES)		

DISCLAIMER: Employees must be actively employed at the deadline to receive incentives. To comply with IRS Guidelines, the awards will be provided to payroll to be grossed up and will be taxed accordingly.

Check Your Participation Status

To check your participation status in the wellness program, follow these steps:

- 1) Login to **PreventionCloud**
- 2) Under the dashboard next to “**Current Points**” click on “**Details**”
- 3) This will navigate you to the **Incentive Summary** page

Here you will be able to see:

- the list of (required) activities including eligible start and end date, point weight and completion date
- total points earned
- incentive(s) earned
- details regarding your program deadline and incentives
- and more



Current Points

Details

Medical Premium Savings Incentive

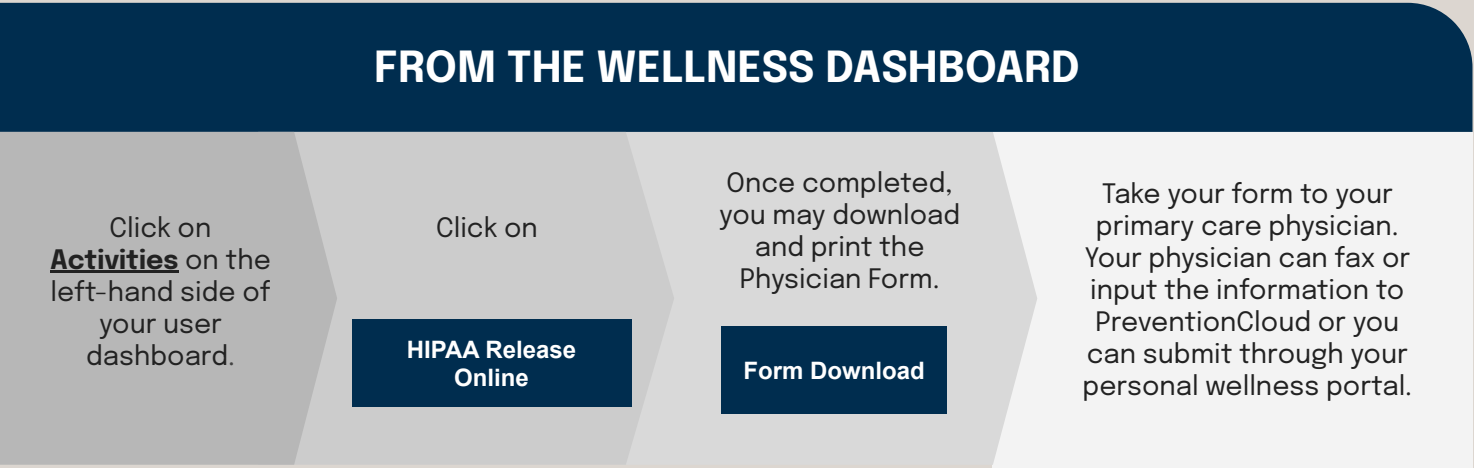
\$300 (Employee Only) or \$600 (Employee & Spouse) Medical Premium Savings Incentive:

0 Pts 10 Pts

135 Pts

If you have any questions regarding your participation status, please contact the PreventionCloud Support Team at support@preventioncloud.com or 877-506-5885.

Physician Form



DIOCESE of COLUMBUS

Dashboard

Activities

Wellness Activities

Health Forms

My Health

Trackers

Challenges

Emotional Well-Being

Support



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Employee Wellness Program

CLICK HERE TO DOWNLOAD YOUR PROGRAM MANUAL

UHC MEDICAL

UHC DENTAL

FLEX SPENDING ACCOUNT

PHYSICIAN FORM

Participation Summary

2025

2026

Tasks/ Activities	Required/ Optional	Due Date	Status	Date
PreventionCloud Registration	Required	10/01/2026	Incomplete	

Current Points

Details

Gift Card Raffle

Raffle Entry for 1 of Many \$100 Gift Cards:

0 Pts

35 Pts

An established relationship with your primary care physician is essential for early detection of health issues and for getting and keeping you healthy. Annual physicals completed between October 31, 2025 and November 1, 2026 will be accepted.

