

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 \$750 per plan year in your Health Reimbursement Account (HRA) and make lifestyle changes that can help you get and stay healthy.



Welcome to ahealthyme – your one-stop wellness destination from Blue Cross.

The ahealthyme secure website (ahealthyme.com/login) assesses, informs, and tracks important information about your health – from screenings to weight management to stress - all from your computer!

The Roman Catholic Archdiocese of Boston (RCAB) Health Plans are committed to supporting you on your journey to a healthier you. The program is available to those employees and spouses covered under the RCAB Blue Cross Blue Shield of Massachusetts Enhanced and Basic POS Plans. Each eligible participant can earn up to \$750 per plan year into his/her HRA account by completing a variety of activities. One point is equal to one dollar and each participant can receive credit for a maximum of 750 points. Participation is voluntary. However, you will not earn the incentive if you do not participate.



How to Earn Wellness Incentive Program Points

Log in or create an account at ahealthyme.com/login to start earning points and for additional program details.

Wellness Component	Points per Activity	Max Occurrences	Max Points	How do I earn credit?
Health Assessment	250	1	250	Complete the online Health Assessment.
Biometric Attestation	100	1	100	Earn points by getting your biometric values measured with your physician, then verify by completing the Biometric Attestation.
Well Visit	150	1	150	Receive a routine physical exam or a recommended preventive age-based screening (colonoscopy, mammogram, etc.). Blue Cross will award points for completion once the provider has submitted the claim.
Cardio, Steps, and Nutrition Logs	4/log	50	200	Log 5,000 Steps or 30 minutes of activity to receive credit. Record at least one food item to receive credit.
Online Workshops	25	4	100	Complete a series of readings, videos, or activities over the course of 4+ weeks.
Nutrition, Steps, Hydration and Activity Challenges	150	3	450	Complete a minimum amount of designated activities over the course of 4 or 6 weeks.
Care Management Program or Health Coaching	150	1	150	Care Management: Set and meet one health improvement goal with a Nurse Coach. Offers support to those with a chronic or complex health condition. Health Coaching: Call to set a wellness goal with a coach; no specific health condition required.
Worksite or Family Event	20	5	100	Attend a group wellness activity at your worksite, or complete a healthy family activity. Contact the Benefits Office for details on how to earn points.
Wellness Champions	100	1	100	Promote wellness and serve as an information resource at your worksite regarding wellness and the RCAB Health Plan. Points are awarded at year-end if engagement levels are sufficient. Contact the Benefits Office for details on how to earn points.

If you have disabilities which prevent you from completing these activities, please contact the RCAB Benefits Office at [617-746-5830](tel:617-746-5830) about how you can earn points.

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 be unable 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 are disabled, we will 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 office at 617.746.5830 or cgustavson@rcab.org and she will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

1. For both, points will appear by the 15th of the month following the month in which you met a goal with your coach. Start before May 1, 2020, as the goal will need to be completed by May 31, 2020.
2. Points will appear within 10 business days after the end of each month that you reported the completion of the wellness activity.