



TeamstersCare Wellness Program

The TeamstersCare Wellness Program is a great way to earn valuable rewards while improving your health! The fourth annual program kicks off on **January 1, 2019 and runs through June 30, 2019**. The chart below details the Program's wellness activities and the rewards or points/gift card dollars you can receive for each activity.

This year, you MUST take the Health Risk Assessment (HRA) to redeem any points for gift cards. If you complete the HRA between January 1 and February 28, 2019, you will also have the choice of a Fitbit Alta HR OR 50 points that you can redeem for \$50 in gift cards.* See further details about taking the Health Risk Assessment below.

In addition to the Fitbit Alta HR or the 50 points for completing your Health Risk Assessment by February 28, 2019, you're eligible to earn up to an additional 50 points by completing other Program activities. Each point is worth one dollar toward a gift card that you can redeem at hundreds of national stores and online retailers by going to your ahealthyme home page (www.ahealthyme.com/login) and clicking on the "redeem" link within your points tracker. Please note that the gift card redemption center will remain open through July 31, 2019 (one month after the deadline to earn your points).

You are eligible to earn incentive rewards, including points toward gift cards if:

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

Note: Dependent children are not eligible

Complete the activities below to earn incentive rewards:

Online Health Risk Assessment (HRA) – 50 Points OR a Free Fitbit Alta HR.

Important Note: You MUST complete a new HRA to redeem any program incentives.

January 1-February 28, 2019

- The Health Risk Assessment (HRA) is a health survey that takes about 15 minutes to complete. Having the results of your most recent physical exam and labs available will help you complete the HRA and insure that you receive the most detailed health report. Once completed, you will receive an interactive Health Assessment Report and a personalized wellness score. ***Remember, you must complete a new HRA January 1-February 28, 2019 to earn 50 points or the Fitbit Alta HR.***
- If you complete the HRA by February 28, 2019, you will be eligible for your choice of either a free Fitbit Alta HR OR 50 points/dollars which can be redeemed for gift cards. ***Once you complete your HRA, please indicate which reward you would prefer by taking the HRA Incentive Survey.*** The survey can also be found within the QuickLinks section of your ahealthyme homepage. The Fitbit Alta HR tracks steps, distance, active minutes, calories burned, heart rate and sleep – and syncs those stats to your computer or smartphone. You can find out more at <https://www.fitbit.com/altahr>. Remember: if you completed the HRA last year, you must retake it in order to earn any rewards or redeem points toward gift cards.

- If you opt for the Fitbit Alta HR, you will receive it in mid-March 2019, in time for the Steps Challenge. If you opt for the 50 additional points, you will see those points in your account by mid-March 2019.
- If you complete the HRA before June 30, 2019, you will be eligible to redeem up to 50 points that you earn through other ahealthyme activities. **You will not be able to redeem any points until you complete the HRA.**

TeamstersCare Steps Challenge – 25 Points/Dollars, and entry into a raffle for a Fitbit Versa.

April 8 – May 20, 2019

- This 6-week challenge will encourage you to get more steps in the day. Your 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.
- Your steps must be logged in ahealthyme to count toward this challenge. If you have a Fitbit, you may connect your Fitbit to ahealthyme for your steps to sync automatically. ***Steps must be uploaded/synced by Monday, May 20, 2019 at 11:59 p.m.***
- More information will be provided when the challenge becomes available.
- If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.

Participate in a “Certified” Fitness Event – 25 Points/Dollars

January 1, 2019 – June 30, 2019

- 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...
- Simply provide proof of participation to TeamstersCare Wellness to earn your credit. Fax your proof to 617-241-8168 or scan and email it to **wellness@teamsterscare.com**. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.

Volunteer for a Community or Charity Event – 10 Points/Dollars

January 1 – June 30, 2019

- Earn points for volunteering in a community or charity event. Simply provide proof of participation to TeamstersCare Wellness to earn your credit. Fax your proof to 617-241-8168 or scan and email it to **wellness@teamsterscare.com**. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.

Online Wellness Workshops – 10 Points/Dollars

January 1 – June 30, 2019

- 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 ahealthyme.com/login and clicking on wellness workshops.

Participate in a Weight Loss Program – 25 Points/Dollars

January 1 – June 30, 2019

- 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 additional wellness points redeemable on ahealthyme. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.

TeamstersCare Diabetes Management Program – 25 Points/Dollars

January 1 – June 30, 2019

- 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.

TeamstersCare Smoking Cessation Program – 25 Points/Dollars

January 1 – June 30, 2019

- 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.

BCBSMA Care Management Program – 25 Points/Dollars

January 1 – June 30, 2019

- BCBSMA's care management programs are suitable for and available to any Blue Cross member who has:
 - A chronic condition
 - A serious injury or illness
 - A complex medical and behavioral health need
- Eligible members as described above 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 pick up the phone when they call to connect with their experts. Or, you can call them today at 1-800-392-0098.
- Earn points by setting and meeting 1 health improvement goal with a Nurse Coach. Your points will appear on the 15th of the following month that you met a goal with your coach.
- If you do not qualify for a Care Management program, please check out the other ways you can earn your points!

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

Note: Please refer to teamsterscare.com for the Wellness Program Notice.

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

**See inside for details of the
Fourth Annual TeamstersCare Wellness Program!
Improve Your Health AND Earn Rewards**

