

# 2019 WELLNESS PROGRAM

## INCENTIVE TABLE

### STATE & HIGHER EDUCATION ACTIVE MEMBERS ONLY



**You must complete a health assessment by Nov. 30 to be eligible for cash incentives.** Go to [MyActiveHealth](#), log in and then click on Health Assessment in the Welcome Message.

Eligible members and spouses can earn up to \$250 each or \$500 per household.

Program/Activity	What you earn	How you qualify and/or enroll Click on the links below, when available, to enroll or find out more.	Deadline to enroll or participate in the program/activity
Biometric screening	\$50	To get started, go to <a href="#">MyActiveHealth</a> , log in and go to Rewards to view your activity cards <i>You can go to an onsite screening or submit the Quest physician screening form.</i>	Complete and fax results to Quest by Nov. 30, 2019
Weight management program <i>Change—effective April 15, 2019</i>	Attend 1 class = \$50 Attend 2 classes = wearable fitness device and Bluetooth Scale Attend 8 classes = additional \$150	Go to <a href="#">MyActiveHealth</a> , log in and go to Rewards. If eligible, a Weight Management Card will appear. <i>To be eligible to enroll, your BMI ≥ 30.</i>	Enroll by Oct. 28, 2019
Digital Coaching (online activities) earn hearts by completing Health Education and/or Health Goals	Complete online activities and earn hearts. Digital coaching: Earn 750 hearts = \$50 Earn 6000 hearts = \$150	To complete the online activities, log in to your account and go to <a href="#">Rewards</a> to view your activity cards. <i>Everyone can do online activities.</i>	Start before Nov. 1 to have time to earn full incentive <i>Last day to complete activities is Dec. 31, 2019.</i>
Online group coaching for lifestyle or disease management (DM)*	Attend 1 class = \$50 Attend 3 classes = additional \$150	To enroll in Lifestyle or Disease Management Group Coaching, call ActiveHealth to enroll at 888-741-3390. <i>Must qualify for DM. Everyone can do lifestyle coaching.</i>	Register by Dec. 5 and attend first class by Dec. 18, 2019 to earn first \$50. Complete three classes by Dec. 31, 2019 to earn an additional \$150.
Telephonic coaching: Lifestyle coach or disease management (DM) nurse*	First Call = \$50 Third Call = \$150 <i>Note: Calls must be at least three weeks apart.</i>	Call 888-741-3390 to schedule your call with your coach or nurse today. <i>Must qualify for DM. Everyone can do lifestyle coaching.</i>	Start series of 3 calls by Nov. 18, 2019 to allow for 3 weeks between calls. Final deadline is Dec. 31, 2019.
Quarterly wellness challenges	\$25 per completed challenge – earn up to \$100	To enroll in a quarterly challenge, log in to your <a href="#">MyActiveHealth</a> account and go to Rewards to view your activity cards. <i>Everyone can do a challenge.</i>	<ul style="list-style-type: none"> <li>•Challenge 1: Ready, Set Move! Jan. 7-Feb. 17</li> <li>•Challenge 2: Sleep Tracking April 1-May 12</li> <li>•Challenge 3: Ready, Set, Move! July 1-Aug. 11</li> <li>•Challenge 4: Sleep Tracking Oct. 1-Nov. 11</li> </ul>
Preventative exams**	Complete one of the exams (screenings) to earn \$50	Claims will be used to confirm completion. <i>Sex and age limits apply.</i>	Complete by Nov. 30, 2019
Case management***	Participation = \$150	Member will be contacted by BlueCross BlueShield (BCBST) or Cigna to enroll.	Complete by Dec. 31, 2019
Take Charge at Work (TCAW)	Complete TCAW engagement activity = \$150	Go to the <a href="#">Here4TN website</a> to see if you're eligible for the program.	Deadline to participate is Dec. 31, 2019
Healthy biometric screening values	\$150 for meeting healthy range either through a Quest onsite screening or Quest Physician Screening Form.	You must have 3 out of 5 values in the healthy range to qualify for the healthy range incentive. <i>Will be verified by ActiveHealth via onsite screening results or physician screening form.</i>	Complete and fax results to Quest by Nov. 30, 2019

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Eligible members and spouses can earn up to \$250 each or \$500 per household

*Note — The incentive is taxable and subject to withholding, garnishment and reporting which will impact the actual amount in your paycheck.*

*All incentive payments will be deposited into the Head of Contract's paycheck. It may take at least three months to receive your payment. You can track when you receive credit by logging into your ActiveHealth account and going to the Incentive Center.*

*New hires/new plan members, your earnings may be limited depending on your hire date.*

\*Must qualify based on health status. Disease management (DM) is for those with diabetes, asthma, COPD, congestive heart failure and coronary artery disease.

\*\*Preventative Exams: Breast Cancer Screening, Colon Cancer Screening, Cervical Cancer Screening or Prostate Cancer Screening

#### Breast Cancer Screening:

- Covers Females ages 40 – 75
- Mammogram, Breast MRI

#### Colon Cancer Screening

- Covers ages 50 to 75
- Includes: Colonoscopy, Sigmoidoscopy, FOTB (Fecal Occult Test - Blood)

#### Cervical Cancer Screening:

- Females 21 to 65
- Includes Cervical Cancer screen & HPV

Note - Does not cover a general OB/GYN visit

#### Prostate Cancer Screening:

- Males 55 to 69
- Prostate cancer screening, PSA complexed, free, total

\*\*\*Case Management - Case management is a program that promotes quality and cost effective coordination of care for members with complicated medical needs, chronic illnesses and/or catastrophic illnesses or injuries. Members who need case management are identified and contacted by phone or in writing regarding alternative treatment plans. Members or providers may also contact member services if they believe they would benefit from case management.

- BCBST member service: 800-558-6213
- Cigna member service: 800-997-1617

\*\*\*\*To meet the Healthy Values – you must have 3 out of 5 values in the healthy range to qualify

Value	Healthy Target
Triglycerides	< 150 mg/dL
HDL (Good) cholesterol	Women >= 50 mg/dL Men >= 40 mg/dL
Blood glucose	< 100 mg/dL
Blood pressure	< 130/85 mmHg
Body Mass Index (BMI)	< 30 kg/m <sup>2</sup> or Waist Circumference: Women < 35 inches Men < 40 inches