***Please refer to your Physician Form for further instructions.**

 Zomo health

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Submit Your Physician Form

3 OPTIONS:

SECURE ONLINE USER UPLOAD (*RECOMMENDED OPTION*) **Submit via computer or phone →**

1. Log on to your personal portal <https://www.preventioncloud.com/>
2. Click “Health Forms” located on your left menu
3. Click “Submit Forms” located on your left menu
4. “Select Form” section: Click the dropdown arrow to select the proper form
5. Attach your wellness form and click “Submit”
**if you are using your phone you can take a picture of your form*
6. You can view if your wellness form has been approved by clicking on your “Submitted Forms” tab located on your left menu

SECURE ONLINE PHYSICIAN ENTRY

Have your physician login and submit your information →

1. Log on to <https://www.preventioncloud.com/forms>
2. Enter your Patient ID code. ie: CI425666
3. Update your patient information and you're done

FAX THE FORM TO 713-714-2273

Make sure the sender receives a fax confirmation from the fax machine.

Please allow 3-5 business days to receive credit. Please do not email your forms. We will not accept or process forms submitted via email due to privacy and security reasons.

Please contact support@preventioncloud.com with any questions.

Health Risk Assessment

FROM THE WELLNESS DASHBOARD

Click on **My Health** on the left-hand side of your user dashboard. Select **Assessment**.

Answer the questions to the best of your knowledge and click “Continue” at the bottom of the page to proceed to the next page.

The screenshot displays the Diocese of Columbus Employee Wellness Program dashboard. The top left corner features the Diocese of Columbus logo. The top right corner shows a user profile icon and the text "Welcome Columbus... Test User". The left sidebar contains a menu with the following items: Dashboard, Activities (highlighted with a red box), Wellness Activities, Health Forms, My Health, Trackers, Challenges, Emotional Well-Being, and Support. The main content area has a large banner for the "Employee Wellness Program" with a group photo of five diverse people. Below the banner is a button that says "CLICK HERE TO DOWNLOAD YOUR PROGRAM MANUAL" with a download icon. Below the banner are four buttons: "UHC MEDICAL", "UHC DENTAL", "FLEX SPENDING ACCOUNT", and "PHYSICIAN FORM". At the bottom, there are two tabs: "Participation Summary" and "Current Points" (with a "Details" link).

Make sure to complete the entire Health Risk Assessment in order to receive credit of completion. All individually identified health information collected and maintained by PreventionCloud is kept 100% secure and private. Your personal health information is not shared with the Office of Insurance or the Office of Human Resources at the Diocese.

How To Submit Additional Wellness Activities

FROM THE WELLNESS DASHBOARD

Click on
“Wellness
Activities”

Click on
Submit Activities

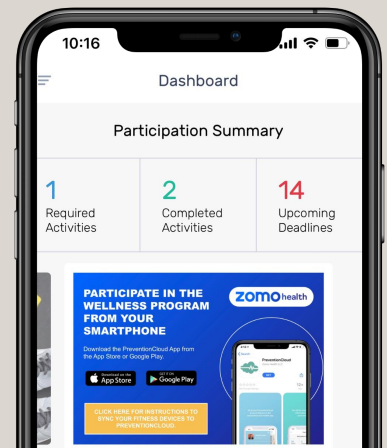
Select the Activity
from the dropdown
menus, select the
date, upload any
necessary
attachment

Click
Submit

The screenshot displays the Diocese of Columbus Employee Wellness Program dashboard. On the left, a sidebar menu lists various options: Dashboard, Activities, Wellness Activities (highlighted with a red box), Submit Activities, Submitted Activities, Health Forms, My Health, Trackers, Challenges, Emotional Well-Being, and Support. The main content area features a large banner for the 'Employee Wellness Program' with a group photo of five diverse employees. Below the banner is a button that says 'CLICK HERE TO DOWNLOAD YOUR PROGRAM MANUAL'. At the bottom of the dashboard, there are four buttons: 'UHC MEDICAL', 'UHC DENTAL', 'FLEX SPENDING ACCOUNT', and 'PHYSICIAN FORM'. Below these buttons are two buttons: 'Participation Summary' and 'Current Points'.

