



December 2020

TeamstersCare Wellness Program 2021

Once again, TeamstersCare is inviting members and spouses enrolled in TeamstersCare Blue Cross Blue Shield (BCBS) coverage to participate in our Wellness Program to improve your overall health. You can earn points to redeem for gift card dollars by completing Program activities. In these stressful times of the COVID-19 pandemic, we believe this Program will be more helpful than ever. Hopefully, by focusing on our well-being we'll be better prepared to handle the pressures of daily life. We encourage you to take advantage of this Program by participating in some of our "virtual" and individual Wellness Activities.

The Sixth Annual Program kicks off on **January 1, 2021 and runs through September 30, 2021**. Listed below are the details about the Program's wellness activities and the rewards or points/gift card dollars you can receive for completing each activity. You may want to keep this letter handy to use as a guide to track your activities.

You MUST take the Health Risk Assessment (HRA) to redeem any points for gift cards even if you completed the HRA in 2020. Once you complete the HRA you will automatically receive 50 points that you can redeem for \$50 in gift cards. See further details about taking the Health Risk Assessment below.

In addition to the 50 points for completing your Health Risk Assessment, each participant is eligible to earn up to an additional 150 points by completing other Program activities, **for a maximum total of 200 points**. Each point is worth one dollar toward a gift card that you can redeem at hundreds of national stores, restaurants, and online retailers **by going to your ahealthyme home page (www.ahealthyme.com/login) and clicking on the "redeem" link within your points tracker.* Please note that the gift card redemption center will remain open through October 31, 2021 (one month after the deadline to earn your points).**

You are eligible to earn points toward gift cards if:

1. You are a TeamstersCare Health & Welfare Fund member or retiree and enrolled in the BCBSMA medical plan OR
2. You are a spouse of a TeamstersCare Health & Welfare Fund member or retiree and you are enrolled in the BCBSMA medical plan

Note: Dependent children are not eligible

Complete the activities below to earn incentive rewards:

Online Health Risk Assessment (HRA) - 50 Points/Dollars (Completion Required)

Important Note: YOU MUST FIRST COMPLETE A NEW HRA to redeem any program points.

January 1 - September 30, 2021

- The Health Risk Assessment (HRA) is a health survey that takes about 15 minutes to complete. Having the results of your most recent physical exam and labs available will help you complete the HRA and ensure that you receive the most detailed health report. Once completed, you will receive an interactive Health

Assessment Report and a personalized wellness score. **Remember: if you completed the HRA last year, you must retake it in order to earn or redeem points toward gift cards this year.**

- If you complete the HRA before September 30, 2021, you will be eligible to redeem up to 150 additional Points/Dollars that you earn by completing ahealthyme activities. **You will not be able to earn or redeem any Points/Dollars until you complete the HRA.**

TeamstersCare Nutrition Challenge - 25 Points/Dollars

January 11 - February 22, 2021

- This 6-week challenge will encourage you to get more healthy foods in your diet. Your goal in this challenge will be to log at least 24 total days of 2 servings of fruits and 2 servings of veggies over 6 weeks.
- Servings can be logged using the Fruit and Vegetable tracker on ahealthyme, the Food Log on ahealthyme, or the Food Tracker on the HealthyNow mobile app. To successfully complete the challenge, servings **must be uploaded by Monday, February 22, 2021 at 11:59 p.m.**
- Log onto your **ahealthyme** account after January 1st for more information.
- If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.

TeamstersCare Team Steps Challenge - 25 Points/Dollars

April 26 - May 23, 2021

- The steps challenge will be powered by Virgin Pulse. In this challenge, you will travel virtually around the world and learn about new places. Get ready to backpack America's treasured Pacific Trail from the Mexican border to the edge of Canada. This route is brutal and breathtaking through the wild west's deserts, mountains, and forests. The more you trek, the more destinations you unlock, each filled with stories and survival tips to keep you moving.
- Throughout the challenge, your team must walk a combined total number of steps to unlock each destination. For example, each member on a team of 10 will walk 7,000 steps, totaling 70,000 steps, to reach a particular destination. With this challenge, you can also log an activity that will translate to steps, such as boxing or yoga. Encourage co-workers to join a team. The more team members, the better chance of being the first to the final destination. Ideally, a team of ten is the way to go!
- To enroll in the challenge, you will need to complete a one-time registration on the Virgin Pulse site. Simply **enroll by logging into your ahealthyme account**, click the **Healthy Together challenge banner**, where you will be brought to the **Virgin Pulse site for registration**. After that, feel free to track on the website or by downloading the Virgin Pulse mobile app in the App store on your tablet or mobile device.
- Your steps must be logged on the Virgin Pulse site or app to count toward this challenge. If you have a **Fitbit or any other wearable tracking device**, you must connect it to the site or app for your steps to sync automatically. To successfully complete the challenge, **steps must be uploaded/synced by Wednesday, May 26, 2021 at 11:59 p.m.**
- If you successfully meet the challenge goal, your earned points will appear after the close of the challenge.
- More information will be provided when the challenge becomes available.

