



NAPEBT Wellness Incentive Program
July 1st 2014 - May 31st 2015



Northern Arizona Public Employee Benefit Trust

Flagstaff Unified School District ~ Coconino County ~ City of Flagstaff ~ Coconino Community College
NAIPTA ~ Flagstaff Housing Authority ~ Accommodation Schools

Our Mission: To lower the costs of health care while creating wellness events that empower the individual to take control of their health and well being for quality of life.

For more information on the Wellness Incentive Program:

www.northernarizonawellnessincentiveprogram.com

For Questions or Alternatives to the Wellness Program Contact:

Wellness Coordinator

Katie Wittekind

928-527-6189

kwittekind@fUSD1.org

or your Benefits or Human Resources Department



Wellness Incentive Program 2014-2015

You Don't Have To Complete All Three Levels! Complete More Levels To Get More Incentives!

Levels	Total Points	Incentive	Notes
<u>Level One</u> Health Risk Assessment & Biometric Screening	7 Points	\$120/yr Discount	This incentive is given as a discount on your monthly medical insurance rate. Your biometric screening results are required to complete the HRA. Completed once per year.
<u>Level Two</u> Earn an additional 8 pts however you choose	8 Points	\$120/yr Discount	Complete Levels One & Two for a total discount of \$240/yr on your monthly medical insurance rate.
<u>Level Three</u> Earn an additional 10 pts however you choose	10 Points	\$120/yr Cash Incentive	Add to your paycheck, which is taxable. Add to your HSA, FSA, or Deferred Comp account, which is tax-free. Or buy down a buy up plan or family plan.
Total	25 Total Points	\$360/yr Incentive	\$240 discount on your medical plus a \$120 cash incentive.

Biometric Screening & Health Risk Assessment

- In order to earn your Level One insurance discount you will need to complete a Biometric Screening.
- You can get your screening done at a NAPEBT screening site or with your Personal Care Physician (PCP).
- You will need your screening results to complete the required Health Risk Assessment worth 7 pts.

In order to schedule an appointment for a NAPEBT Biometric Screening please visit the website:

<http://www.northernarizonawellnessincentiveprogram.com/biometric-screenings/>

To complete your HRA online you will need the following data:

- ✓Height
- ✓Weight
- ✓BMI
- ✓Blood Pressure
- ✓Total Cholesterol
- ✓HDL Cholesterol
- ✓Glucose

Helpful Hint:
Any other data requested
in the HRA is optional
and not required.



Directions to complete your HRA:

Go to <http://www.azblue.com> and login :

1. Click on Health and Wellness
2. Go to Personal Healthy Blue Home Page
3. Click on My Blue Print Health Risk Assessment
4. You will be asked a series of questions. At the end you must enter your results from your Biometric Screening.

Helpful Hint:
Be sure to click FINISH to
complete the HRA to
receive your points. Print
the screen for your records.

This is for your use only! DO NOT submit your biometrics to your HR Department!

Earn Wellness Points From July 1st -May 31st And Save \$\$\$

Online Activities Worth Points	Points	To Log Points for Activity
Biometric Screening: One screening per plan year required for discount. Enter the results from your Biometric Screening into your online Health Risk Assessment.	7pts	7pts will be AUTOMATICALLY added upon completion of the online HRA.
Online Seminars: Blue Cross offers 15 minute educational seminars. Annual max of 5pts in this category.	1pt each 5pts Max	1pt will be AUTOMATICALLY added once seminar is finished.
Online Conversations: Blue Cross offers short online conversations on many topics.	1pt each 5pts Max	1pt will be AUTOMATICALLY added once conversation is finished.
Online Wellness Challenges: Blue Cross offers Wellness Challenges on different topics.	4pts Max	4pts will be AUTOMATICALLY added when challenge is completed.
Online/Phone Health Coaching: Blue Cross offers online and telephonic health coaching worth up to 6 points. Annual max 6 pts in this category.	6pts Max	6 pts will be AUTOMATICALLY added at end of coaching.
Online Healthy Living Programs and Maternity Program: Blue Cross offers online programs that are 30 days or more.	6pts Max	6 pts will be AUTOMATICALLY added at end of completed program.

