



TeamstersCare 2024 Wellness Program

TeamstersCare is pleased to invite **members and spouses** actively enrolled in **Blue Cross Blue Shield (BCBS)** coverage to participate in our **2024 Wellness Program**. Once again, this year, qualified participants can utilize the **AHealthyMe platform to earn points toward gift card vouchers** by completing activities designed to improve overall health.

The 2024 program kicks off on **April 1st, 2024 and runs through December 31st, 2024**. You may want to keep this letter handy to use as a guide to track your activities. Sign into your AHealthyMe Account any of the following ways:

- Via the MyBlue member app - **AHealthyMe** is under the **My Care** tab
- Visit <https://wellness.ahealthyme.com>
- Download the **Alaveda app**, and enter registration code **wellness**

Program participants have **until 12/31/24** to earn points toward a gift card voucher reward. Here’s how the points work:

- Complete the Health Risk Assessment and receive a \$50 gift card voucher*
- Earn 70 or more points on the platform and receive an additional \$100 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. Participants who complete this task by 12/31/24 will receive a \$50 gift card voucher.
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 interests 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. Those who receive preventive care at TeamstersCare Dental Office must also complete the associated Attestation to earn 10 points.

**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.*



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 (15 max)	Enroll in up to 3 challenges via the Wellness Challenge tile.
Complete a Wellness Challenge Challenge participants will be randomly selected to win gift vouchers!	10 points each (30 max)	Complete up to 3 challenges by following the challenge description and hitting the final milestone before the challenge ends. Upcoming Challenges include: STEP INTO SPRING – STEPS CHALLENGE Enrollment: 4/10/24 through 4/23/24 Challenge starts: 4/24/24, Challenge Ends: 5/21/24 MOVE IT! – STEPS CHALLENGE Enrollment: 9/1/24 through 9/15/24 Challenge starts: 9/16/24, Challenge Ends: 10/13/24 STRESS LESS – LEARN TO REDUCE STRESS CHALLENGE Enrollment: 11/4/24 through 11/17/24 Challenge starts: 11/18/24, Challenge Ends: 12/15/24
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	5 points each (15 max)	<p><u>Category 1:</u> Utilize TeamstersCare in-house clinical services.</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. Utilize the TeamstersCare pharmacy in Charlestown or Stoughton for a new or existing prescription medication. Call 1 (800) 851-8326 to schedule an appointment with a member of the TeamstersCare EAP staff to discuss behavioral health, smoking cessation, substance use disorder or any other issues. <p><u>Category 2:</u> Attend a Union-Sponsored Wellness Activity</p> <ul style="list-style-type: none"> Activities include the Blood Drive, Cornhole Tournament and the Autism Walk. <p><u>Category 3:</u> Personal Choice</p> <ul style="list-style-type: none"> Register for a fitness event such as a walk or race Email a favorite healthy recipe to wellness@teamsterscare.com Participate in a charity event <p>IMPORTANT: In order to receive credit for the TeamstersCare-sponsored events, you must email wellness@teamsterscare.com with details of the activity and proof of completion.</p>

The 2024 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 April 1st, 2024.** 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.**

**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.*