

2020 WELLNESS PROGRAM

INCENTIVE TABLE

STATE & HIGHER EDUCATION ACTIVE MEMBERS ONLY



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 <small>Click on the links below, when available, to enroll or find out more.</small>	Deadline to enroll or participate in the program/activity
ActiveHealth's online health assessment	\$0	Go to MyActiveHealth , log in and then click on Health Assessment in the Welcome Message.	You must complete the health assessment by Dec. 31 to be eligible for cash incentives.
Biometric screening	\$50	To get started, go to MyActiveHealth , log in and go to Rewards to view your activity cards <small>You can go to an onsite screening or submit the Quest physician screening form.</small>	Complete and fax results to Quest by Nov. 30, 2020. Results will be accepted between Dec. 1, 2019 and Nov. 30, 2020.
Weight management program	Attend 1 class = \$50 Attend 2 classes = wearable fitness device and Bluetooth Scale 8th class = \$50 16th class = \$100	Go to MyActiveHealth , log in and go to Rewards. If eligible, a Weight Management Card will appear. <small>To be eligible to enroll, your BMI ≥ 30.</small>	Enroll by Nov. 30, 2020
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 Rewards to view your activity cards. <small>Everyone can do online activities.</small>	Start before Nov. 1 to have time to earn full incentive <small>Last day to complete activities is Dec. 31, 2020.</small>
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 at 888-741-3390. <small>Must qualify for DM. Everyone can do lifestyle coaching.</small>	Register by Dec. 4 and attend first class by Dec. 16, 2020 to earn first \$50. Complete three classes by Dec. 31, 2020 to earn an additional \$150.
Telephonic coaching: Lifestyle coach or disease management (DM) nurse*	First Call = \$50 Third Call = \$150 <small>Note: Calls must be at least three weeks apart.</small>	Call 888-741-3390 to schedule your call with your coach or nurse today. <small>Must qualify for DM. Everyone can do lifestyle coaching.</small>	Start series of 3 calls by Nov. 18, 2020 to allow for 3 weeks between calls. Final deadline is Dec. 31, 2020.
Telephonic coaching for Tobacco Cessation	First call = \$50 Third call = \$150	To enroll, call ActiveHealth at 888-741-3390.	Must start series of 3 calls by Nov. 18, 2020 to allow for 3 weeks between calls. Final deadline is Dec. 31, 2020.
Online group coaching for Tobacco Cessation	Attend 1 class = \$50 Attend 3 classes = additional \$150	To enroll in Lifestyle or Disease Management Group Coaching, call ActiveHealth at 888-741-3390. <small>Must qualify for DM. Everyone can do lifestyle coaching.</small>	Register by Dec. 4 and attend first class by Dec. 16, 2020 to earn first \$50. Complete three classes by Dec. 31, 2020 to earn an additional \$150.

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Quarterly wellness challenges	\$25 per completed challenge – earn up to \$100	To enroll in a quarterly challenge, log in to your MyActiveHealth account and go to Rewards to view your activity cards. <i>Everyone can do a challenge.</i>	<ul style="list-style-type: none"> •Challenge 1: Know Your Risks Jan. 1-March 31 •Challenge 2: Be Mindful April 1-June 30 •Challenge 3: Know Your Risks July 1-Sep. 30 •Challenge 4: Be Mindful Oct. 1-Dec. 31
Preventative exams**	Complete an exam or screening to earn \$50	Claims will be used to confirm completion. <i>Sex and age limits apply.</i>	Screenings or exams will be accepted between Dec. 1, 2019 and Nov. 30, 2020.
Case management***	Participation = \$150	Member will be contacted by BlueCross BlueShield (BCBST) or Cigna to enroll.	Complete by Dec. 31, 2020
Take Charge at Work (TCAW)	Complete TCAW engagement activity = \$150	Go to the Here4TN website to see if you're eligible for the program.	Deadline to participate is Dec. 31, 2020
Target biometric screening values****	\$150 for meeting target range either through a Quest onsite screening or Quest Physician Screening Form.	You must have 3 out of 5 values in the target range to qualify for the 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, 2020.

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Eligible members and spouses can earn up to \$250 each or \$500 per household. The funds are provided to your employer, who deposits them into the Head of Contract’s paycheck – usually the end-of-month check. State employees who select the funds to be deposited into their health savings account (HSA) will be able to track the payments through the PayFlex website.

It may take at least three months to receive your payment. Check your digital paystub.

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: Annual Physical and Well Woman Exam, Breast Cancer Screening, Colon Cancer Screening or Cervical 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 screening/HPV Testing

Note - Does not cover a general OB/GYN visit

***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 Target Values – you must have 3 out of 5 values in the target range to qualify. Note about target ranges: If you have 3 out of 5 values in the target range, you are at lower risk for heart disease, diabetes or stroke. Some target ranges for healthiest or lowest risk may be different.

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/m2 or Waist Circumference: Women < 35 inches Men < 40 inches

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