Local Activities Worth Points	Points	To Log Points for Activity
Classes & Events: Lunch & Learns, Bountiful Baskets (2 Max), CSA Share (2 Max), NAPEBT Health Fair, any community Walk/Race/Run, Education Films.	1pt each 14 pts Max	Enter class/event under Local Classes/Events form online at www.azblue.com . See next page for more details.
Physical Activity Tracking: Enter your physical activity online in the Physical Activity Tracker.	1pt/ 360mins 11pts Max	Enter physical activity on the Physical Activity Tracker online at www.azblue.com . See next page for details.
Preventative Screenings and Vaccine: Annual Physician Physical, Well-Woman Exam, Well-Man Exam, Dental Cleaning (2 Max), Vision Exam, Mammogram, Prostate Exam, Colonoscopy, Skin Cancer Screening, Bone Density Screening, Disease Management Check Ups, Pneumococcal Vaccine, and Flu Vaccine.	4pt each 20pts Max	Enter screening/Exam under Preventative Care Exam/Screening form online at www.azblue.com . See next page for more details.
Health Coaching Programs: (6 Week Courses) Small Group Fitness Training, Disease Management, 10-week Living Lean Class, Nutrition Coaching, Yoga & Zumba.	6pt each 12pts Max	Enter a NAPEBT sponsored health program under Local Health Coaching Series form online at www.azblue.com .

- The Biometric Screening & HRA are the the only required activities.
- Earn the remaining points by choosing events and activities from the above lists.

Always check with your doctor before making changes to your daily diet or exercise routine.

How To Log Your Local Activity Points:



Relax! It's Easy

To log points for local classes, events, preventative screening or health coaching programs:

1. Log in at www.azblue.com (if you forget your password call: 1-800-650-5656)
2. Click Health and Wellness
3. Click on Personal Healthy Blue Homepage
4. Click on How Do I Earn Credits (on left side of screen)
5. Scroll down to a list of types of activities and click Continue on the type of activity you are trying to log.

Types of Local Activities:

Preventative Care Exams/Screening

Local Classes/Events (*this includes Lunch & Learns, Health Fair, etc*)

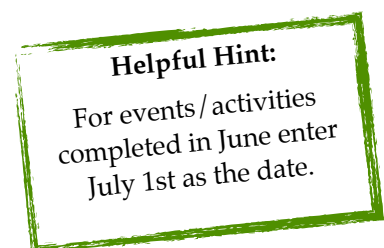
Local Health Coaching Series (*this includes our 6 Week Programs*)

Physical Activity Tracker (*this is where you record your personal physical activity*)

✓ Fill out form with date, name, location, and description of event, class, or screening.

✓ Type your name to certify the information is accurate and click CONTINUE.

Refresh page to see your total points after entering them. Print screen for your records.



Classes & Events

Employer Sponsored Events: 1 point

Each NAPEBT agency offers wellness events to their employees. These events are often available only to the employees of that agency. Please check with your Benefits or Human Resources Department for more information on Employer Sponsored Wellness Events. Common examples of such events are: Lunch and Learns, Walking Groups, and Team Events.

Helpful Hint: Don't have a local event worth points in your area? Make one!
Just contact the Wellness Coordinator to to make your event or walking group worth points. 928-527-6189.

NAPEBT Wellness Classes: 1 point

Throughout the year the Wellness Program offers free one hour talks on various health topics like sleep, allergies, heart health etc. For more information visit the website: <http://ezregister.com/promoters/1372>.

Healthy Food Baskets: 1 point each (2 Max)

Bountiful Baskets: This volunteer run organization offers \$15 baskets of fruits and veggies straight from the farm. Cut out the middle man! No obligation necessary. Pay only for the weeks you wish to participate. Food is from the Southwest. There is an organic option. **Earn 1 point per order up to 2 points!**

Details on pick up times and locations are found on their website:

<http://www.bountifulbaskets.org/>

Community Supported Agriculture: The Flagstaff CSA Store advances community partnerships and promotes social equity and education by connecting people to healthy food from local and regional growers. Buy a seasonal share of farm fresh fruits and veggies. **Earn 2 points for buying a share!**

Details on pick up times and locations are found on their website: <http://flagcsa.com/>



NAPEBT Health Fair: 1 point

Every October NAPEBT offers a health fair. Earn 1 point just for attending.

Community Walk/Race/Run: 1 point each

Participate in any official walk/race/run held in your community and earn one point.

Education Films: 1 point each (2 Max)

These films are available at the library. Many of them are available on Netflix and Amazon. Keep a look out for new films being offered. Food Matters, Forks Over Knives, Food Inc., Fed Up, Hungry for Change, Fat Sick and Nearly Dead.

Physical Activity Tracking

For every 360 minutes you earn 1 point.

