

WELLNESS PROGRAM

October 1, 2017 – September 30, 2018



The RCAB Health Plan is once again partnering with Tufts Health Plan to promote wellness and reward healthy activities with the Momentum+ wellness program.



Employees and spouses enrolled in the RCAB Health Plan can each earn up to \$500 into a Health Reimbursement Account (HRA) by participating and tracking wellness related activities! You can choose the activities that best fit your goals and lifestyle.

Get Started

- ▶ Go to **mytuftshealthplan.com**
- ▶ Log in or register as a new member if you do not have an account (you will need your ID# located on your Tufts Health Plan member ID card and your email address)
- ▶ Click *"Start Living a Healthy Lifestyle"* located in the bottom left of the screen
- ▶ This will take you to your personalized home page where you can track and complete your activities

For assistance logging in, please call Tufts Health Plan Member Services at 800.462.0224. For assistance with the wellness portal, please call 866.201.7919 - Option 7.

Health Reimbursement Accounts (HRA)

Credits will be provided in a HRA incentive, so there are no tax implications for you! An HRA can be used to pay for medical copays, prescription copays and more. Funds roll over year to year as long as you remain a member of the RCAB Health Plan. HRAs are administered by Choice Strategies. You may contact Choice Strategies Member Services directly at 888.278.2555 to check your account balance or request a new card.

For additional information regarding the above, please visit www.bostoncatholicbenefits.com/health/health.htm or contact the RCAB Benefits Office at 617.746.5640 or benefits@rcab.org.

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 that 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 617.746.5830, and we 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.

This year \$1,000 in credits for activities is available! The maximum credit each member and spouse can earn is \$500 for the Plan Year. Choose the activities that work best for you and get started today!

Activity	Details	Activity Max	HRA \$ Per Activity	Total HRA \$ Available
Personal Health Assessment (PHA)	The PHA is a great way to learn whether you're making smart choices, how your choices are affecting your health, and what you can do to feel even better and live a long, healthy life. This online questionnaire is confidential and only takes 15 minutes to complete.	1	\$75	\$75
Know Your Numbers (Biometric Health Values)	To get the best results from your PHA, have your most recent biometric health values in hand. You will get \$5.00 HRA dollars for each of the following: height and weight for BMI, blood pressure, cholesterol, HDL, and glucose.	5	\$5	\$25
Individual Wellness Challenges	Complete set, month-long wellness challenges to help you live healthier and feel better. Look out for these upcoming challenges for the chance to develop healthier habits while having fun!	12	\$20	\$240
Employer Worksite or Family Activity	Complete a wellness activity with co-workers or family members. Examples include participating in a walking group, creating a cookbook, or meeting with the Benefits Office Staff Worksite Wellness Nurse.	4	\$20	\$80
Online Seminars	Want to learn more about a health topic in 15 minutes? Try out a seminar right here online. New seminars are released each month and available 24/7.	12	\$15	\$180
Condition Management (DM)* or Health Coaching**	Completion of the Tufts Health Plan Condition Management or Health Management Program. Call 866.201.7919 to begin.	1	\$100	\$100
Wellness Champion	Promote wellness and serve as an information resource at your worksite regarding wellness and the RCAB Health Plan.	1	\$100	\$100
Virtual Health Coaching	Invest some time in your health by taking 1 personalized interactive tutorial. (six sessions)	1	\$50	\$50
Quarterly Step Challenge	Track at least 7,500 steps each day for at least one month per quarter to complete this activity.	4	\$25	\$100
Dental Cleaning	Receive at least 1 dental cleaning during the year.	1	\$25	\$25
Immunization or Preventive Screening	Receive at least 1 immunization or preventive screening during the year.	1	\$25	\$25

*Condition Management - Complete 3 sessions with a Nurse Condition Manager including the Initial Assessment and 2 Follow up sessions. Qualifying conditions include: Heart Failure, Coronary Artery Disease, Diabetes, and Chronic Obstructive Pulmonary Disease.**Health Coaching - Complete at least 4 monthly check-in calls with a Health Coach within 4 months of enrollment and complete one short assessment on the program.