



December 2019

TeamstersCare Wellness Program 2020

The TeamstersCare Wellness Program is a great way to earn valuable rewards while improving your health! The fifth annual program kicks off on **January 1, 2020 and runs through September 30, 2020**. The chart below details the Program's wellness activities and the rewards or points/gift card dollars you can receive for each activity.

You MUST take the Health Risk Assessment (HRA) to redeem any points for gift cards. If you complete the HRA you will receive 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 50 points for completing your Health Risk Assessment, you're eligible to earn up to an additional 150 points by completing other Program activities, **for a grand total of 200 points**. Each point is worth one dollar toward a gift card that you can redeem at hundreds of national stores, restaurants, 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 October 31, 2020 (one month after the deadline to earn your points).**

In a continued effort to improve our wellness program, this year we will be introducing **Wellness Champions** to help guide our initiatives. Further details regarding time commitment and expectations will be announced at a later date. **Participation is voluntary, but each Wellness Champion will earn 25 points as part of their completed activities.** If you are interested in becoming a Wellness Champion or would like more information about this opportunity, please contact TeamstersCare Wellness at 1-800-851-8326 or email wellness@teamsterscare.com.

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/Dollars (Completion Required)

Important Note: YOU MUST FIRST COMPLETE A NEW HRA to redeem any program incentives.

January 1 - September 30, 2020

- 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 ensure that you receive the most detailed health report. Once completed, you will receive an interactive Health Assessment Report and a personalized wellness score. **Remember: if you completed the HRA last year, you must retake it in order to earn any rewards or redeem points toward gift cards this year.**
- If you complete the HRA before September 30, 2020, you will be eligible to redeem **up to 150 additional Points/Dollars** that you earn through other ahealthyme activities. **You will not be able to earn or redeem any Points/Dollars until you complete the HRA.**

TeamstersCare Nutrition Challenge - 25 Points/Dollars

January 13 - February 24, 2020

- This 6-week challenge will encourage you to get more healthy foods in your diet. Your goal of the challenge will be to log at least 24 total days of 2 servings of fruits and 2 servings of veggies over 6 weeks.
- Servings can be logged using the Fruit and Vegetable tracker on ahealthyme, the Food Log on ahealthyme, or the Food Tracker on the HealthyNow mobile app. To successfully complete the challenge, servings **must be uploaded by Monday, February 24, 2020 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.

TeamstersCare Team Steps Challenge - 25 Points/Dollars

April 27 - May 24, 2020

- New to 2020, the steps challenge will be powered by Virgin Pulse. This will be a more interactive challenge than last year, having you travel around the world and learn more about new places. Get ready to trek! You've got 8 thrilling summits, from Morocco to Nepal to visit. Rally your crew to top them all. You'll catch the world's most beautiful sights — and its toughest terrain.
- To complete this challenge, your team must walk and total of a certain number of steps to unlock each destination. So, for example, each member on a team of 10 will walk 7,000 steps, totaling 70,000 steps, to reach a particular destination. With this challenge, you can also log an activity that will translate to steps, such as boxing or yoga.
- To enroll in the challenge, you will need to complete a one-time registration on the Virgin Pulse site. Simply **enroll by logging into your ahealthyme account**, click the **Healthy Together challenge banner**, where you will be brought to the **Virgin Pulse site for registration**. After that, feel free to track on the website or by downloading the Virgin Pulse mobile app in the App store on your tablet or mobile device.
- Your steps must be logged on the Virgin Pulse site or app to count toward this challenge. If you have a **Fitbit or any other wearable tracking device**, you may connect it to the site or app for your steps to sync automatically. To successfully complete the challenge, **steps must be uploaded/synced by Wednesday, May 27, 2020 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 30 days after close of the challenge.
- The Winning Team is the team with the most steps by the end of the syncing deadline of May 27, 2020 at 11:59 pm. Winning Team members will earn an additional 25 points/dollars for a total of 50 points/dollars for this challenge!

