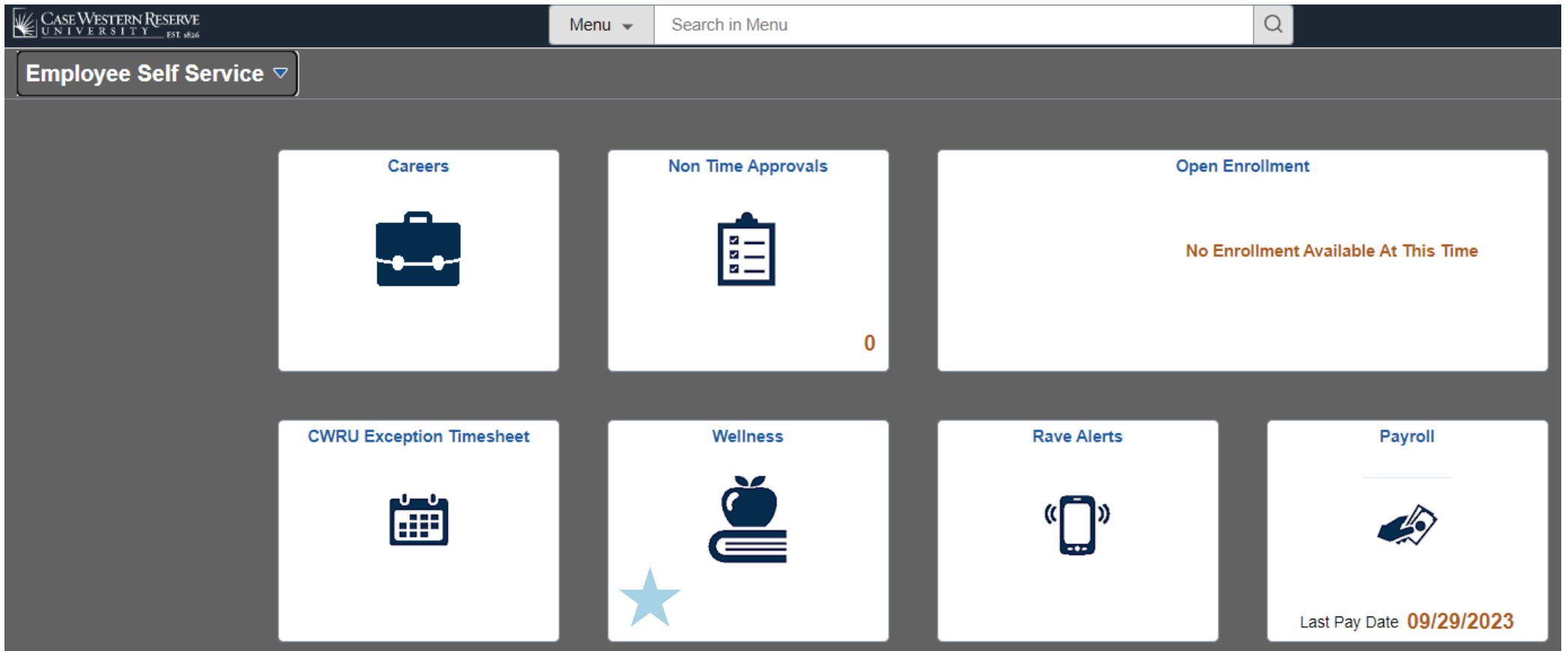


HCM Wellness Guide

How to verify that your wellness activities are complete



**CASE
WESTERN
RESERVE
UNIVERSITY**



Log into HCM (hcm.case.edu) and select the “Wellness” tile

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



Make sure you are looking at the
correct benefit year

<div>Tobacco Attestation Form</div> <div>PCP Attestation Form</div> <div>Biometric Attestation Form</div> <div>Dental/Cancer Attestation Form</div> <div>Wellness Summary</div> <div>Wellness Program Participation</div>	<div>Current Benefit Year Prior Benefit Year Future Benefit Year</div> <div>Wellness Information Summary</div> <div>Benefit Year 2025</div> <div>Wellness Premium Incentive Information</div> <div>Completed Health Risk Assessment: <input checked="" type="checkbox"/> received on 10/03/2024</div> <div>Completed Biometric Screening Attestation: <input checked="" type="checkbox"/> created on 10/24/2024</div> <div>Completed PCP Attestation: <input checked="" type="checkbox"/> created on 09/04/2024</div> <div>Completed Dental CheckUp and/or Cancer Screening Attestation: <input type="checkbox"/> created on</div> <div>Completed Tobacco Attestation: <input checked="" type="checkbox"/></div> <div>NON-TOBACCO USER, choice made on 09/04/2024</div> <div>Wellness Program Participation Incentive Information</div> <div>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.</div> <div><div>Weight Management OR Nutrition Incentive: <input type="checkbox"/></div><div>Physical Activity Incentive: <input checked="" type="checkbox"/></div><div>Stress Management Incentive: <input checked="" type="checkbox"/></div><div>Tobacco Cessation Incentive: <input type="checkbox"/></div><div>Financial Incentive: <input type="checkbox"/></div><div>Community Incentive: <input type="checkbox"/></div><div>Sleep Incentive: <input type="checkbox"/></div><div>General Wellness Incentive: <input type="checkbox"/></div><div>Career Well-Being Incentive: <input type="checkbox"/></div></div> <div><div>certified on</div><div>certified on 04/01/2025</div><div>certified on 08/20/2025</div><div>certified on</div><div>certified on</div><div>certified on</div><div>certified on</div><div>certified on</div><div>certified on</div></div> <div><div>Form Complete</div><div>Form Complete</div></div>
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You will see
a check
mark next to
the activity
or program
category for
which you
attested

