

Wellness Program



2023



INCENTIVE TABLE

State & higher education active members only

Eligible members and spouses can earn up to \$250 each or \$500 per household.

Program/Activity	What you earn	How you qualify/enroll	Deadline to enroll or participate
ActiveHealth's Online Health Assessment	Completing the health assessment is required before you can receive incentives.	Go to MyActiveHealth , log in and then click on Health Assessment in the Welcome Message.	You must complete the health assessment by Dec. 31 to be eligible for cash incentives.
Biometric Screening	\$50	To get started, go to MyActiveHealth , log in and go to Rewards to view your activity cards. <i>You can go to an onsite screening or submit the Quest physician screening form.</i>	Complete and fax results to Quest by Nov. 30, 2023. Results will be accepted between Dec. 1, 2022 and Nov. 30, 2023.
Target Biometric Screening Values: Metabolic Syndrome*	\$150 for meeting metabolic syndrome target ranges* either through a Quest onsite screening or Quest Physician Screening Form.	By having 3 out of 5 values in the lower risk range for metabolic syndrome as shown in the table below*, you qualify for the incentive. <i>Will be verified by ActiveHealth using Metabolic Syndrome Values.</i>	Complete onsite screening or fax Quest biometric screening form to Quest by Nov. 30, 2023.
Preventative Exam**	Complete an exam or screening to earn \$50	Claims will be used to confirm completion. <i>Sex and age limits apply.</i>	Screenings or exams will be accepted between Dec. 1, 2022 and Nov. 30, 2023.
Weight Management Program	Attend 1 class = \$50 Attend 2 classes = wearable fitness device and Bluetooth scale 8th class = additional \$50 16th class = additional \$100 <i>Eligible for 1st class incentive one time per calendar year.</i>	Go to MyActiveHealth , log in and go to Rewards. If eligible, a Weight Management Card will appear. <i>To be eligible to enroll, your BMI ≥ 30.</i>	Enroll by Nov. 30, 2023.
Digital Coaching (online activities) earn hearts by completing health education and/or health goals	Complete online activities and earn hearts. Digital coaching: Earn 750 hearts = \$50 Earn 6,000 hearts = additional \$150	To complete the online activities, log in to your account and go to Rewards to view your activity cards. <i>Everyone can do online activities.</i>	Start before Nov. 1 to have time to earn full incentive. <i>Last day to complete activities is Dec. 31, 2023.</i>
Online Group Coaching for Lifestyle or Disease Management (DM)***	Attend 1 class = \$50 Attend 3 classes = additional \$150	To enroll in Lifestyle or Disease Management Group Coaching, call ActiveHealth at 888-741-3390. Must qualify for DM. <i>Everyone can do lifestyle coaching.</i>	Register by Dec. 1 and attend first class by Dec. 15, 2023 to earn first \$50. Complete three classes by Dec. 30, 2023 to earn an additional \$150.
Healthy You Single Group Coaching Sessions	Attend 1st class = \$50 Attend 2nd class = additional \$50 Attend 3rd class = additional \$50 <i>Max \$150 for calendar year</i>	To enroll, call ActiveHealth at 888-741-3390. New topics added each month.	Enroll and attend 3 sessions by Dec. 30, 2023, to receive maximum reward.

