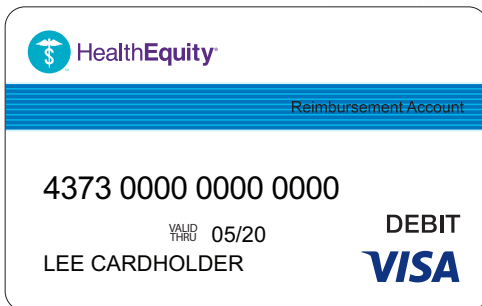


## Get Rewarded for Being Active in Your Health

We're committed to supporting you on your journey to a healthier life. When you're active in your wellness program, you can earn up to \$1,000 per Plan Year in your Health Reimbursement Arrangement (HRA) account with HealthEquity and make lifestyle changes that can help you get and stay healthy.



### Employees and Spouses Are Eligible



### Welcome to ahealthyme® – Your One-Stop Wellness Destination from Blue Cross

The ahealthyme secure website ([ahealthyme.com/login](http://ahealthyme.com/login)) assesses, informs, and tracks important information about your health—from screenings to weight management to stress—all from your electronic device!

The Roman Catholic Archdiocese of Boston (RCAB) Health Plans are committed to supporting you on your journey to a healthier you through the Blue Cross Blue Shield of Massachusetts ahealthyme wellness program and other wellness programs sponsored by the RCAB Health Plans. The wellness program is available to employees and spouses covered under the RCAB Blue Cross Blue Shield of Massachusetts Enhanced and Basic PPO plans. Each enrolled employee and spouse can earn up to \$1,000 per Plan Year into his or her HRA by completing a variety of activities from the list on the following page. One point is equal to one dollar, and each participant can receive credit for a maximum of 1,000 points. Any dollars earned in prior Plan Years remain available as long as the employee is enrolled in one of the RCAB Health Plans. Participation is voluntary. However, participants won't earn incentives if they don't participate.

# How to Earn Wellness Incentive Program Points

Sign in or create an account at [ahealthyme.com/login](https://ahealthyme.com/login) to start earning points. You won't earn points in the program if you don't register.

Wellness Component	Points per Activity	Max. Occurrences	Max. Points	How To Earn Points
Health Assessment	50	1	50	Points will appear upon completion of the Health Assessment.
Health Coaching or Care Management	500	1	500	<p>Health Coaching: Work with a Blue Cross Blue Shield of Massachusetts certified Wellness Coach who can provide one-on-one support to help you meet your personal health goal. Your coach can help you increase your activity level, manage your weight, quit smoking, manage stress, and/or develop healthier eating habits.</p> <p>Care Management: Set and meet one health improvement goal with a nurse coach. Offers support to those with a chronic or complex health condition and associated co-morbidities and lifestyle. If eligible for the program, a nurse coach will reach out to you.</p> <p>For both programs, points will appear by the 15th of the month following the month in which you met a goal with your coach. You must connect with a coach between July 1, 2020 and March 1, 2021 and complete your goal by May 31, 2021 to get credit.</p>
Well Visit	100	1	100	<p>Getting preventive care is one of the most important steps you can take to manage your health. Points will be awarded for the following screenings:</p> <ul style="list-style-type: none"> <li>• Adult Preventive Office Visit</li> <li>• Adult Cancer Screenings                             <ul style="list-style-type: none"> <li>» Colonoscopy</li> <li>» Mammogram</li> <li>» Pap</li> </ul> </li> <li>• Adult Vision Screening</li> <li>• Adult Hearing Screening</li> </ul> <p>Points for completion will appear after the provider has submitted the claim (can take up to 90 days). If points are not awarded within approximately 90 days of your visit, you may need to complete an online Well Visit Attestation form, which can be accessed on the ahealthyme portal.</p>
Cardio/Steps/ Nutrition Logs	2/log	50	100	Record 5,000 steps, 30 minutes of activity, or at least one food item in the ahealthyme portal to receive credit.
Challenges	100	3	300	Complete a minimum amount of designated activities over the course of 4 or 6 weeks.
Worksite or Family Event	20	5	100	The Archdiocese of Boston Benefits Department will provide details on these events.
Wellness Champion	75	2	150	<p>Promote wellness and serve as an information resource at your worksite regarding wellness and the RCAB Health Plans.</p> <p>Points will be awarded twice during the Plan Year based on satisfactory levels of engagement.</p>

## Important Note:

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all similarly situated employees, regardless of health status. If you think you might not be able to meet a health contingent standard (i.e, a program that requires an individual to satisfy a standard related to a health factor to obtain a reward or requires an individual to undertake more than a similarly situated individual to obtain the same reward) under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Furthermore, if you have a medical condition that makes any of the activities inadvisable or unreasonably difficult, we'll work with you to provide a reasonable accommodation to help you meet any standards (whether health contingent or not) under this wellness program. Contact Carol Gustavson at the RCAB Benefits Department at 1-617-746-5830 or [cgustavson@rcab.org](mailto:cgustavson@rcab.org) and she'll work with you (and if you wish, your doctor) to find a wellness program with the same reward that is more compatible with your health status. Recommendations of your personal physician may be accommodated.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).