Please direct any questions or concerns to support@preventioncloud.com or call 877-506-5885.

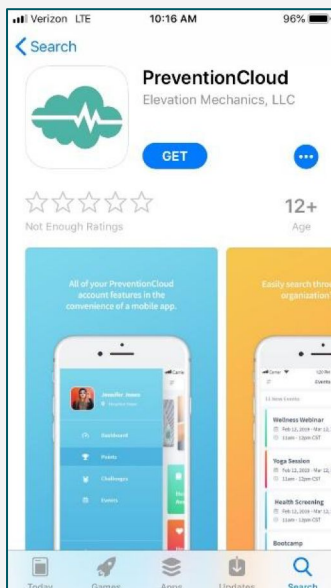
The PreventionCloud App



HOW TO DOWNLOAD THE PREVENTIONCLOUD APP (2 OPTIONS)

Option 1

Open your app store on your mobile device and search 'PreventionCloud' (1 word)



Option 2

Take a picture using your smartphone of the QR Code below and open the PreventionCloud App.

ANDROID QR CODE



IOS QR CODE



HOW TO LOG INTO YOUR PREVENTION CLOUD APP

Username:

FIRSTNAMELASTNAMEBirthyear

Password: DOB

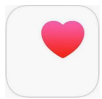
(mmddyyyy)

Most Popular Devices

1. Apple Watch
2. Samsung
3. Fitbit
4. Garmin
5. Polar

How To Sync Your Fitness Device *(optional)*

To sync your device data with PreventionCloud, your device should be connected to an app on your mobile device. For example, FitBit devices have the FitBit app on your phone. That FitBit app connects with the Health Kit app on iOS devices and Google Health Connect on Android devices. The data from your Health Kit app or Google Health Connect app will sync with the PreventionCloud app each time you open the app.



Apple (iOS) – Health Kit

1. Download/Open the Health Kit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Health Kit settings)
3. Download the **PreventionCloud** mobile app from the App Store
4. Click on the app icon from your home screen to open it
5. Login using your username and password.
Username: FIRST NAME + LAST NAME + Year of birth (JOHNSMITH1971)
Password: DOB (mmddyyyy).
6. From your PreventionCloud app click "Health Kit"
7. Enable Sync
8. The app will sync with Health Kit every time you open it and push the data to www.PreventionCloud.com



Google (Android) – Google Health Connect

1. Open **PreventionCloud**, then Locate the "Health Connect" option in the menu. If the app is not installed, you will be prompted to install it.
2. Follow the link to the Play Store and install Health Connect. Once installed, open it to ensure the app is ready. Grant the necessary permissions.
3. Reopen **PreventionCloud** and select "Connect to Health Connect" again.
4. Health Connect will open to confirm permissions. Grant all required permissions.
5. Once permissions are granted, **PreventionCloud** will sync data with the app. Enjoy seamless data management and insights.
6. Open Google Fit. and grant the necessary permissions for Health Connect.
7. Allow the requested permission and see the connected screen. Once you have the Connected screen, you will be able to see the list of applications you have given permission to on Health Connect.
8. Once you have Google Fit, Health Connect & Prevention Cloud all connected with each other you can log any data from Google Fit and you can see that data is synced with the **PreventionCloud** platform.

