

## Health and Wellness Year: October 1, 2018 to September 30, 2019

Employees must earn a total of 85 points or more between October 1, 2018 and September 30, 2019 to qualify for the incentive in calendar year 2020. Employees qualified for the Health and Wellness Program will save 10% on their medical premiums or receive contributions to their health savings account. To get started, visit [www.HealthAdvocate.com/Devereux](http://www.HealthAdvocate.com/Devereux), register or log in, and check out your To Do List for the wellness year.

| Personal Health Profile   | Definition of Compliance  | Points   |
|---|---|----------|
| Personal Health Profile (PHP)   | Complete the Personal Health Profile (PHP) found on your To Do List. The PHP is new and improved, and takes less than 5 minutes!  | Required |
| Online Tobacco Affidavit  | Definition of Compliance  | Points   |
| Online Tobacco Affidavit  | Complete the online Tobacco Affidavit found on your To Do List.   | Required |
| Non-Tobacco Use – Must earn 25 points in this category to qualify for incentive.  |   | Points   |
| You will earn 25 points if you certify that you are tobacco-free.<br><b>If you use tobacco:</b>   |   | 25       |
| <ul style="list-style-type: none"> <li>▪ Complete the Health Advocate Online Tobacco Cessation Program (12 weeks). The workshop can be accessed by logging in at <a href="http://www.HealthAdvocate.com/Devereux">www.HealthAdvocate.com/Devereux</a> and is worth 35 points; <b>OR</b></li> <li>▪ Complete a Health Advocate Tobacco Cessation Wellness Coaching Program (12 weeks) by calling (866) 695-8622 or log in at <a href="http://www.HealthAdvocate.com/Devereux">www.HealthAdvocate.com/Devereux</a>; worth 35 points.</li> </ul>   |   |          |
| Weight Management   |   |          |
| <ul style="list-style-type: none"> <li>▪ Log your weight weekly using the health tracker for 25 weeks (1 point per week); <b>OR</b></li> <li>▪ Complete a Health Advocate online weight management or nutrition workshop for six weeks; <b>OR</b></li> <li>▪ Enroll in Weight Watchers®, or an approved weight management program at any network hospital and Independence Blue Cross will reimburse you up to \$150 for program fees if you create an account at <a href="http://www.ibx.com/reimbursement">www.ibx.com/reimbursement</a> and submit proof of payment and progress in the program; <b>OR</b></li> <li>▪ Complete the Health Advocate Don't Weight Make a Change Program (12 weeks). The workshop can be accessed by logging in at <a href="http://www.HealthAdvocate.com/Devereux">www.HealthAdvocate.com/Devereux</a> and is worth 35 points; <b>OR</b></li> <li>▪ Complete a Health Advocate Wellness Coaching Program by participating in six sessions over at least 3 months. The Wellness Coaching Program can be accessed by calling (866) 695-8622 or log in at <a href="http://www.HealthAdvocate.com/Devereux">www.HealthAdvocate.com/Devereux</a>; worth 35 points.</li> </ul> |   | 25       |
| Fitness   |   |          |
| <ul style="list-style-type: none"> <li>▪ Log exercise time using the health tracker for 25 days (5 points per week), which can also be synced to a wearable fitness device or app; <b>OR</b></li> <li>▪ Log exercise distance using the health tracker for 25 days (1 point per day), which can also be synced to a wearable fitness device or app; <b>OR</b></li> <li>▪ Complete a Health Advocate online fitness workshop for six weeks; <b>OR</b></li> <li>▪ Complete a Health Advocate Wellness Coaching Program (12 weeks) by calling (866) 695-8622 or log in at <a href="http://www.HealthAdvocate.com/Devereux">www.HealthAdvocate.com/Devereux</a>, worth 35 points; <b>OR</b></li> <li>▪ Complete 120 gym workouts (about three times a week) at an approved fitness center and Independence Blue Cross will reimburse up to \$150 of your annual fitness center fees if you create an account at <a href="http://www.ibx.com/reimbursement">www.ibx.com/reimbursement</a> and submit proof of payment and a log of your workouts.</li> </ul>   |   | 25       |
| Workshops   |   |          |
| Complete workshops (6 weeks) to earn 25 points each, up to a maximum of 75 points for finishing 3 workshops.  |   | 25       |
| Preventive Care   | Definition of Compliance  | Points   |
| Preventive Screenings   | Earn 5 points for 1 preventive screening, up to a maximum of 10 points for receiving 2 preventive screenings. Preventive screenings include a physical exam, Pap test, mammogram, prostate exam, colonoscopy and flu vaccine. | 5        |
| Center Wellness Events and Wellness Challenges  |   | Points   |
| From your To Do List, select Center Event 1 and submit the date you participated to receive 10 points. Repeat this process for Center Event 2 to earn up to a maximum of 20 points. To access virtual center events, go to the Learning Portal, click on DevTube, click on channels toward the top left, and select the Health and Wellness Channel. You can also participate in a Devereux-wide fitness competition through Health Advocate (8 offered this year) to earn 10 points for each Devereux-wide wellness challenge, up to a maximum of 20 challenge points.   |   | 20       |

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