

# WVU MEDICINE

## 2018 Wellness Rewards Program

# WVU MEDICINE 2018 WELLNESS REWARDS PROGRAM

REWARD YOURSELF WITH  
GOOD HEALTH AND AN  
INCENTIVE.  
LIVE HEALTHY.  
GET STARTED NOW.



COMPLETE THE WELLNESS REWARDS PROGRAM BY  
SEPTEMBER 30<sup>th</sup>

# AGENDA

- **WVU MEDICINE 2018 WELLNESS REWARDS PROGRAM**
  - **HOW TO ACCESS THE REWARDS PROGRAM**
- **EMPLOYEE & SPOUSE REWARDS PROGRAM STEPS**
  - **WHO TO CALL WITH QUESTIONS**

# How Do I Access My Rewards Program?



- Log In to Highmarkbcbswv.com
- If you have never visited [www.highmarkbcbswv.com](http://www.highmarkbcbswv.com) site, Click on the register link and follow the prompts to register.
- Click the “Rewards Program” Link
- You will be directed to your Rewards Page
- If this is your first time logging in, you will need to accept the terms and conditions
- Review the completed and remaining action items that are required for Incentive
- Complete all action items by September 30<sup>th</sup>.



# How to Get Started

## Log on [www.highmarkbcswv.com](http://www.highmarkbcswv.com)

### GETTING STARTED

The Wellness Profile is a great first step to take charge of your health. This self-assessment covers all aspects of your health. It includes nutrition, weight management, physical activity and injury prevention. The Wellness Profile only takes about 15 minutes to complete. Your summary includes an action plan and suggestions for health and wellness programs that are right for you.

### READY TO GET STARTED?

To get the best results, have your ID card, email address, and annual physical exam and any lab or screening results available, if possible.



The screenshot shows the Highmark West Virginia member website. The main banner says "WELCOME" and "DISCOVER WHY YOU'RE BETTER WITH BLUE." Below this, there's a section for "WELLNESS PROGRAMS" with a description: "These wellness programs can help you stay healthy and save money." To the right of the banner, there's a sidebar with links to "MEMBER DISCOUNTS", "WELLNESS CHALLENGES", "REWARDS PROGRAM" (highlighted with an orange circle), and "WELLNESS PROFILE" (which shows a score of 86). The word "then" is written in orange cursive next to the sidebar.

### LOG IN TO THE MEMBER WEBSITE.

#### IF YOU ARE ALREADY A REGISTERED USER

- Go to [highmarkbcswv.com](http://highmarkbcswv.com)
- Enter your login ID and password

#### IF YOU ARE NOT A REGISTERED USER

- Go to [highmarkbcswv.com](http://highmarkbcswv.com)
- Click on **Register now** and complete the form
- Go to the **Member Home Page**



- Click on **Rewards Program** link under **Wellness Programs**.
- Click on the **Wellness Profile** link.

# WVU MEDICINE REWARDS SUMMARY

[All Rewards](#) [FAQs](#)


## WVU Medicine Wellness Rewards Program

Thank you for participating in the WVU Medicine Wellness Rewards Program! In order to be eligible for a lower deductible you must complete the wellness profile. An additional incentive is available for completing one of the tobacco free activities.

\$\$\$		<b>Complete the Wellness Profile</b> Earn reward by 9/30/2018	<b>1 activity</b> <a href="#">Earn Now</a>
\$\$\$		<b>Complete 1 Tobacco Activity</b> Earn reward by 9/30/2018	<b>Start earning</b> <a href="#">Earn Now</a>

# WVU MEDICINE REWARDS SUMMARY

[All Rewards](#) [FAQs](#)

\$\$\$		<b>Complete the Wellness Profile</b> Earn reward by 9/30/2018	<b>1 activity</b>
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**Finish these activities before you can redeem your reward**

**Complete Wellness Profile** [less](#)

Do this by 9/30/2018

[Do It](#)


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. When you complete the Wellness Profile, you will receive a detailed health summary, personalized action plan and recommendations for health and wellness programs that can help improve your health.



# WVU MEDICINE REWARDS SUMMARY

[All Rewards](#) [FAQs](#)

\$\$\$



**Complete 1 Tobacco Activity**  
Earn reward by 9/30/2018

**Start earning**

## Tobacco

Complete one of these Tobacco activities to redeem this reward.

