

IMPORTANT DETAILS FOR YOUR 2017 CEBCO WELLNESS PROGRAM.

MAKE HAPPY HAPPEN

CEBCO and StayWell[®] have continued their partnership to provide you with all the tools and resources necessary to help you feel your best. By participating in the 2017 wellness program, you can take control of your health and be rewarded for your efforts.

Employees and spouses in all counties must be covered under the CEBCO medical plan to participate. Every employee and spouse that completes the program will earn the monetary reward.

GET MOVING!



To get started, log in to <https://cebcowellness.staywell.com>. Choose from a variety of activities between Oct. 1, 2016, and Sept. 29, 2017, to earn 300 points and get rewarded!

DISCOVER WHERE YOU STAND

Complete the Health Risk Assessment and Health Screening.



The 10-minute health risk assessment will provide you with personalized results and recommendations on activities to help you take action. Answer a few questions about your current lifestyle habits and get targeted, practical advice for improving your health where you need it most.



Get a Health Screening and discover your numbers. At your Health Screening, you'll learn your numbers for height, weight, blood pressure, body mass index (BMI), cholesterol (HDL, LDL and total), triglycerides and glucose.

You have three Health Screening options:

- * **On-site:** Watch for more information on when and where on-site screenings are occurring in your county.
- * **Your doctor:** If you are unable to attend an on-site screening, visit your doctor and complete the Health Care Provider Form. Download the form from the Programs tab on <https://cebcowellness.staywell.com>. Forms can be faxed to the number on the form or uploaded once complete.
- * **Lab appointment:** Visit <https://cebcowellness.staywell.com> to schedule an appointment at approved lab near you.

Your screening results will be automatically uploaded by StayWell into your Health Risk Assessment within 14 business days of receipt.

TAKE ACTION

Choose from a variety of activities to earn additional points to achieve the 300 point requirement:

ACTIVITY	POINTS
Health Risk Assessment (required activity) Online health assessment	50
Health Screening (required activity) On-site screening event, visit your doctor, or make a lab appointment	50
Health Coaching Complete three calls with a StayWell health coach to achieve your personal health goals.	100
Community Lifestyle Management Program Complete three sessions of a diabetes management, Weight Watchers, Complete Health Improvement Program (CHIP), smoking cessation, nutrition and hospital-sponsored program. Sessions must be 30 minutes or more.	100
Anthem ConditionCare Program Develop a better understanding and learn how to better manage conditions like diabetes, heart failure, COPD, coronary artery disease, or asthma.	100
Anthem Future Moms Program Have a healthier pregnancy with support of a nurse from the Future Moms program.	100
Digital Workshops Choose from 13 different online learning modules covering key health topics like nutrition, cholesterol, exercise, flu safety and much more! Must complete 2 Digital Workshops to earn points.	25**
Self-Directed Coaching Work on your health goals at your own pace with self-directed coaching. You can choose to work on things like moving more, eating well, being smoke free, reducing stress or controlling weight.	50*
10K-A-Day Challenge (6-month challenge) Add more activity to your day with the 10K-A-Day challenge. Track your progress on virtual routes, making stops at scenic sites along the way. Registration: 1/1/17 – 1/31/17 Challenge: 2/1/17 – 7/31/17	75*
12 workouts per month Workout 12 times a month and report your completion on the StayWell portal.	25**
Educational Session/Lunch-n-Learn Session Attend a health-related educational session or lunch-n-learn.	25**
County/Community Event Community events include: walk, run or bike events and sports league participation.	25**
PREVENTIVE CARE	
Preventive Exams Includes annual physicals, mammograms, colonoscopy, prostate and cervical cancer screenings.	75*
Flu Shot	25*
Dental Exam	25*
Vision Exam	25*
HEALTH METRICS	
Maximum of 100 points in this category; no more than 2 metrics will count.	
Cholesterol Ratio: <5.0 NEW this year	50
Blood Pressure: <140/90	50
Body Mass Index (BMI): <30 OR waist circumference <35 inches women or <40 inches men	50
Glucose: less than or equal to 140 mg/dL (non fasting) OR less than or equal to 100 mg/dL (fasting)	50

* Limit of one per year
** Limit of two per year