



## TeamstersCare Wellness Program

Dear TeamstersCare Health and Welfare Fund Member,

December 2016

Our members tell us they want to get healthier...so what's getting in the way? Is it a lack of **motivation**? A lack of **time**? Good news...the **second annual TeamstersCare Wellness Program** should give you some motivation! It's a great way to earn valuable rewards while improving your health so you can **be your best**. We hope you'll make the time!

The second annual program **kicks off on January 1, 2017 and runs through June 30, 2017**. The chart that follows details the wellness activities that will be offered through the program and the awards or points/gift card dollars you can receive for each.

**You're eligible to earn incentive awards, including a Fitbit Flex and up to \$50 in gift cards\*, if:**

1. You're a TeamstersCare Health & Welfare Fund **member or retiree enrolled in TeamstersCare BCBSMA medical**  
OR
2. You're the **spouse** of a TeamstersCare Health & Welfare Fund member or retiree and you're **enrolled in TeamstersCare BCBSMA medical**

If you haven't already, go to [www.ahealthyme.com/login](http://www.ahealthyme.com/login) and click on "Click here to sign up." You'll need your BCBSMA member number to complete the registration process. If you registered for the first TeamstersCare Wellness Program, you're ahead of the game!

You can **start earning points on January 1, 2017** and they will be displayed on your ahealthyme home page. This is also where you'll go to redeem your earned points for gift cards – just click on the "redeem" link within your points tracker. Each point equals one dollar and points can be redeemed for gift cards for up to a maximum total value of \$50.

Gift cards can be redeemed at hundreds of national stores and online retailers by going to your ahealthyme home page ([www.ahealthyme.com/login](http://www.ahealthyme.com/login)) and clicking on the "redeem" link within your points tracker. The gift card redemption center will remain open through July 31, 2017 (one month after the deadline to earn your points).

**The journey to a healthier you awaits**—begin by taking a few simple steps and sign up for the TeamstersCare Wellness Program. **We hope you'll join us!**

If you have any questions about the TeamstersCare Wellness Program, please contact the TeamstersCare Wellness staff at 1-800-851-8326. If you have any questions about navigating the website or experience technical difficulties, please call the BCBSMA Member Service number at (888) 617-0696 (M-F, 8am-6pm EST).

**Your partners in health, TeamstersCare Board of Trustees**

The activities below can be completed to earn incentive rewards:

TeamstersCare Wellness Program Activity	Information & Completion Requirement	Incentive Award
<p><b>Online Health Assessment</b> <i>January 1- February 28, 2017</i></p>	<p>The Health Assessment (HA) is a health survey that takes just 15 minutes to complete. Once completed, you'll receive an interactive Health Assessment Report and a personalized wellness score. The Report will help you understand how you're doing in eight areas of your health, and will propose ahealthyme content and tools that you may find helpful. Take the HA by going to <a href="http://ahealthyme.com/login">ahealthyme.com/login</a> and clicking on Health Assessment. If you complete the HA by February 28, 2017, you'll earn a free Fitbit Flex. <b>Please note that if you completed the Health Assessment last year, you will need to retake it in order to earn your Fitbit Flex.</b></p>	<p><b>FitBit Flex</b> The Fitbit Flex tracks steps, distance, active minutes, calories burned, and sleep – and syncs those stats to your computer or smartphone. <a href="http://www.fitbit.com/flex">http://www.fitbit.com/flex</a> The Flex will be mailed in mid-March 2017.</p>
<p><b>TeamstersCare Nutrition Challenge</b> <i>January 23 – March 6, 2017</i></p> <p><i>sign-up</i> <i>January 16-29, 2017</i></p>	<p>This 4 week challenge will encourage you to eat more fruits and vegetables as part of a healthy diet. Your goal will be to log at least 2 servings of fruit and 2 servings of vegetables a day, for an average of 4 days per week. <b>To receive credit, you will need to log servings of fruits and vegetables using either the ahealthyme Fruit &amp; Veggie Tracker online or the HealthyNow mobile app.</b> If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.</p>	<p><b>25 Points/Dollars</b> Once you successfully complete the challenge, you will earn 25 points which can be redeemed for a \$25 gift card.</p>
<p><b>Track Your Steps</b> <i>April 1- June 30, 2017</i></p>	<p>Earn incentive points for logging your steps! Go to <a href="http://ahealthyme.com/login">ahealthyme.com/login</a> and use the ahealthyme Steps Log. This tracking tool displays a full picture of your current daily step activity. Increase your daily total step count, track your progress, and stay motivated to reach your health goals. Earn points in the following ways: Level I: <b>Awareness</b> – Earn a maximum of <b>2 points for 5,000 logged steps per day.</b> Level II: <b>Improvement</b> – Earn a maximum of <b>4 points for 10,000 logged steps per day.</b></p>	<p><b>Up to 25 Points/Dollars</b></p>
<p><b>Participate in a Weight Loss Program</b> <i>January 1, 2017 – June 30, 2017</i></p>	<p>In addition to the \$150 BCBSMA Weight Loss Program reimbursement which is available to you once each calendar year, <b>participate in a Weight Loss Program and provide proof</b> to TeamstersCare Wellness to earn 25 wellness points which can be redeemed for \$25 in gift cards.</p>	<p><b>25 Points/Dollars</b></p>

<p><b>TeamstersCare Diabetes Management</b> <i>January 1, 2017 – June 30, 2017</i></p>	<p>If you're a diabetic, <b>participate in the TeamstersCare Diabetes Management Program</b> by contacting the TeamstersCare Pharmacy at 1-800-235-0760 to learn how TeamstersCare can help you maintain your blood sugar level and stay healthy. By participating, you'll earn 25 points which can be redeemed for \$25 in gift cards.</p>	<p><b>25 Points/Dollars</b></p>
<p><b>TeamstersCare Smoking Cessation Program</b> <i>January 1, 2017 – June 30, 2017</i></p>	<p>If you're a smoker, and you're thinking about quitting, <b>participate in the TeamstersCare Smoking Cessation Coaching Program</b>. To get started, call 1-800-851-8326 to speak with one of our smoking cessation coaches. They'll provide you with the support you need to succeed, and you'll earn 25 points which can be redeemed for \$25 in gift cards.</p>	<p><b>25 Points/Dollars</b></p>
<p><b>BCBSMA Care Management Program</b> <i>January 1, 2017 – June 30, 2017</i></p>	<p>BCBSMA's care management programs are suitable for any Blue Cross member who has:</p> <ul style="list-style-type: none"> <li>• A chronic medical condition</li> <li>• A serious injury or illness</li> <li>• A complex medical and behavioral health need</li> </ul> <p>You have direct access to a team of health care professionals – nurses, dietitians, physical therapists, and more – who can play an active role in managing your health. Simply answer the phone when they call to connect with their experts. Or, you can call them today at 1-800-392-0098.</p> <p>Earn points by setting and meeting one health improvement goal with a Nurse Coach. Your points will appear on the 15<sup>th</sup> of the following month that you met a goal with your coach.</p>	<p><b>25 Points/Dollars</b></p>

*Your Privacy Is Important to Us. Any information provided in the health assessment is treated in accordance with the Blue Cross Blue Shield of Massachusetts policy on confidentiality. [http://www.bluecrossma.com/common/en\\_US/pdfs/Commit\\_Confidentiality.pdf](http://www.bluecrossma.com/common/en_US/pdfs/Commit_Confidentiality.pdf)*

***\*The dollar amount you receive may be considered taxable income. Consult your tax advisor about how to treat this reimbursement on your taxes.***