



May 2023

TeamstersCare 2023 Wellness Program

Once again, TeamstersCare is inviting members and spouses actively enrolled in TeamstersCare Blue Cross Blue Shield (BCBS) coverage to participate in our Wellness Program to improve your overall health. This year, we will be using a new and improved platform that requires new account creation (even for existing ahealthyme.com users). You can earn points throughout the program by completing activities outlined below to be eligible for various gift card vouchers.

The 2023 program kicks off on **June 1st, 2023 and runs through December 31st, 2023**. You may want to keep this letter handy to use as a guide to track your activities. Here's how to sign up:

- Sign into your **MyBlue Account** (or create your account, if you haven't yet) via the BCBSMA MyBlue Member App or at www.bluecrossma.com
- Click on **ahealthyme** under the **My Care** tab to access the site and create a new ahealthyme account

Program participants have **until 12/31/23** to earn points toward a gift card voucher reward. Here's how the points work:

- Earn a minimum of 70 points to complete the program
- If, by 12/31/23, you have earned 100-105 points, you will receive a \$100 gift card voucher*
- If, by 12/31/23, you have earned 110 or more points, you will receive a \$150 gift card voucher*

Please note: *you must remain actively enrolled in BCBSMA medical coverage throughout the program and upon program completion to receive a reward.*

Please see the table below for a summary of wellness activities you may complete to earn points. All points will be tracked under the **Wellness Activities & Points** tile on your ahealthyme dashboard. Upon completion of most wellness activities, points will be automatically applied.

Wellness Activity	Points	Information
Health Assessment	20 points	Points will appear upon completion of health assessment.
Plan for Wellness	5 points each (10 max)	<ul style="list-style-type: none">• Access your Plan for Wellness tile on your ahealthyme program homepage and pick a plan that resonates with you.• Earn points for up to 2 completed programs.
Routine Well-Visit**	10 points	Points will be awarded to members who attend a routine well-visit with their PCP.

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

*** For routine visits and screenings, points are awarded by the 15th of the month following the claim submission, which can take up to 90 days. If your visit or screening is October 1st or later, you must also complete the associated Attestation to ensure that you receive your points before the Program ends.*



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Routine Dental Visit**	10 points	Points will be awarded to members who access a TeamstersCare Dental Office or a Dental Blue provider for a preventive dental visit.
Routine Cancer Screening**	10 points	Points will be awarded to members who obtain an age-recommended routine cancer screening for breast, colon, and/or cervical cancer.
Enroll in a Wellness Challenge	5 points each (10 max)	Enroll in up to 2 challenges via the Wellness Challenge tile.
Complete a Wellness Challenge	10 points each (20 max)	Complete up to 2 challenges by following the challenge description and hitting the final milestone before the challenge ends.
Tobacco Attestation Program	5 points	<ul style="list-style-type: none"> To share your tobacco free status, sign and submit the Tobacco Attestation under the Wellness Activities & Points tile. Or, complete the LivingFree course under the health and wellness courses.
<p>TeamstersCare-sponsored Events</p> <p>IMPORTANT NOTE: Only one activity per event category is eligible for points on ahealthyme. Additional points will be tracked separately for participation in multiple events per category.</p>	5 points each (15 max)	<p><u>Category 1:</u> TeamstersCare in-house clinical services. Between June 1st and December 31st, 2023:</p> <ul style="list-style-type: none"> Attend a routine hearing screening with the TeamstersCare Audiologist. Call 1 (617) 241-9220 ext. 1 to schedule. Have your medical provider send a new or transferred maintenance medication prescription to the TeamstersCare pharmacy in Charlestown or Stoughton. Call 1 (617) 241-9024 for more info. Schedule an appointment with a member of the TeamstersCare EAP staff to discuss stress, smoking cessation, behavioral health or other issues. Call 1 (800) 851-8326 to schedule. <p><u>Category 2:</u> Attend a Union-Sponsored Fitness Activity</p> <ul style="list-style-type: none"> Participate in a Teamsters Local 25 Fitness Activity between June 1 and December 31, 2023. Sign-in at the event with a TeamstersCare staff member. Activities include the Cornhole Tournament on June 3 and the Autism Walk on October 15. <p><u>Category 3:</u> Wellness videos on teamsterscare.com – watch video and complete and return the associated quiz to earn points. Topics include: healthy living strategies, depression, cholesterol counts and sleep disorders.</p>

The 2023 Wellness Program offers new and exciting ways to improve your health in the year ahead. **Don't forget to sign up when the Program begins on June 1st, 2023.** If you have questions about the Program, call TeamstersCare Member Services at **1 (617) 241-9220 ext. 2**. Additionally, members with questions about the ahealthyme platform may email ahealthyme@vivacity.net or call **1 (844) 960-4806**.

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