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Telephonic Coaching: lifestyle coach or disease management nurse***	First Call = \$50 Third Call = additional \$150 <i>Note: Calls must be at least three weeks apart.</i>	To enroll, call ActiveHealth at 888-741-3390.	Start series of 3 calls by Nov. 15, 2023 to allow for 3 weeks between calls. Final deadline is Dec. 30, 2023.
Telephonic Coaching for Tobacco Cessation	First call = \$50 Third call = additional \$150	To enroll, call ActiveHealth at 888-741-3390.	Must start series of 3 calls by Nov. 15, 2023 to allow for 3 weeks between calls. Final deadline is Dec. 30, 2023.
Online Group Coaching for Tobacco Cessation	Attend 1 class = \$50 Attend 3 classes = additional \$150	To enroll, call ActiveHealth at 888-741-3390.	Register by Dec. 1 and attend first class by Dec. 15, 2023 to allow for 3 weeks between calls. Final deadline is Dec. 30, 2023.
Quarterly Wellness Challenges	\$25 per completed challenge – earn up to \$100	To enroll in a quarterly challenge, log in to your MyActiveHealth account and go to Rewards to view your activity cards. <i>Everyone can do a challenge.</i>	Complete a themed challenge in your MyActiveHealth account during the below dates to earn the incentive(s). Challenge 1: Between Jan. 1-March 31 Challenge 2: Between April 1-June 30 Challenge 3: Between July 1-Sep. 30 Challenge 4: Between Oct. 1-Dec. 31
Case Management****	Participation = \$150	Member will be contacted by BlueCross BlueShield or Cigna to enroll.	Complete by Dec. 31, 2023.
Take Charge at Work	Complete Take Charge at Work engagement activity = \$150	Go to the Here4TN website to see if you're eligible for the program.	Deadline to participate is Dec. 31, 2023.

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Eligible members and spouses can earn up to \$250 each or \$500 per household. The funds are provided to your employer, who deposits them into the Head of Contract's paycheck – usually the end-of-month check. State employees who select the funds to be deposited into their health savings account will be able to track the payments through the Optum Financial website.

*To meet the biometric screening values target range for metabolic syndrome, you must have three out of five values in the table below in the lower risk range for metabolic syndrome. If three or more values are in the higher risk range for metabolic syndrome, you may be at higher risk for heart disease, diabetes or stroke.

Value	Target Range: Lower Risk for Metabolic Syndrome	Higher Risk for Metabolic Syndrome
Triglycerides	< 150 mg/dL	≥150 mg/dL
HDL (Good) cholesterol	Women ≥ 50 mg/dL Men ≥ 40 mg/dL	Women < 50 mg/dL Men < 40 mg/dL
Blood glucose	< 100 mg/dL	> 100 mg/dL
Blood pressure	< 130/85 mmHg	≥ 130/85 mmHg
Body Mass Index (BMI)	< 30 kg/m ² or Waist Circumference: Women < 35 inches Men < 40 inches	≥ 30 kg/m ² or Waist Circumference: Women ≥ 35 inches Men ≥ 40 inches

You may have metabolic syndrome if you have three or more of the risk factors in the higher risk range. The **lowest** risk or healthy range for these five tests may be different. For example, healthy or normal blood pressure is less than 120/80. Other laboratories or other lab tests may have different "reference" ranges.

The criteria for metabolic syndrome is set by the National Heart, Lung, and Blood Institute. If you have any of the factors that are at higher risk for metabolic syndrome, be sure to follow up with your doctor.

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**Preventative exams: Annual Physical and Well Woman Exam, Breast Cancer Screening, Colon Cancer Screening, Cervical Cancer Screening or Lung Cancer Screening.

Breast Cancer Screening:

- Covers Females ages 40-75
- Mammogram, Breast MRI

Colon Cancer Screening

- Covers ages 45-75
- Includes: Colonoscopy, Sigmoidoscopy, FOTB (Fecal Occult Test - Blood)

Cervical Cancer Screening:

- Females 21-65
- Includes Cervical Cancer screening/HPV Testing

Note: Does not cover a general OB/GYN visit

Lung Cancer Screening:

- Adults aged 50-80 with a 20 pack-year history of smoking (currently smoke or have quit within the past 15 years)
- Includes low-dose computed tomography (CT scan)

***Must qualify based on health status. Disease management is for those with diabetes, asthma, COPD, congestive heart failure and coronary artery disease.

****Case Management - Case management is a program that promotes quality and cost-effective coordination of care for members with complicated medical needs, chronic illnesses and/or catastrophic illnesses or injuries. Members who need case management are identified and contacted by phone or in writing regarding alternative treatment plans. Members or providers may also contact member services if they believe they would benefit from case management.

- BlueCross member service: 800-558-6213
- Cigna member service: 800-997-1617

Note — The incentive is taxable and subject to withholding, garnishment and reporting, which will impact the actual amount in your paycheck.