



## Announcing a new TeamstersCare Wellness Program!

Dear TeamstersCare Health & Welfare Fund Member,

The TeamstersCare Board of Trustees is excited to announce the launch of a new wellness program where you have the opportunity to earn valuable rewards while improving your health! The program runs from **October 1, 2015 through June 30, 2016** and will be rolled out on [ahealthyme.com/login](http://ahealthyme.com/login), a secure wellness website provided by Blue Cross Blue Shield of Massachusetts (BCBSMA) designed to help you reach your wellness goals.

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

1. you're a TeamstersCare member or retiree enrolled in TeamstersCare BCBSMA medical, or
2. you're the spouse of a TeamstersCare member or retiree and you're enrolled in TeamstersCare BCBSMA medical

There are many ways to be healthy and you can receive incentive awards for various activities (see the chart that follows for more detailed information). Here are just some of the ways...

- 1) Participate in the **TeamstersCare one-mile walk** immediately following the **October 18, 2015** Union Meeting. Receive a **free t-shirt** and enter a raffle for an **iPad mini, a pair of Patriots tickets or 4 Bruins tickets**.
- 2) Complete the 15 minute Health Assessment on [ahealthyme.com/login](http://ahealthyme.com/login) between **October 1** and **November 30, 2015** and receive a **FREE Fitbit Zip**. Note that if you have already completed the Health Assessment, you must do so again on or after October 1 to receive a **Fitbit Zip**.
- 3) Use your **Fitbit Zip** to participate in the **TeamstersCare Steps Challenge** from **January 18, 2016** through **February 29, 2016** and earn 25 points/gift card dollars.
- 4) Participate in any of the **TeamstersCare Wellness Program** activities listed on the following chart between October 1, 2015 and June 30, 2016 and earn 10 points/gift card dollars for each one.

To get started, go to [www.ahealthyme.com/login](http://www.ahealthyme.com/login) and click on "Click here to sign up." You will need your BCBSMA member number to complete the registration process. You can start earning points on **October 1, 2015** and they will be displayed on your ahealthyme home page. This is also where you will go to redeem your earned points for gift cards – just click on the "redeem" link within your points tracker. Every point equals one dollar. Points can be redeemed for a gift card after completing each activity, or they can be saved to redeem for a gift card up to \$50 in value. Gift cards can be redeemed at hundreds of national stores and online retailers.

The journey to a healthier you awaits—we're happy to get you off on the right path!

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***

<b>TeamstersCare Wellness Program Activity</b>	<b>Information &amp; Completion Requirement</b>	<b>Incentive Award</b>
<b>TeamstersCare One-Mile Walk October, 2015</b>	Participate in the <b>TeamstersCare one-mile walk</b> immediately following the October 18, 2015 Union Meeting.	<b>Free T-Shirt</b> and entry into a raffle for an <b>iPad mini, a pair of Patriots tickets or 4 Bruins tickets</b>
<b>Online Health Assessment October 1- November 30, 2015</b>	The Health Assessment (HA) is a health survey that takes just 15 minutes to complete. Once completed, you will 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.	<b>Fitbit Zip</b> The Fitbit Zip physical activity device tracks steps, distance, and calories burned – and syncs those stats to your computer or smartphone. <a href="http://www.fitbit.com/zip">http://www.fitbit.com/zip</a> The Zips will be mailed in early December 2015.
<b>Online Wellness Workshops October 1, 2015- June 30, 2016</b>	There are six interactive workshops to choose from including Smart Choices-Healthy Eating, Finding the Right Balance-Weight Management, Fit for Life-Physical Activity, Take a Break-Stress Management, Breathe Easy-Tobacco Cessation, and Mindful Living - Mind - Body Connection. Workshops are designed to be engaging and fun, while providing the tools you need to reach your wellness goals. Each workshop takes approximately 4-7 weeks to complete. They're self-paced, allowing you to complete them on your own time. You can sign up for a workshop by going to <a href="http://ahealthyme.com/login">ahealthyme.com/login</a> and clicking on wellness workshops.	<b>10 Points/Dollars</b> Once you complete a workshop, you will earn 10 points which can be redeemed for a \$10 gift card.
<b>Fitbit Steps Challenge January 18 through February 29, 2016</b>	To successfully complete this challenge, you will need to log 294,000 steps within six weeks—an average of 7,000 steps a day, using your Fitbit device. Although wellness points are earned individually, there are team rankings as well which are based on your team's step average. The team with the highest average number of steps at the end of six weeks will be the winner! The team challenge sign-up starts Monday, January 11, 2016 through Wednesday, January 20, 2016; simply go to <a href="http://ahealthyme.com/login">ahealthyme.com/login</a> and you can join your company's team or if your company doesn't have a team, you can create your own!	<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><b>TeamstersCare EAP visit</b></p> <p><b>October 1, 2015- June 30, 2016</b></p>	<p>Call 1-800-851-8326 and make an appointment to see a member of the TeamstersCare EAP (Employee Assistance Program) for advice or guidance on personal concerns. EAP staff will verify your visit with BCBSMA.</p>	<p><b>10 Points/Dollars</b></p> <p>Once you have an EAP visit, you'll earn 10 points which can be redeemed for a \$10 gift card.</p>
<p><b>Join a Gym</b></p> <p><b>October 1, 2015- June 30, 2016</b></p>	<p>In addition to the \$150 BCBSMA fitness reimbursement which is available to you once each calendar year, join a gym and provide proof to TeamstersCare Wellness to earn 10 wellness points.</p>	<p><b>10 Points/Dollars</b></p> <p>Once you join a gym, or if you already belong to one, provide proof to TeamstersCare Wellness to earn 10 points which can be redeemed for a \$10 gift card.</p>
<p><b>Participate in a Weight Loss Program</b></p> <p><b>October 1, 2015- June 30, 2016</b></p>	<p>In addition to the \$150 BCBSMA Weight Loss Program reimbursement which is available to you once each calendar year, participate in a Weight Loss Program and provide proof to TeamstersCare Wellness to earn 10 wellness points.</p>	<p><b>10 Points/Dollars</b></p> <p>Participate in a Weight Loss Program and provide proof to TeamstersCare Wellness to earn 10 points which can be redeemed for a \$10 gift card.</p>
<p><b>TeamstersCare Diabetes Management</b></p> <p><b>October 1, 2015- June 30, 2016</b></p>	<p>If you're a diabetic, participate in the TeamstersCare Diabetes Management Program 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.</p>	<p><b>10 Points/Dollars</b></p> <p>Once you participate in the TeamstersCare Diabetes Management Program, you'll earn 10 points which can be redeemed for a \$10 gift card.</p>
<p><b>TeamstersCare Smoking Cessation Program</b></p> <p><b>October 1, 2015- June 30, 2016</b></p>	<p>If you're a smoker, and you're thinking about quitting, participate in the TeamstersCare Smoking Cessation Coaching Program. 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'll need to succeed.</p>	<p><b>10 Points/Dollars</b></p> <p>Once you participate in the TeamstersCare Smoking Cessation Program, you'll earn 10 points which can be redeemed for a \$10 gift card.</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.**

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**See inside for details on the new TeamstersCare Wellness Program!**

**Improve your Health AND Earn Rewards**