Well Connection Account Registration - 25 Points/Dollars

January 1, 2020 - September 30, 2020

- Register before you need it! By registering for Well Connection, the BCBS telehealth service, you will be ready on the chance you get sick and need a virtual visit.
- Telehealth services can be used on your smart phone, computer, or tablet.
- To sign up, visit **www.wellconnection.com** or go to your App store to download the Well Connection app. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.

Attend A Local 25 Event - 25 Points/Dollars Per Event

- **Local 25 Autism Gala, March 21, 2020** – Provide proof of attendance by faxing or emailing a copy of your ticket with your ticket number. Fax your proof to 617-241-8168 or e-mail it to **wellness@teamsterscare.com**. Please call TeamstersCare Wellness at 1-800-851-8326 if you have any questions.
- **Massachusetts Coalition/TeamstersCare Health Fair, March 22, 2020 at Lombardo's, Randolph, MA. Sign in at the TeamstersCare table.** (We will send more information about this event as the date gets closer.)
- Points will be awarded up to a month following these events.

TBVme App Registration and Use - 25 Points/Dollars

January 1, 2020 - September 30, 2020

- The Trust But Verify App allows our members or their spouses who are in recovery for substance abuse to connect with TeamstersCare EAP and access meetings.
- To earn points, you need to contact TeamstersCare EAP at 800-851-8326. They will email you a link to the TBVme app.
- Downloading and enrolling in the app will give you 25 points. If you attend one meeting every week over a one month period, verified through the TBVme app, you can earn an additional 25 points.

Preventive Visit with your Primary Care Physician - 25 Points/Dollars

January 1, 2020 - September 30, 2020

- As long as you've completed the HRA, points will be automatically awarded to BCBS members who have a preventive visit between January 1 and September 30, 2020.
 - Points may take up to 90 days to be awarded after the preventive visit. So if you have your visit 90 days before the program end date of September 30, 2020, you may need to fill out an attestation to earn points. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.
- Also, if you had a preventive visit **during 2019**, there's a 12-month lookback in place. So, in January 2020, as long as you've completed the HRA in 2020, points will be automatically awarded for visits that took place from Jan – Dec 2019.

Dental Cleaning - 25 Points/Dollars

January 1, 2020 - September 30, 2020

- Points will be awarded to members who access a Dental Blue Provider (for members enrolled in the Active TeamstersCare Program) or a TeamstersCare Dental Office up to 90 days after their dental cleaning visit.
 - For members having a dental cleaning with a Dental Blue provider, points may take up to 90 days to be awarded after the cleaning visit. So if you have your visit 90 days before the program end date of September 30, 2020, you may need to fill out an attestation to earn points. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.

Online Wellness Workshops – 10 - 25 Points/Dollars

January 1, 2020 - September 30, 2020

- There are six 25 point 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.
- **All workshops are 25 points each, except Flu which is worth 10 points.**

TeamstersCare Smoking Cessation Program - 25 Points/Dollars

January 1 - September 30, 2020

- 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.

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

January 1, 2020 - September 30, 2020

- 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.

Participate in a Weight Loss Program - 10 Points/Dollars

January 1, 2020 – September 30, 2020

- 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.

Nutritionist/Dietician Appointment - 25 Points/Dollars

January 1, 2020 - September 30, 2020

- Attend visits with a licensed Nutritionist or Dietician and earn 25 points per visit.
- Please allow up to 90 days following each visit for points to be loaded.
 - Points may take up to 90 days to be awarded. So if you have your visit 90 days before the program end date of September 30, 2020, you may need to fill out an attestation to earn points. Please call TeamstersCare Wellness at 1-800-851-8326 for further information or if you have any questions.
- To find a Nutritionist/Dietician call BCBS Provider Services at 1-800-443-6657.

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

January 1, 2020 - September 30, 2020

- 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.

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