Devices And Apps You Can Sync To Preventioncloud (optional)

COMPATIBLE DEVICES	GOOGLE HEALTH CONNECT (ANDROID) APPS	APPLE HEALTH (IOS) APPS
• Apple Watch Series 3 • Amazfit • LG Watch Sport • Xiaomi Mi Band 2 • Misfit Ray • Polar • Wahoo Tickr X • Garmin • Misfit • Withings • Jawbone • Samsung • Fitbit • Moov • Sensoria • Nokia *Although listed as compatible to the Android and IOS operating systems, some devices may require third party apps in order to migrate data from the device to Google Health Connect or Apple Health apps.	• Google Health Connect: Health and Fitness • Calorie Counter – Asken Diet • Lose it! – Calorie Counter • Under Armour Record • Workout training • Runkeeper – GPS Track Run Walk • Runtastic Running App: Run & Mileage Tracker • Nike Run Club • Fitwell- 30 Day Fitness Workout Diet Step Counter • Runtastic Results • Calm – Meditate, Sleep, Relax • Calorie Counter – MyFitnessPal • 8fit Workouts & Meal Planner • Run with Map My Run • Map My Fitness Workout Trainer • Walk with Map My Walk • BodySpace – Social Fitness • Endomondo – Running & Walking • Instant Heart Rate: HR Monitor & Pulse Checker • Noom: Health & Weight • Health Mate – Total Health Tracking • Map My Ride GPS Cycling Riding • Seven – 7 Minute Workout • Progression Workout Tracker • Weight Track Assistant • Runtastic Steps • PlexFit for Pebble • SmartBand Talk SWR30 • Pedometer • SmartBand 2 SWR12 • Magra – Weight Loss Coach • Instant	• Nike+ Run Club • Human • Garmin Connect Mobile • Runtastic • DailyBurn • Carrot Fit • Fjuul • Dance Party • Get Moving • Map My Run • PEAR Personal Coach • Strava Running and Cycling • Zova Personal Trainer • Runkeeper • Zombie, Run! • Strava • Lifesum • Streaks • Gymaholic • MyFitnessPal • Swing Tennis Tracker *Any app or device that can by synced to Google Health Connect or Apple Health that is not listed can also be used

How To Sync Your Fitbit *(optional)*



ESTIMATED TIME REQUIRED: 5 MINUTES OR LESS!

1. Log in to the **WELLNESS PORTAL**.
2. Click on “**TRACKERS**” from the left hand menu.
3. Click on “**FITBIT SYNC**” from the left hand menu.
4. Enter the email associated with your Fitbit and connect.
5. Enter your Fitbit account login information to complete the setup.

INSTRUCTIONS ON HOW TO LOG MANUAL STEPS FOR: WALKING/RUNNING/SWIMMING/CYCLING

1. Log in to the **WELLNESS PORTAL**. Click on **EXERCISE** under the **TRACKERS** left menu.
2. Select Walking, Running, Swimming, or Cycling.
3. Enter the distance and change the measurement unit (meters, miles, kilometers, steps, yards).
4. Click **LOG** and your exercise will automatically convert to steps and show under the activity history section on this page.
5. Any steps shown under the activity history section will automatically count for the challenge regardless of whether they are from Fitbit or manually entered.

The screenshot shows the Diocese of Columbus Wellness Portal. The left sidebar has a menu with 'Trackers' selected. The main content area shows the 'Log Activities' section with buttons for Walking, Running, Swimming, and Cycling. Below this is the 'Activity History' table with columns for Date, Activity, Source, Steps, Miles, Duration, Calories, and Action.

Date	Activity	Source	Steps	Miles	Duration	Calories	Action
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Support

Our Support Team is happy to assist you!

1-877-506-5885

support@preventioncloud.com

We are available during regular business hours Monday-Friday. If you reach our voicemail or send us an email, we will get back to you as soon as possible within 1-3 business days. Support Team members are available to assist in English and Spanish.

