



SVRHT and BCBSMA Wellness Works! Program

This wellness program runs from **January 1, 2018 - May 31, 2018**. Each point is worth \$1.00. You can earn a total of **\$270 (\$300 for returning members)** in a Visa gift card by participating. One gift card will be distributed during the month of June for the amount of points you earn throughout the entire program.

Wellness Works! includes more options than last year, so please read this in its entirety. BCBSMA will provide the on-site biometric screening event with Interactive Health, which includes a finger-stick blood draw. Because this is a popular program, please book your reservation as soon as you can, once you are notified that the registration is open. You will get your results on the day of the screening. After the screening, they will be uploaded onto the *ahealthyme* portal for your use.* You could also choose to have your bloodwork taken at your primary care (**between January 1 and March 31**) and have them forward the results to BCBSMA.

*Biometric values get uploaded 10 business days from the last screening event.

HEALTH ASSESSMENT:

BCBSMA will also provide the health risk assessment (HRA) on the *ahealthyme* portal for you to complete, which is a **required part of this program to earn any points**.

The on-line challenges below are offered through the public side of Healthy Directions (HNE). **EVEN THOUGH THEY ARE FROM HNE, ANYONE CAN ACCESS THEM, EVEN IF YOU ARE NOT AN HNE MEMBER.** There are two components: 1) watch the webinar **and** submit the online completion form; and 2) complete and hand in the challenge form to Lyn. **All components for each challenge must be completed between Jan. 1 – May 15, 2018 to earn points.** THEY ARE CHALLENGES THAT YOU WILL RECORD **ON PAPER AND RECEIVE POINTS ONCE YOU TURN IN YOUR SHEETS TO THE WELLNESS COORDINATOR.** You can scan and email the completed forms, or mail them in.

CHALLENGES:

Activity Challenges that are acceptable include:

Physical Activity Challenges (*Associate of Steel Standard Olympian or Associate of Steel Long Course/Half Ironman; Couch to Finish Line 5K Challenge; Get Up and Move Challenge; Core Challenge; Strength Training Challenge*) found at <http://healthnewengland.org/wellness/physical-activity>

Wellness Program on-site classes including yoga, strength, fitness, and Park & Rec activity classes.

If you are unable to complete the physical activity challenge due to medical/physical conditions, please notify Lyn and a reasonable alternative will be provided.

Nutrition Challenges that are acceptable include:

>Healthy Directions Nutrition Challenges (*You Are What You Eat #1, 2, 3, 4, 5*) found at <http://healthnewengland.org/wellness/healthy-eating>

>Wellness Program on-site classes including cooking, Weight Watchers at Work, healthy eating, weight loss.

Optional Challenges:

StressLess Challenge on Healthy Directions portal can be completed, if desired, for 25 points. This can be found at <http://healthnewengland.org/wellness/preventive-care>

Blood Pressure Challenge This involves taking your blood pressure for 8 times in a 2-week period and recording the results. This can be completed, if desired, for 25 points. This can be found at <http://healthnewengland.org/wellness/preventive-care>

BIOMETRICS:

You will also be able to earn points based on your biometric screening results.* You will be able to earn points for those values that are within the normal range.** You will also earn points if any of your biometric results improve from last year's values (a 5 % improvement in BMI or a 10% improvement in all other biometrics). If any of your bloodwork results fall out of the normal range, you will have the opportunity to earn those points by enrolling in telephonic health coaching through BCBSMA.

*Your biometric results are confidential and will **not** be shared with your employer; your employer will not have access to **any** confidential information from this program.

**Biometric ranges are based on the Centers for Disease Control and Prevention (CDC) recommendations. All biometric values must improve by 10% to qualify for improvement rewards, with the exception of BMI, which is a 5% improvement.

REFER A MEMBER:

If you have participated in *Wellness Works!* In the past **AND** you participate this year, you can earn up to an additional 30 points by referring up to 3 fellow SVRHT members who haven't participated in the past. **Co-workers and spouses (no dependents) MUST get their insurance through Scantic Valley Regional Health Trust and can be a member of BC/BS, HNE or Tufts.** They must either attend a biometric screening OR have their bloodwork results forwarded from their primary care to their health plan. **You will earn an additional 10 points for each member you refer, up to 3 members.** You must give Lyn the names of the members you are referring to qualify for points.

BCBSMA will be providing a sign-up for the biometric screening. If you don't have access to a computer to sign up, please contact me at Lyn@scantichealth.org or 896-9080 and I will register you for the 20-minute appointment.

There are 3 biometric screening events--you may attend ANY event, regardless of where you work:

February 6 3:00 – 6:00 PM Longmeadow High School, Business Technology Center

February 7 3:00 – 6:00 PM Minnechaug Regional High School, Cafeteria

February 13 2:30 – 5:30 PM East Longmeadow High School, Cafeteria

SVRHT and BCBSMA Wellness Works! Program Chart

Wellness Activity	Information	Points Awarded
Biometric Screening (required)	Attend on-site OR have MD return the Biometric Screening Results Release Form to BCBS by April 30 (bloodwork must be taken between Jan 1, 2018 and March 31, 2018)	20 points
Refer a Friend to the biometric screening	Earn additional points if you participated in the past, participate this year AND refer a fellow SVRHT BC/BS, HNE or Tufts -covered co-worker to the appropriate screening	10 points (for those making the referral; maximum of 30 points) up to 3 referrals for 30 points Must be HNE, BC/BS or TUFTS through SVRHT
Health Assessment (required)	Take the on-line health assessment between 1/1/18 - 5/31/18	25 points

You may earn **up to 100 points** for the following challenges:

Activity Challenge (one required)	Physical Activity Challenges On-site wellness/ P&R classes	25 points each
Nutrition Challenge (one required)	Nutrition Challenges On-site wellness nutrition programs	25 points each
"Stress" or "Press" Challenge	StressLess Challenge Blood Pressure challenge	25 points each

You may earn **up to 125 points** for the following outcomes:

<p>Outcomes-based program If one or more of your biometrics was NOT in a healthy range, you may earn the points by calling 888-509-9654 to register for telephonic health coaching. Coaching can take several weeks, so make the call as soon as possible. All telephonic coaching would need to be completed by 4/30/18. Please contact the BCBSMA health coaches as soon as you have your results (if you are not within the healthy range or made the improvement over prior year) to still earn the incentive.</p>	<p>Healthy BMI or waist circumference Blood Pressure Cholesterol HDL Cholesterol Glucose</p>	<p>25 points each for each healthy outcome. Potential total is 125 points</p> <p>Either be in a healthy range OR show a 10% improvement in any bloodwork value (5% for BMI) since last year.</p>
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