**I certify that I am tobacco free** [less](#)

Do this by 9/30/2018

[Do It](#)

If you are tobacco free and stated so in the wellness profile, this activity will be completed automatically. If you are not tobacco free you must complete one of the other tobacco free activities in order to receive credit for this portion of the rewards program and be eligible for the tobacco free incentive.

**Enroll in the How To Be Tobacco Free Program** [less](#)

Do this by 9/30/2018

To gain credit for this activity, enroll in the How To Be Tobacco Free program by calling the Blues on Call number on the back of your member ID card. The How To Be Tobacco Free program gives you the knowledge, skills and motivation needed to quit tobacco for good. Take the first step to being tobacco free by enrolling today.

Please note that it may take up to two weeks for credit to be displayed on My Reward page.

**Set a Quit Tobacco goal in My Health Assistant** [less](#)

Do this by 9/30/2018

[Do It](#)

My Health Assistant can provide the guidance, support and resources needed to quit tobacco today. This online tool simulates a personalized health coaching experience to keep you motivated to achieve success.

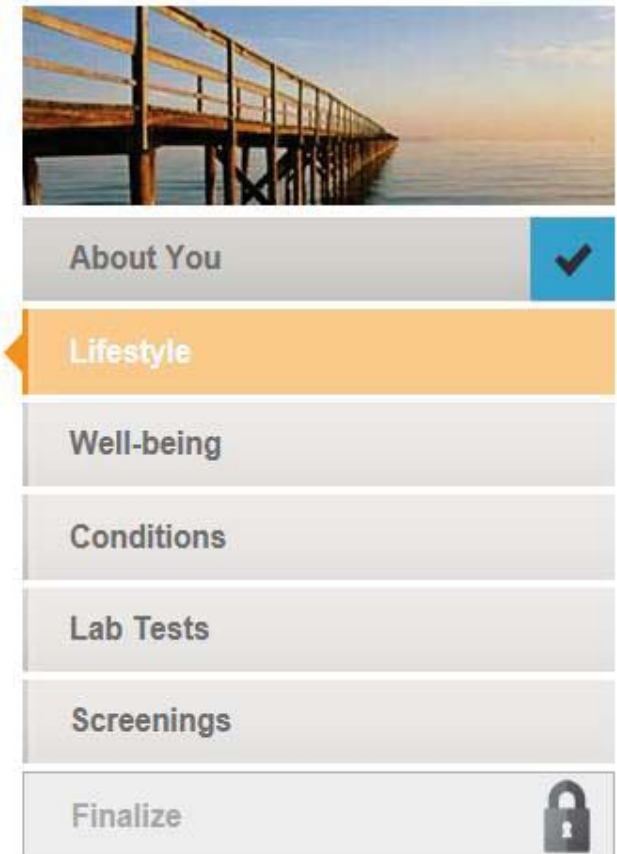
To earn credit for this activity, set a quit tobacco goal in My Health Assistant. Then, prepare to be tobacco-free by creating a personal quit plan. Select a quit date, learn when and why you smoke, find ways to cope without tobacco, and plan your tobacco-free life. Stopping a tobacco habit happens one day at a time, so be sure to record your progress in My Health Assistant.



# REQUIREMENT #1

## Complete the Wellness Profile

- **Required activity**
- Wellness Profile can be completed between 8/1/18 and 9/30/18.
  - Wellness Profile takes on average 10-15 minutes to complete.
- Progress bar shows how much of the Wellness Profile has been completed. There will be a check mark to the right of each section when completed.
  - Employees must click Save & Continue on each screen to save their responses and must click “Finish” at the end of the Wellness Profile to receive credit in Healthy Rewards.
  - **Credit is system populated immediately after the Wellness Profile has been completed.**
- Members are asked for contact preferences and phone numbers for potential coaching opportunities.



# REQUIREMENT #1

## Complete the Wellness Profile between 8/1/18 and 9/30/18 First Time Users

**Step 1:** Click [Do it](#) link

### Complete Wellness Profile [less](#)

Do this by 9/30/2018

Do it

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. When you complete the Wellness Profile, you will receive a detailed health summary, personalized action plan and recommendations for health and wellness programs that can help improve your health.