Troubleshooting Tips

We pride ourselves on providing exceptional technology offerings, but sometimes software needs a quick refresh to run at its best. Here are some simple troubleshooting tips if you are experiencing any technical difficulties.

- Ensure you are using the most updated version of the operating system, browser, or app
- Clear your cache, browser history, and cookies
- Log out and log back in



Privacy Of Health Information

WHAT FEDERAL LAWS DO YOUR EMPLOYER AND PREVENTIONCLOUD FOLLOW?

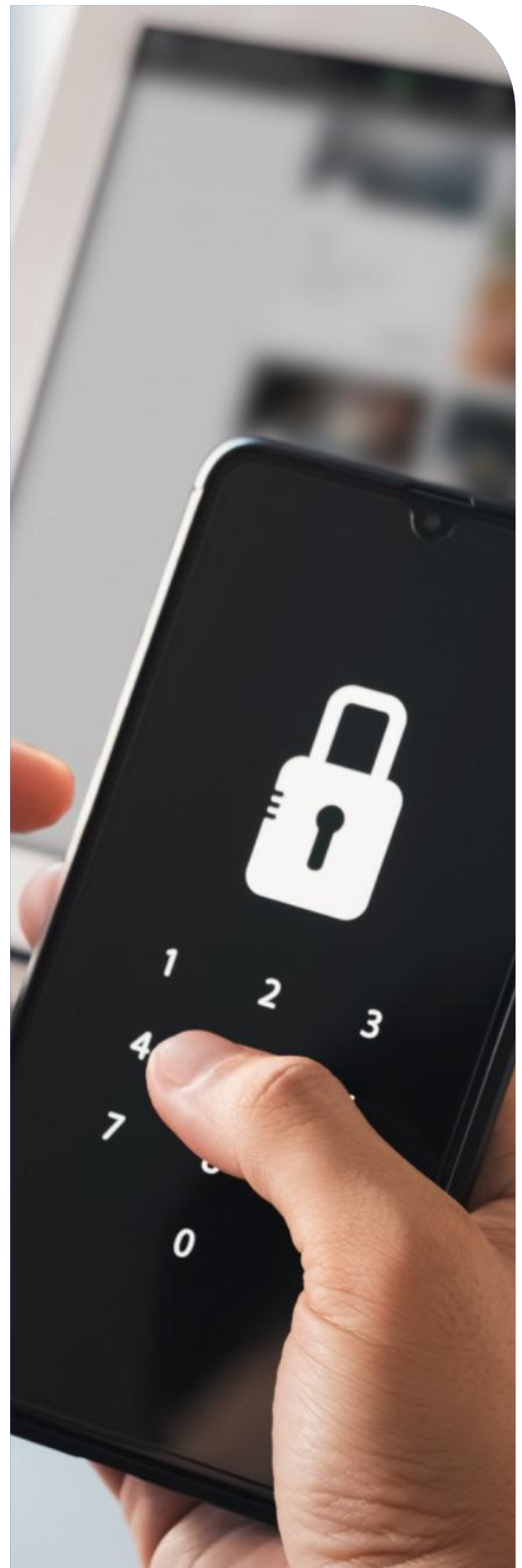
- Health Insurance Portability and Accountability Act (HIPAA) Compliant
- Genetic Information Nondiscrimination Act (GINA) Compliant

WHAT DOES THIS MEAN?

All individually identified health information collected and maintained by PreventionCloud is kept 100% secure & private. No individually identifiable health information is shared with your employer or the Health Insurance Carrier. No family history is requested within the Health Risk Profile.

WHAT IS SHARED WITH YOUR EMPLOYER?

Only aggregate reports summarizing total population health information is given to your employer. These aggregate reports will in no way reveal or provide any individually identified health information.





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📞 (877) 506-5885

✉ support@preventioncloud.com

🌐 www.preventioncloud.com

Please contact support@preventioncloud.com
with any questions.