

2023 TeamstersCare Wellness Program ~ Summary of Activities and Points

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.
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.
TeamstersCare-sponsored Events 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.	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>

****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.**