



NAPEBT Wellness Incentive Program  
*July 1st 2015 - May 31st 2016*



# Northern Arizona Public Employee Benefit Trust

*Coconino County~ City of Flagstaff ~ Coconino Community College ~ Flagstaff Unified School District  
Coconino County Accommodation School District ~ Northern Arizona Intergovernmental Public  
Transit Authority*

**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](http://www.northernarizonawellnessincentiveprogram.com)

**For Questions or Alternatives to the Wellness Program Contact:**

Wellness Manager

Katie Wittekind

928-527-6189

[kwittekind@fUSD1.org](mailto:kwittekind@fUSD1.org)

or your Benefits or Human Resources Department



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## How To Participate

### Step One: Register

Create a username and password on the point tracking website if you have not done so already.

Go to [NorthernArizonaWellnessIncentiveProgram.com](http://NorthernArizonaWellnessIncentiveProgram.com) and click on button "Starting Entering My Points".

You will be taken to the Blue Cross site [AZblue.com](http://AZblue.com). Click on button in upper right corner "Login/Register". If you forget your Username & Password call 1800-650-5656.

### Step Two: Health Risk Assessment

Complete your Health Risk Assessment online. This is worth 7 points and must be completed to earn incentives.

### Step Three: Enter Points By May 31st

Earn wellness points in a variety of ways described in this packet. Enter them in by no later than May 31st and earn incentives based on how many points you earn.

Done!

# Wellness Incentive Program

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

Levels	Total Points	Incentive	Notes
<b>Level One</b> Health Risk Assessment & Biometric Screening	<b>7 Points</b>	<b>\$120/yr Discount</b>	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.
<b>Level Two</b> Earn an additional 8 pts however you choose	<b>8 Points</b>	<b>\$120/yr Discount</b>	Complete Levels One & Two for a total discount of \$240/yr on your monthly medical insurance rate.
<b>Level Three</b> Earn an additional 10 pts however you choose	<b>10 Points</b>	<b>\$120/yr Cash Incentive</b>	Add to your paycheck, which is taxable. Add to your HSA which is tax-free. Or buy down a buy up plan or family plan.
<b>Total</b>	<b>25 Total Points</b>	<b>\$360/yr Incentive</b>	<b>\$240 discount on your medical plus a \$120 cash incentive.</b>

## 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 the Vera Clinic 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.

### Helpful Hint:

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

## Directions to complete your HRA:

Go to [northernarizonawellnessincentiveprogram.com](http://northernarizonawellnessincentiveprogram.com).

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



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

Online Activities Worth Points	Points	To Log Points for Activity
<b>Biometric Screening:</b> 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 <b>AUTOMATICALLY</b> added upon completion of the online HRA.
<b>Online Seminars:</b> Blue Cross offers 15 minute educational seminars. Annual max of 5pts in this category.	1pt each 5pts Max	1pt will be <b>AUTOMATICALLY</b> added once seminar is finished.
<b>Online Conversations:</b> Blue Cross offers short online conversations on many topics.	1pt each 5pts Max	1pt will be <b>AUTOMATICALLY</b> added once conversation is finished.
<b>Online Wellness Challenges:</b> Blue Cross offers Wellness Challenges on different topics.	4pts Max	4pts will be <b>AUTOMATICALLY</b> added when challenge is completed.
<b>Online/Phone Health Coaching:</b> 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 <b>AUTOMATICALLY</b> added at end of coaching.
<b>Online Healthy Living Programs and Maternity Program:</b> Blue Cross offers online programs that are 30 days or more.	6pts Max	6 pts will be <b>AUTOMATICALLY</b> added at end of completed program.

