# WELCOME

### Wednesday, January 13, 2016, Noon (ET)

Follow the instructions below to gain audio access to the meeting:

- Click on the "Info" tab located in the upper left hand side of your screen
- Call toll-free: 1.877.668.4490
- At the prompt, enter the Meeting Access Code: 631 406 373#
- When prompted, enter the Password: January2016
- Please mute your phone during the webinar



# Healthy Stewards 2016





### Healthy Stewards Wellness Rewards

- An online program that gives you access to health and wellness activities to help you better manage your health.
- Healthy Stewards provides activities and support for your personal well-being, to help you carry our your ministry.
- UCC Non-Medicare Health Plan participants and their covered spouses/partners are eligible to earn up to \$300 for participating in healthy activities.



Healthy Stewards

# Who Is Eligible?

- UCC Non-Medicare Health Plan participants and their covered spouses/partners
- Dependent children are not eligible for Wellness Rewards
- Welcome Letter and Program Flyer mailed to eligible participants



Healthy Stewards

# Wellness Profile

- Wellness Profile Completion = \$100
  - In 2016, the Wellness Profile is required.
    - In order to receive rewards for other activities, you must first complete your Wellness Profile.
  - The Wellness Profile is an online health assessment that takes about 15 minutes to complete. Once finished, you will be given a score with some recommendations for making and/or sustaining healthy habits.
  - In 2016, the Wellness Profile has been re-designed with a cleaner, more user-friendly look.



# Health Screening

- Health Screening Completion = \$100
  - There are three ways to receive credit for completion of a health screening.
    - Order a home test kit, lab voucher, or physician derived results form
  - Order selection must be placed by November 15<sup>th</sup>, 2016 to allow for processing time.
  - Health Screening measures LDL, HDL, Total Cholesterol, Glucose and Triglycerides.



**Healthy Stewards** 

# Goal Setting

- Set A Goal = \$100
  - Choose a health and wellness goal that you would like to achieve to help improve your well- being.
  - There are two ways to receive credit for this reward:
    - Online using My Digital Health Assistant
    - Speak to a Health Coach over the telephone by calling 1.888.258.3428.



# When Can I Get Started?

- Program start date January 1<sup>st</sup>, 2016
- Wellness Profile completion and Goal Setting can be completed through December 31<sup>st</sup>, 2016
- Health Screening option must be ordered by November 15<sup>th</sup>, 2016



#### How to Access the Program: www.highmarkbcbs.com



#### **IS YOUR CURRENT MEDICARE PLAN RIGHT FOR YOU?**

Learn about the high-quality benefits and lower costs for our 2016 Medicare plans.

START SHOPPING



#### LOOKING FOR A NEW DOCTOR?

Come find the right match for you at our Meet Dr. Right event. Register now for an event near you.

#### DERMATOLOGY ON YOUR TIME.

Looking for an easy way to see a dermatologist? Check out DermatologistOnCall.com.

#### SPENDING ACCOUNTS

**Healthy Stewards** 

Find out how spending accounts help you plan and pay for health care.



www.HighmarkBCBS.com



#### How to Access the Program



Click on the **Rewards Program** link under Wellness Programs

Healthy Stewards



#### Healthy Stewards 2016

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\$100	(\$)	Complete Health Screening sponsored b the UCC Health Plan Earn reward by 11/15/2016	y 1 activity needed to earn reward Earn Now
\$100	(\$)	Set a health & wellness goal by calling a Highmark Coach (1.888.BLUE428@) OR set a goal in My Health Assistant (click	Start earning Earn Now



Healthy Stewards

#### Complete Wellness Profile – REQUIRED IN 2016

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\$100	Set a health & wellness goal by calling a Highmark Coach (1.888.BLUE428@) OR set a goal in My Health Assistant (click Earn Now to learn more) Eam reward by 12/31/2016	Start earning Earn Now	Profile must be completed.



#### Complete Wellness Profile – REQUIRED IN 2016



The Pension Boards



#### Complete Wellness Profile – REQUIRED IN 2016



The Wellness Profile is a series of questions about topics ranging from blood pressure to exercise habits. It is designed to identify your current and future health risks.

#### Click the **Take It Now** button to

**Healthy Stewards** 

launch the Wellness Profile.



# Complete Health Screening sponsored by the UCC Health Plan

\$100	(\$)	Complete Health Screening sponsored by the UCC Health Plan Eam reward by 11/15/2016	1 activity needed to earn reward
		NEW in 2016! The Wellness Profile must be completed in order to earn \$100 for a Health Screening.	
		Order a screening option by November 15th to earn \$100 and know your numbers. Screening options are available at Integrated Health 21 by clicking <u>here</u> . Choose from one of the following options: obtain screening results from your personal physician using the Physician Derived Results form, download a lab voucher and visit a designated laboratory facility near you to obtain your screening results, or self-administer your screening by ordering a home test kit.	
		Please note that it may take up to four weeks for credit to be displayed on the Healthy Stewards rewards page. As a result, if you complete this activity at the end of the quarter your reward may not be distributed until the following quarter.	

Complete Health Screening sponsored by the UCC Health Plan less Do this by 11/15/2016

NEW in 2016! The Wellness Profile must be completed in order to earn \$100 for a health screening.

A health screening generally provides results for BMI, cholesterol, blood pressure, blood glucose and other health measures. You may receive credit for this action if you participate in a health screening sponsored by the UCC Health Plan. Detailed instructions and signups to complete the health screening will be provided by the UCC Health Plan. Please note that it may take up to four weeks for credit to be displayed on the Healthy Stewards rewards page.

