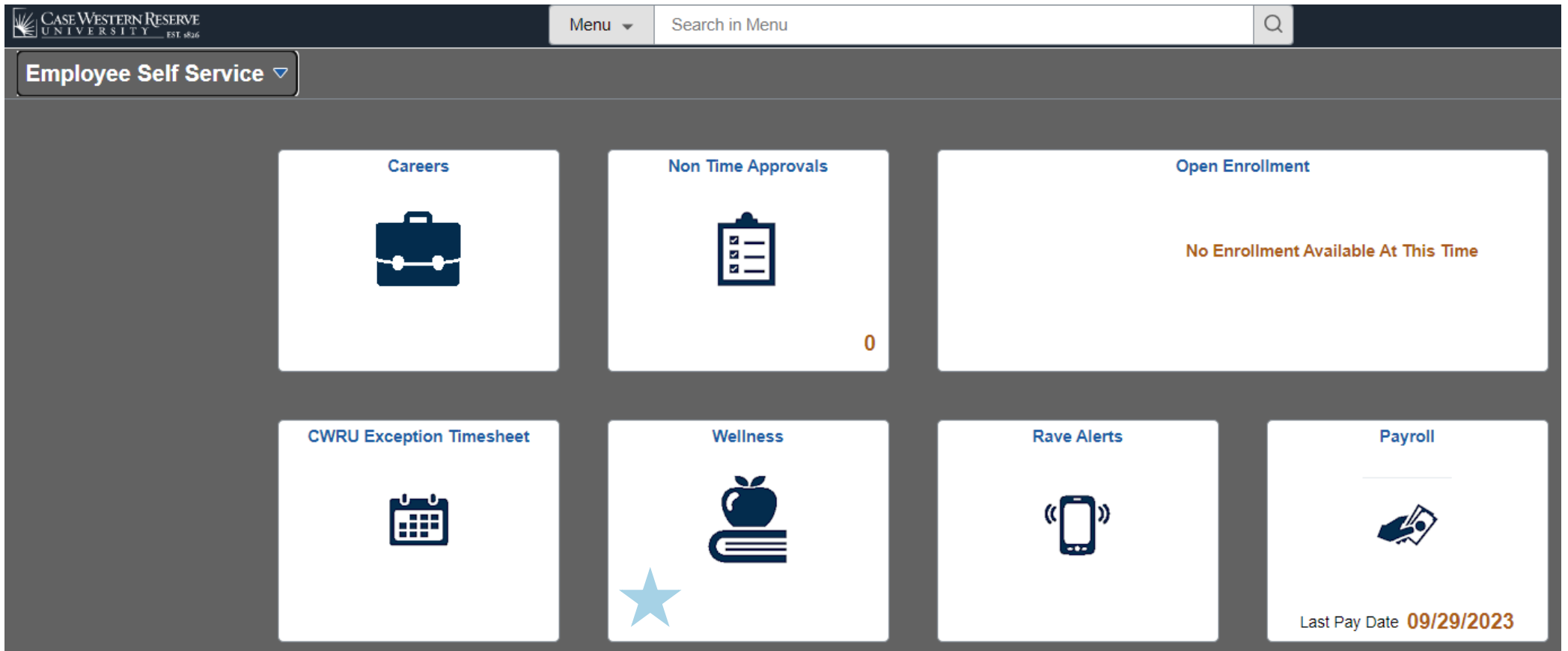


# HCM Wellness Guide

How to verify that your wellness activities are complete



**CASE  
WESTERN  
RESERVE  
UNIVERSITY**

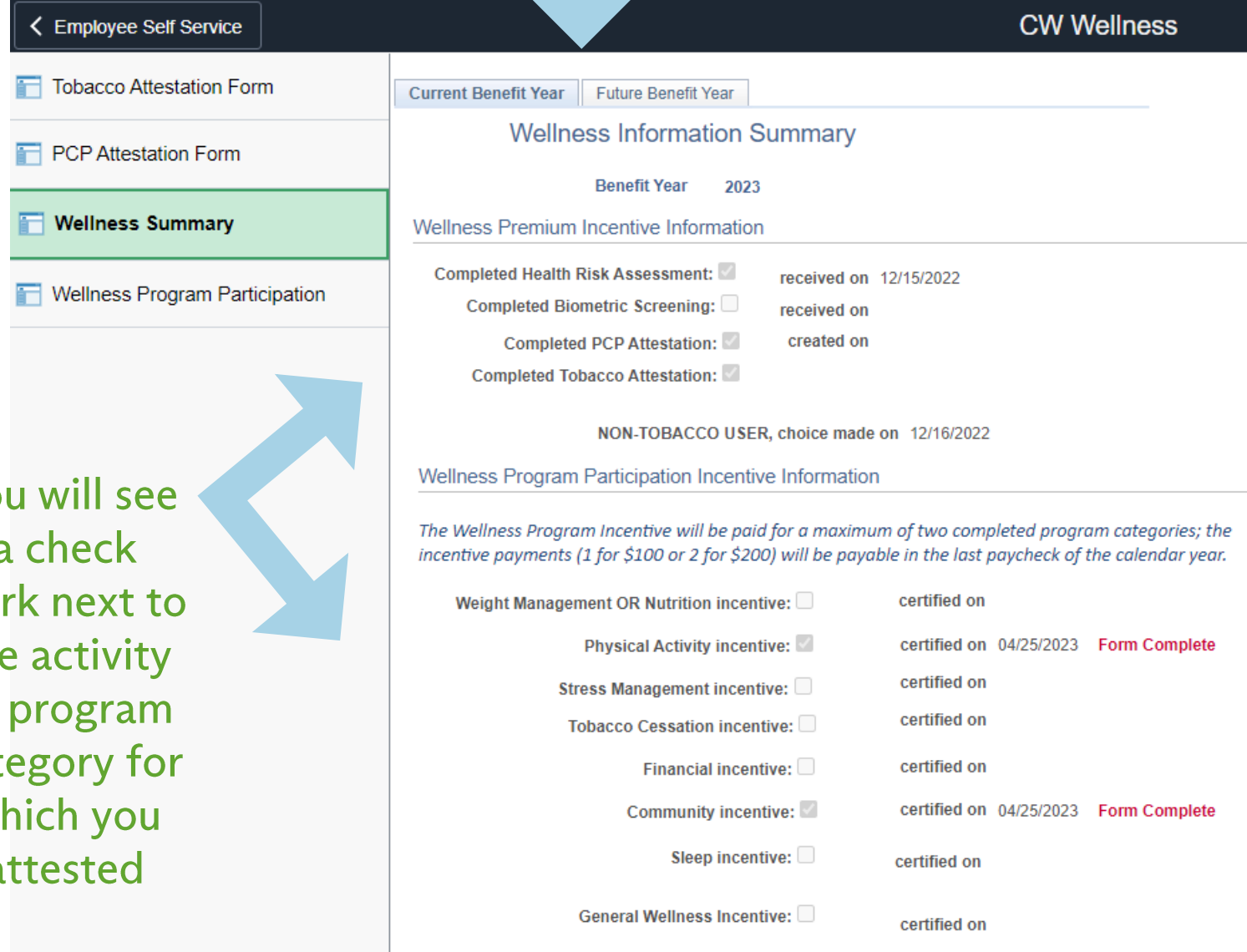


Log into HCM (hcm.case.edu)

Verify that  
your activities  
are complete  
on the  
“Wellness  
Summary”  
page

You will see  
a check  
mark next to  
the activity  
or program  
category for  
which you  
attested

Make sure you are looking at the  
correct benefit year



< Employee Self Service CW Wellness

Tobacco Attestation Form

PCP Attestation Form

**Wellness Summary**

Wellness Program Participation

Current Benefit Year Future Benefit Year

### Wellness Information Summary

Benefit Year 2023

#### Wellness Premium Incentive Information

Completed Health Risk Assessment:	<input checked="" type="checkbox"/>	received on	12/15/2022
Completed Biometric Screening:	<input type="checkbox"/>	received on	
Completed PCP Attestation:	<input checked="" type="checkbox"/>	created on	
Completed Tobacco Attestation:	<input checked="" type="checkbox"/>		

NON-TOBACCO USER, choice made on 12/16/2022

#### Wellness Program Participation Incentive Information

*The Wellness Program Incentive will be paid for a maximum of two completed program categories; the incentive payments (1 for \$100 or 2 for \$200) will be payable in the last paycheck of the calendar year.*

Weight Management OR Nutrition incentive:	<input type="checkbox"/>	certified on	
Physical Activity incentive:	<input checked="" type="checkbox"/>	certified on	04/25/2023 <b>Form Complete</b>
Stress Management incentive:	<input type="checkbox"/>	certified on	
Tobacco Cessation incentive:	<input type="checkbox"/>	certified on	
Financial incentive:	<input type="checkbox"/>	certified on	
Community incentive:	<input checked="" type="checkbox"/>	certified on	04/25/2023 <b>Form Complete</b>
Sleep incentive:	<input type="checkbox"/>	certified on	
General Wellness Incentive:	<input type="checkbox"/>	certified on	