Local Activities Worth Points	Points	To Log Points for Activity
<b>Classes &amp; Events:</b> Lunch & Learns, Bountiful Baskets (2 Max), CSA Share (2 Max), NAPEBT Health Fair, any community Walk/Race/Run, Education Films, Yoga, Zumba, and Fitness classes hosted by NAPEBT.	1pt each 14 pts Max	Enter class/event under <b>Local Classes/Events</b> form online at <a href="http://www.azblue.com">www.azblue.com</a> . See next page for more details.
<b>Physical Activity Tracking:</b> Enter your physical activity online in the Physical Activity Tracker.	1pt/ 360mins 11pts Max	Enter physical activity on the <b>Physical Activity Tracker</b> online at <a href="http://www.azblue.com">www.azblue.com</a> . See next page for details.
<b>Preventative Screenings and Vaccine:</b> 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 <b>Preventative Care Exam/Screening</b> form online at <a href="http://www.azblue.com">www.azblue.com</a> . See next page for more details.
<b>Health Coaching Programs:</b> (6 Week Courses) Disease Management, 10-week Living Lean Class, Nutrition Course, Stress Course	6pt each 12pts Max	Enter a NAPEBT sponsored health program under <b>Local Health Coaching Series</b> form online at <a href="http://www.azblue.com">www.azblue.com</a> .

- 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. Go to [NorthernArizonaWellnessIncentiveProgram.com](http://NorthernArizonaWellnessIncentiveProgram.com)
2. Click on **Start Entering My Points**
3. Log in (if you forget your password call: 1-800-650-5656)
4. Click Health and Wellness
5. Click on Personal Healthy Blue Homepage
6. Click on Your Resources (top left of page)
7. Click on Program Information -> My Credits
8. Scroll down to a list of types of activities and click Continue on the type of activity you are trying to log.

**Helpful Hint:**  
For events/activities  
completed in June enter July  
1st as the date.

### **Types of Local Activities:**

Preventative Care Exams/Screening

Local Classes/Events (this includes Lunch & Learns, Health Fair, NAPEBT Yoga, 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 Yoga, Zumba and Fitness classes as well as one hour talks on various health topics like sleep, allergies, heart health etc. For more information visit the website: [NorthernArizonaWellnessIncentiveProgram.com](http://NorthernArizonaWellnessIncentiveProgram.com)

## 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, Fed Up. *The NAPEBT wellness program does not sponsor all information provided in these films. These films are for informational purposes on varying views of nutrition.*

# 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

# NAPEBT Wellness Program

## Health Coaching Programs



To Sign Up Go To: [NorthernArizonaWellnessIncentiveProgram.com](http://NorthernArizonaWellnessIncentiveProgram.com)

**Earn 6 points for completing the 6 Week Program**

### NAPEBT Sponsored Health Coaching Courses:

1. **Fact and Fiction of Nutrition:** Learn what misconceptions about nutrition might be hindering your health! 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!
2. **Stress Relief:** These FREE self paced classes are offered in Flagstaff for those looking for practical ways to reduce stress in everyday life. This course meets twice for one hour each. The remainder of the classes are completed on your own online.

### Community Health Courses:

1. **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.*  
To Sign Up: 928-773-1245
2. **Healthy Living/Disease Management/:** 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. To Sign Up: 928-679-7263 or contact the Coconino County Community Health Department.

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 Manager to see if what you are doing can be worth points.  
Wellness Manager:  
928-527-6189



# Frequently Asked Questions

## ***How do I sign up for the Wellness Program?***

If you are a first time participant you will go to the website [NorthernArizonaWellnessIncentiveProgram.com](http://NorthernArizonaWellnessIncentiveProgram.com). Click on the button: "Start Entering My Points". It will take you to a new site. Click on the Login/Register button. Enter in your information and you are now registered.

## ***What do I do if I have trouble logging in to enter my points?***

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](http://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?***

Contact your PCP or Vera clinic where your blood was drawn and ask for another copy of your results.

## ***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 to fill out the online form.

## ***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 Manager, Katie: [kwittekind@fusd1.org](mailto:kwittekind@fusd1.org), or your Benefits Department for more information on the wellness program. Or visit the website:

[www.northernarizonawellnessincentiveprogram.com](http://www.northernarizonawellnessincentiveprogram.com)