#### NEW in 2016! The Wellness Profile must be completed in order to earn \$100 for a health screening.

Order a screening option **by November 15**<sup>th</sup> at <u>https://portal.ichtools.com/.</u> Choose from one of the following options:

- Lab Voucher: Download a lab voucher and visit a designated Lab Corp facility near you to obtain your screening results.
- Physician Derived Results (PDR) form: Obtain screening results from your personal physician. Physician completes and submit the PDR form.
- **3.** Home Test Kit: self-administer your screening by ordering a home test kit

Please note that it may take up to four – six weeks for credit to be displayed on the rewards page.

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# Participants arrive on the landing page which is <u>www.portal.ichtools.com</u>

#### Welcome to Integrated Health 21, your partner in health screening services

**New visitor?** We're glad you're here. Register to set up and complete your health screening. Or, if you're a returning customer, login

If you're looking for an on-site screening, please select that option to the right.

#### Knowing your numbers is the first step in your health care.

Common Screening Tests

By participating, you'll find out what your numbers are so you and your health care professionals will be able to guide you to optimum health. Screenings can include:

> Cholesterol Levels Glucose Calculated Body Mass Index (BMI) Blood Pressure



Already have an account?

LOGIN

REGISTER

#### Ease of Use Simple clicks guide

Fast and efficient Simple clicks guid service - we won't you through the waste your time. process.

Rapid Care

Click here to log in or register to order a screening option

#### for You

We

Need help? We provide instant service for your questions.

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# Integrated Health 21 Site Instructions

- If you participated in a UCC sponsored screening and ordered a home test kit, lab voucher or physician derived results form last year, you will need to log in to the site using the username and password you have already created.
  - If you cannot remember your password, click "forgot password" to have this e-mailed to you.
  - If you need additional username or password assistance, please call Integrated Health 21 at 1.800.451.6889.
- If you are a first time visitor to the site, please click **Register** to proceed and follow the steps on slide 18.



Healthy Stewards



HOME LOGIN HELP CONTACT US

REGISTER	
Home	
	Print This Page
Please use your full, legal name, th	e name listed on your insurance cards, or as on file with your
company to register.	
First Name	
	Enter your information as it
Last Name	
Last Name	
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lt you	have any problems registering please call the screener,
	Integrated Health 21 (IH21), at 1.800.451.6889.
The Pension Boards	Haalthy Stowards
United Church of Christ, Inc.	I realthy Stewards



#### HOME MY HEALTH SCREENING OPTIONS HELP CONTACT US

#### MY HEALTH SCREENING OPTIONS

Home

#### Welcome Peter PA

You last visited on December 10, 2015.

#### COMPANY HOMEPAGE

As part our employee wellness initiative, you are being offered health screening programs designed to help you in understanding your health and well being. One of the core components of our program is the Biometric Screening. The screen is comprised of your cholesterol levels and glucose. We have made screening options available to assist you in completing yo health screening so that you may obtain this important information.

By clicking on Screening Services you will see the options available to you.

It is important to complete your screen by the deadline.

Please note you may only participate in one option and you may only request an option one time.

If you have questions about our wellness program, please call Human Resources.







#### Set a health & wellness goal by calling a Highmark Coach OR set a goal in My Health Assistant



NEW in 2016! The Wellness Profile must be completed in order to earn \$100 for setting a health & wellness goal with a Highmark Coach or My Health Assistant.

Engage in one of the following coaching options to earn \$100:

- Highmark Coaching (Blues on Call): Call
  1.888.BLUE428 to set a goal with a coach\*
- My Health Assistant: The online program simulates a personalized health coaching experience by providing guidance, support and resources to keep you motivated to achieve success. To set a goal with My Health Assistant, click the Do It button

\*Please note that it may take up to four weeks for credit to be displayed on the Healthy Stewards' rewards page.



The Pension Boards

# When Will I Receive My Rewards Check?

- Activities completed January 1<sup>st</sup> March 31<sup>st</sup> , 2016
  - Checks mail in May 2016
- Activities completed April 1<sup>st</sup> June 30<sup>th</sup>, 2016
  - Checks mail in August 2016
- Activities completed July 1<sup>st</sup> September 30<sup>th</sup>, 2016
  - Checks mail in November 2016
- Activities completed October 1<sup>st</sup> December 31<sup>st</sup>, 2016
  - Checks mail in February 2017



Healthy Stewards

# THANK YOU!

#### Please enter questions in the "chat" box as below:

Send to:	Name (Host & Presenter) 💌	
Belect a participant in the Send to menu first, type chat message, and send		Send





# Highmark Blue Cross Blue Shield Contact Information

- Member Services
  - General inquiries
    - 1.866.763.9471
- Blues On Call
  - Set a goal with a health coach
    - 1.888.258.3428
- Technical Assistance
  - Help with website login, username and password
    - 1.877.298.3918



### Pension Boards Points of Contact

Frank Loiacono Director, Health Plan Operations floiacono@pbucc.org 212.729.2806

Melissa Kubiak Health Services Representative mkubiak@pbucc.org 212.729.2898

#### Jennifer Markewitz

Health Services Representative jmarkewitz@pbucc.org 212.729.2876

Lisa Hutson Health Services Representative Ihutson@pbucc.org 212.729.2878

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475 Riverside Drive, Room 1020 New York, NY 10115 1.800.642.6543 www.pbucc.org