POWERED BY **WebMD** health services

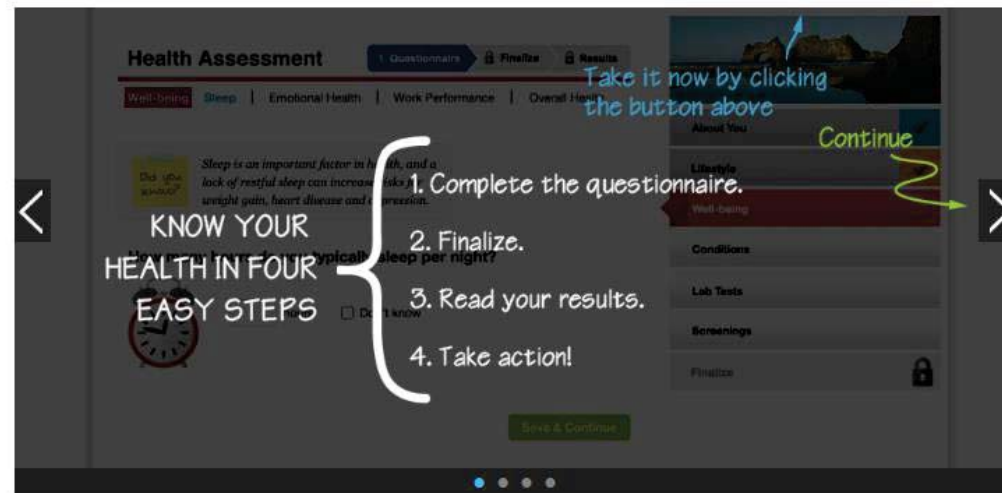
**Step 2:** Click [Take It Now](#) link

### WebMD Wellness Profile

Identify your risk areas so you can better manage your health

Take It Now

#### How it works



# REQUIREMENT #1

## Complete the Wellness Profile between 8/1/18 and 9/30/18 Returning Users

Step 1: Click [Do it](#) link

### Finish these activities before you can redeem your reward


**Complete Wellness Profile** [less](#)


Do this by 9/30/2018

[Do It](#)

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. When you complete the Wellness Profile, you will receive a detailed health summary, personalized action plan and recommendations for health and wellness programs that can help improve your health.

Step 2: Click [Retake Wellness Profile](#) link. Prior completion date and score will be displayed. Employees **must** retake the Wellness Profile between 8/1/18 and 9/30/18 to receive credit for the WVU Medicine Wellness Rewards Program.



POWERED BY  **WebMD** health services

### TestFirstName's WebMD Wellness Profile Results

1. Questionnaire 2. Finalize 3. Results [Print Reports](#)

**Your Health Score**


65

Completed 11/21/16

[Retake Wellness Profile](#)


[Learn more about your score](#)


**How do you compare?**


 **50**


Is the average score for other men in their 40s

**Highest Risk Areas**


 Areas that could use improvement

 Stress

 Sleep

 Weight

**What to do next, TestFirstName** Feeling inspired to make changes? We're here to give you personal guidance!

 We asked and you told us — you're ready to make some changes in this key area:

[Set your goal to Conquer Stress](#)

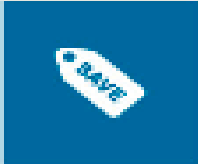
[Let's Go!](#)



## REQUIREMENT #2

### Complete 1 Tobacco Free Activity



- Certify that you are tobacco free via the wellness profile.
- If you are unable to certify that you are tobacco free you may:
  - Enroll in Highmark's How To Be Tobacco Free Program or
  - Set a Quit Tobacco goal in My Health Assistant

\$\$\$		<b>Complete 1 Tobacco Activity</b> Earn reward by 9/30/2018	<b>Start earning</b>
<b>Tobacco</b> Complete one of these Tobacco activities to redeem this reward.			
<b>I certify that I am tobacco free</b> <a href="#">less</a> Do this by 9/30/2018			<a href="#">Do It</a>
If you are tobacco free and stated so in the wellness profile, this activity will be completed automatically. If you are not tobacco free you must complete one of the other tobacco free activities in order to receive credit for this portion of the rewards program and be eligible for the tobacco free incentive.			



# REQUIREMENT #2 DETAIL

## Complete 1 Tobacco Free Activity



**Complete 1 Tobacco Activity**  
Earn reward by 9/30/2018

**Start earning**

### Tobacco

Complete one of these Tobacco activities to redeem this reward.

**I certify that I am tobacco free** [less](#) [Do It](#)  
Do this by 9/30/2018  

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**Enroll in the How To Be Tobacco Free Program** [less](#)  
Do this by 9/30/2018  

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For technical assistance with the WVU  
Medicine Wellness Rewards program call  
Highmark customer service at  
**1-877-770-6991.**

For program details visit your HR website  
at **[hr.wvumedicine.org](http://hr.wvumedicine.org).**