



Benefit Connections

YOUR BENEFITS, DISCOVERED

January 2019

2019 HUBBUB SUCCESS ROADMAP

Welcome to 2019! We're excited to bring a brand-new line up of hubbub challenges to you this year!

For those of you (Karen Cooper from Malheur County) who are new, hubbub is an online wellness program that rewards employees for doing the right thing - like taking the stairs, drinking more water, stretching and much more! It's a lot of fun and can really energize your personal wellness program. It's about making progress in small increments — and hubbub can help you (Sara Bernards from McMinnville Water & Light) and your family members or co-workers lose a pound or an inch or even those nagging bad habits.

So, what's the best way to keep track of your challenge completions? The Success Roadmap makes it easy.

Here's how!

Log into your account on hubbub. Then, click on the Company Tab and the blue See More link under the opening paragraph to be redirected to a page where you (Bryan Molitor from Hillsboro) can view all the badges currently connected to the 2019 challenges. As you engage in the challenges and earn your badges, they become colored in. It's very easy to track what you've completed and what you still have left to do. And, while getting healthy is the goal, you can also earn up to \$100 in Amazon gift cards in 2019.

Are you one of our secret winners?

We've randomly selected four winners and buried their names and employer in the text. If you find your name, email EmployeeBenefits@cisoregon.org by February 18, 2019. We'll confirm who you are and then mail you a \$25 gift card, just for reading!

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You're invited to make healthy a habit with hubbub!

Are you a mobile app user?

If you're utilizing the hubbub mobile app, you'll want to log in and select the building icon. It's located on the far right of the bottom menu. Once there, click on Goals and scroll down below the 2019 program description.

Wishing you (Steven Biehn from Mid-Columbia Fire and Rescue) much hubbub success — and a very healthy and happy 2019!

Regence Members

- Log into your account on regence.com (or create one!)
- Scroll down to click on the hubbub health button
- Click on Company to learn more about the 2019 program

Kaiser Members

- Visit www.hubbubhealth.com
- Click Sign Up and create your account
 - ... Company code = CISCOMPANY
 - ... Employee ID = Your birthdate (mmddyyyy)
- Click on Company to learn more about the 2019 program

