



## TeamstersCare Wellness Program

Dear TeamstersCare Health and Welfare Fund Member,

December 2017

Good news! **TeamstersCare will kick off its third annual Wellness Program on January 1, 2018.** Why not make participation in our Wellness Program one of your New Year's resolutions? You can earn valuable rewards while improving your health in 2018!

The Wellness Program will run from **January 1, 2018 through June 30, 2018.** See the chart for details on the wellness activities that the Program will offer 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 a previous TeamstersCare Wellness Program, you're ahead of the game!

You can **start earning points on January 1, 2018** 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. 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, 2018 (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**

**You can complete the activities below to earn incentive rewards:**

<b>TeamstersCare Wellness Program Activity</b>	<b>Information &amp; Completion Requirement</b>	<b>Incentive Award</b>
<p align="center"><b>Online Health Assessment</b></p> <p align="center"><i>January 1, 2018 - February 28, 2018</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. Take the HA by going to <a href="http://www.healthy.com/login">ahealthyme.com/login</a> and clicking on Health Assessment. <b>If you complete the HA by February 28, 2018, you'll earn a free 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> <b>Important note: If you completed the Health Assessment last year, you will need to retake it in order to earn your Fitbit Flex.</b></p>	<p align="center"><b>FitBit Flex</b></p> <p align="center"><a href="http://www.fitbit.com/flex">http://www.fitbit.com/flex</a></p> <p>The Flex will be mailed in mid-March 2018.</p>
<p align="center"><b>TeamstersCare Steps Challenge</b></p> <p align="center"><i>April 9, 2018 – May 21, 2018</i></p> <p align="center"><i>sign-up April 2-15, 2018</i></p>	<p>This 6-week challenge will encourage you to take more steps in your day. The goal of the challenge will be to get at least 7,000 steps per day on average, for a total of 294,000 steps over 6 weeks. <b>To receive credit, you will need to track your steps in the ahealthyme Steps Log online, or the HealthyNow mobile app. If you have a Fitbit, you can connect it to the ahealthyme website which will enable your steps to automatically sync to your ahealthyme account.</b> If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.</p>	<p align="center"><b>25 Points/Dollars</b> and entry into a raffle for a <b>Fitbit Ionic</b></p>
<p align="center"><b>Participate in a “Certified” Fitness Event</b></p> <p align="center"><i>May 1, 2018 – June 30, 2018</i></p>	<p>Here's the chance to choose an event of your liking! Participate in a certified walk or run, such as a 5K. Participate in events such as cycling, swimming, duathlon, mini-triathlon, Spartan Challenge, etc...</p> <p>Simply send proof of participation to TeamstersCare Wellness, 16 Sever Street, Charlestown, MA 02129 to earn your points. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions</p>	<p align="center"><b>25 Points/Dollars</b></p>
<p align="center"><b>Volunteer in a Community or Charity Event</b></p> <p align="center"><i>January 1, 2018 – June 30, 2018</i></p>	<p>Earn points for volunteering in a community or charity event. Simply send proof of participation to TeamstersCare Wellness, 16 Sever Street, Charlestown, MA 02129 to earn your points. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.</p>	<p align="center"><b>10 Points/Dollars</b></p>
<p align="center"><b>Online Wellness Workshops</b></p> <p align="center"><i>January 1, 2018 – June 30, 2018</i></p>	<p>There are many interactive workshops to choose from depending on your wellness goal. 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.</p> <p>You can sign up for a workshop by going to <a href="http://www.healthy.com/login">ahealthyme.com/login</a> and clicking on wellness workshops.</p>	<p align="center"><b>10 Points/Dollars</b></p>

<p><b>Participate in a Weight Loss Program</b></p> <p><i>January 1, 2018 – June 30, 2018</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, 16 Sever Street, Charlestown, MA 02129 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></p> <p><i>January 1, 2018 – June 30, 2018</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></p> <p><i>January 1, 2018 – June 30, 2018</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></p> <p><i>January 1, 2018 – June 30, 2018</i></p>	<p>BCBSMA's care management programs are suitable for any Blue Cross member who has a chronic medical condition, a serious injury or illness, or a complex medical or behavioral health need.</p> <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.**