



SVRHT and Tufts *Wellness Works!* Program

This wellness program runs from **January 1, 2017 - 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.

The *Wellness Works!* Program includes more options than last year, so please read this in its entirety. Health New England and Baystate Reference Labs (BRL) will provide the on-site biometric screening events for Tufts members. You may go to any of the 4 HNE biometric screenings, regardless of where you work. HNE will be providing an on-line sign-up for the biometric screening. If you don't have access to a computer, please contact me at Lyn@scantichealth.org or 896-9080 and I will book your appointment for you.

You could also choose to use your recent bloodwork results (taken between **November 1, 2017 and March 31, 2018**) from your primary care doctor and you can upload them into the PHA online.

HEALTH ASSESSMENT:

There will also be an opportunity to complete a health risk assessment to earn points as well. Tufts members can take the assessment on the secure side of the Tufts portal (<http://www.tuftshealthplan.com>). You would need to log in to the secure member portal and it would be available under your personal information. **You must complete the HRA to earn points. If you do not complete the HRA, you are only eligible for 20 points for attending the biometric screening event.**

You will be able to earn points based on your biometric screening results. HNE/BRL will provide me with the biometric screening results* so that I may award points to 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 with Tufts, which will be an option as part of the PHA.

*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 recommendations.

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: You can earn additional points by participating in a variety of challenges.

Activity Challenges that are acceptable include:

>Healthy Directions 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>

>On-site programs and 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 are:

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

>On-site programs and classes including cooking, Weight Watchers at Work, healthy eating, weight loss.

StressLess Challenge* on Healthy Directions portal can be taken **after** one nutrition **and** one physical activity challenge is completed, if desired, for 25 points.

Blood Pressure Challenge* involves taking your blood pressure for 8 times in a 2-week period and recording the results. *Please contact me if you choose to complete this challenge so I can provide your site with an automated blood pressure cuff for this 2 week challenge.*

*Both can be found at <http://healthnewengland.org/wellness/preventive-care>

You may request a reasonable accommodation or an alternative standard by contacting Lyn at Lyn@scantichealth.org, and, if appropriate, one will be provided.

REFER A MEMBER: If you have participated in *Wellness Works!* In the past AND you participate this year, you can earn up to 30 additional 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 HNE, BC/BS 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.**

<http://www.signupgenius.com/go/10c0848a5a828a5fe3-biometric45> is the on-line sign-up for the biometric screening. If you don't have access to a computer, please contact me at Lyn@scantichealth.org or 896-9080 and I will book your appointment for you.

February 8 3:00 – 6:00 PM Longmeadow High School, Business Technology Center

February 14 12 Noon – 3:00 PM CTEC 174 Brush Hill Ave, West Springfield

February 15 2:30 – 5:30 PM Minnechaug Regional High School, Cafeteria

February 28 2:30 – 5:30 PM East Longmeadow High School, Cafeteria

SVRHT and Tufts *Wellness Works!* Program Chart

Wellness Activity	Information	Points Awarded
Biometric Screening <i>(required)</i>	Attend on-site OR have MD return the results to Tufts by April 30 (bloodwork must be taken between Nov 1, 2017 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 HNE, BC/BS or Tufts- covered co-worker to the appropriate screening	10 points (for those making the referral) up to 3 referrals for 30 points Must be HNE, BC/BS or TUFTS through SVRHT
Health Assessment <i>(required)</i>	Take the on-line health assessment between 1/1/18 - 5/31/18	30 points
Activity Challenge* <i>(one required)</i>	Healthy Directions Physical Activity Challenges On-site wellness/ P&R classes	25 points each
Nutrition Challenge* <i>(one required)</i>	Healthy Directions Nutritional Webinars and Challenges On-site wellness nutrition programs	25 points each
"Stress" or "Press" Challenge	Healthy Directions StressLess Challenge Healthy Directions Blood Pressure challenge	25 points each
Outcomes-based program If one or more of your biometrics was NOT in a healthy range, you may earn the points by enrolling in telephonic health coaching through Tufts Health Plan.	Healthy BMI In-range Blood Pressure In-range Cholesterol In-range HDL Cholesterol In-range triglycerides In-range non-fasting glucose	20 points each for each healthy outcome. Potential total is 120 points Either be in a healthy range OR show a 10% improvement in any bloodwork value (5% for BMI) since last year.

***Completed challenges MUST include at least one nutrition & one physical activity challenge to earn points. You may participate in a minimum of 2 and a maximum of 4 challenges/activities (maximum of 100 points).**