You can track the physical activity you do on your own time and earn points. Example activities that count toward earning points: brisk walking, hiking, jogging/running, biking, swimming, yoga, team sports (soccer, tennis, basketball, etc.), ice skating, lifting weights/resistance bands, exercise using body weight (sit ups, push ups, dips etc.), heavy yard work (shoveling snow, digging, landscaping).

Any aerobic activity can be counted for your physical activity. Log your activity online. See page 4.



Preventative Screenings

4 points each, 20 pts Max

Helpful Hint:
Only doctor visits and screenings that are preventative in nature count for points. Dental work, surgery, etc. does not count towards points.

Annual Physician Physical
Well-Woman Exam
Well-Man Exam
Dental Cleaning (2 Max)
Vision Exam
Mammogram
Prostate Exam
Colonoscopy
Skin Cancer Screening
Bone Density Screening
Disease Management Check Ups
Pneumococcal Vaccine
Flu Vaccine

Health Coaching Programs

Earn 6 points for completing the 6 Week Program

For more information on each of these coaching programs or to sign up: <http://ezregister.com/promoters/>

1. **Healthy Living:** These FREE classes are offered in Flagstaff for those with chronic health conditions or caring for someone with a chronic health condition. This course meets for 6 weeks and is offered 4 times per year or more.
2. **Fitness Coaching:** These FREE classes are offered in Flagstaff for those looking to increase their physical activity with a little guidance on nutrition. This course meets twice a week for one hour for 6 weeks.
3. **Healthy Eating:** These FREE classes are offered in Flagstaff for those looking to make a change to their diet with guidance from a professional and support from a group. This course meets once a week for one hour for 6 weeks and includes a cooking class, grocery store tour, meal planning, recipes and more!
4. **Stress Relief:** These FREE classes are offered in Flagstaff for those looking for practical ways to reduce stress in everyday life. This course meets once a week for one hour for 6 weeks.
5. **Yoga For Every Body:** These FREE classes are offered in Flagstaff for those looking to improve strength and flexibility while learning a home exercise program they can continue on their own. This course meets twice a week for one hour for 6 weeks.
6. **Zumba:** These FREE classes are offered in Flagstaff for those looking to get moving to great music. This course meets twice a week for one hour for 6 weeks.
7. **Living Lean:** These classes are offered by NACA in Flagstaff for those looking for support with weight loss and life style change. *This class meets once a week for 10 weeks and is worth 6 points.*

These coaching programs are **FREE** for
ALL employees, retirees, and their
households 18 yrs and older!

You do not need to be on the health
benefits to receive **FREE** health coaching!

Helpful Hint:

If you have an alternative health
coaching program you are doing you can
contact the Wellness Coordinator to see if
what you are doing can be worth points.

Wellness Coordinator

928-527-6189

Frequently Asked Questions

What do I do if I have trouble logging into the Blue Cross website?

Call E-Solutions to reset your user ID and Password 1-800-650-5656, Monday through Friday 8:30a.m. to 4:30pm.

I got my Biometric Screening done last year. Do I have to do it again this year?

Yes. Every year that you wish to participate in the Wellness Incentive Program you will need to get new numbers from your Biometric Screening to complete the Health Risk Assessment online at www.azblue.com. Your blood values may change and early detection is the key!

The online Health Risk Assessment asks for Biometric Screening results I was not provided in my screening. What do I do?

You need your Height, Weight, BMI, Blood Pressure, Total Cholesterol, HDL Cholesterol, Glucose, and Triglycerides. Any other data you can leave blank and is not required to complete your HRA.

I lost my Biometric Screening results. Can I get another copy?

HealthWaves administers our Biometric Screenings. Contact them for a copy of your results. 480-968-6111.

Is my information kept private?

Yes! The employer is provided with depersonalized medical trends used to understand what the major health risks are of a general employee population and the costs associated with those health risks. The employer does not have access to personal health information.

If I leave one NAPEBT employer for another in the same fiscal year will my points follow me?

Yes, but you must print off your points so we can carry them over if it has been more than 30 days between employers. If you fail to do this we will have no record of the points you earned.

What paperwork do I need to provide to show I went to my dentist or my doctor?

None. You will just need the date, time, and location.

I completed wellness events in June. Can I get points for those?

Yes. Just enter them online as July 1st.

What if I have a health issue or spiritual belief that prevents me from participating in the wellness program completely?

We are able to tailor a program that will fit your needs! Please contact your Human Resources Department for more information on alternatives.

I have more questions about the Wellness Program. Who can give me more information?

You can contact the Wellness Coordinator , Katie: kwittekind@fusd1.org, or your Benefits Department for more information on the wellness program. Or visit the website:

www.northernarizonawellnessincentiveprogram.com