Well Connection Account Registration - 25 Points/Dollars

January 1, 2021 - September 30, 2021

- Register for Well Connection, the BCBS telehealth service. You will be ready on the chance you get sick and need a virtual visit.
- Telehealth services can be used on your smart phone, computer, or tablet.
- To sign up, visit **www.wellconnection.com** or go to your App store to download the Well Connection app.
- Once you're signed up, connect to a provider for a virtual visit.

Preventive Visit with your Primary Care Physician - 25 Points/Dollars

January 1, 2021 - September 30, 2021

- As long as you've completed the HRA, points will be automatically awarded to BCBS members who have a preventive visit between January 1 and September 30, 2021.
 - Points may take up to 90 days to be awarded after the preventive visit. So if you have your visit 90 days before the program end date of September 30, 2021 you may need to fill out an attestation to earn points.
- Also, if you had a preventive visit **during 2020**, there's a 12-month lookback in place. So, in January 2021, as long as you've completed the HRA in 2021, points will be automatically awarded for visits that took place from Jan – Dec 2020.

Dental Cleaning - 25 Points/Dollars

January 1, 2021 - September 30, 2021

- Points will be awarded to members who access a TeamstersCare Dental Office or a Dental Blue Provider (for members enrolled in the Active TeamstersCare Program) up to 90 days after their dental cleaning visit.
 - For members having a dental cleaning with a Dental Blue provider, points may take up to 90 days to be awarded after the cleaning visit. So if you have your visit 90 days before the program end date of September 30, 2021, you may need to fill out an attestation on the **ahealthyme** website to earn points. Please call Kelly Glynn at 617-241-9220, ext. 241 for further information or if you have any questions.

Hearing Screening with the TeamstersCare Audiologist - 25 Points/Dollars

January 1, 2021 - September 30, 2021

- Have a routine hearing screening with the TeamstersCare Audiologist between January 1 and September 30, 2021.
 - Call the Charlestown Appointment Desk at 617-241-9220, ext. 1 to make an appointment
 - Routine hearing screenings are highly recommended for people over age 55

Get a Flu Shot – 25 Points/Dollars

January 1, 2021 to September 30, 2021

- If you had a flu shot **in 2020**, there's a 12-month lookback in place. So, in January 2021, as long as you've completed the HRA in 2021, if you had a flu shot at a TeamstersCare Flu Clinic or through a BCBS provider, points will automatically be awarded for flu shots received from Jan – Dec 2020.

TeamstersCare Smoking Cessation Program - 25 Points/Dollars

January 1 - September 30, 2021

If you're a smoker, and you're thinking about quitting, participate in the TeamstersCare Smoking Cessation Coaching Program. To get started, call 1-800-851-8326 to speak with one of our smoking cessation coaches.

Online Wellness Workshops – 10 to 25 Points/Dollars

January 1, 2021 - September 30, 2021

- There are twelve interactive workshops to choose from including Fight the Flu, Smart Choices-Healthy Eating, Finding the Right Balance-Weight Management, Fit for Life-Physical Activity, Take a Break-Stress Management, Breathe Easy-Tobacco Cessation, and Mindful Living - Mind - Body Connection.
- Workshops are designed to be engaging and fun, while providing the tools you need to reach your wellness goals. Each workshop takes approximately 4-7 weeks to complete. They're self-paced, allowing you to complete them on your own time.

- You can sign up for a workshop by going to ahealthyme.com/login and clicking on wellness workshops.
- All workshops are 25 points each, except Flu which is worth 10 points.

Online Wellness 20 Minute Videos – (maximum of three videos for points) - 10 Points/Dollars each

January 1, 2021 - September 30, 2021

- Access a 20 minute video with helpful tips and tools to improve your well-being.
- Videos are located at our website - www.teamsterscare.com.

Options include:

- Anxiety During Unprecedented Times; Mindfulness for Sleep and Stress Management; Manage your Stress for Optimal Living; Eating for Wellness: Balance your Plate with MyPlate; Inflammation Busters: The Key to Disease Prevention.
- To earn points, you must watch the video, complete a quiz which is posted on the website, and submit your quiz to wellness@teamsterscare.com or fax it to 617-241-8168.

Personal Choice Event – You choose! (maximum of three choices for points) - 10 Points/Dollars each

January 1, 2021 - September 30, 2021

- You can choose and earn points for activities such as:
 - volunteer in a community or charity event
 - donate blood, plasma or platelets
 - e-mail a healthy recipe to TeamstersCare Wellness (wellness@teamsterscare.com) which will be posted in an online cookbook at the end of the Wellness Program
 - participate in an on-line support group
 - join a fitness group (walking, running, biking)
 - attend a Teamsters Local 25 Union Meeting from January through September 2021. Sign-in at the meeting with a TeamstersCare staff member
 - participate in an on-line or in person visit with a nutritionist or dietician

Simply provide proof of participation to TeamstersCare Wellness to earn your credit. Fax your proof to 617-241-8168 or scan and email it to wellness@teamsterscare.com. Please call Kelly Glynn at 1-617-241-9220, ext. 241 for further information or if you have any questions.

**The dollar amount you receive may be considered taxable income. Consult your tax advisor about how to treat this reimbursement on your taxes.*