



# Overview: Wellness Program

*Welcome to the  
Lifestyle Health Plans  
Healthy Rewards  
Wellness Program.*

*This Program Overview will  
get you started with the  
Wellness Program:*

- *Earning Deductible Credits*
- *Earning Bonus Bucks*
- *Ways to Earn Rewards*
- *Registering Your Wellness Center Account*
- *Navigating Your Wellness Center Account*



# wellness program overview

LIFESTYLE HEALTHY REWARDS... WE'LL MATCH YOU!



## Earn Wellness Points for Deductible Credits

Each year, you can earn wellness points by participating in the wellness program. Points convert to deductible credits for your next program year and then Lifestyle will match your credits based on your program year!



### What Will I Earn?



### We'll Match You!

- Program Year 2 = 25% credit match
- Program Year 3 = 50% credit match
- Program Year 4 = 75% credit match
- Program Year 5 = 100% credit match

## FIRST YEAR ON THE PLAN?

Jump start your deductible credits by completing the online Health Risk Assessment (HRA) and wellness lab testing through your Wellness Center account. If completed within the first 2 months of your effective date on the plan, Lifestyle will give you a complimentary deductible credit for your first program year!

### 2 Months



Within the first 2 months from program effective date

### Complete HRA



\$250.00  
Deductible Credit

### Lab Testing



\$250.00  
Deductible Credit

**Total Possible: \$500.00**



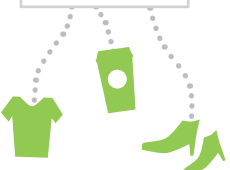
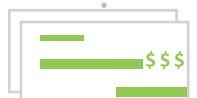
## Earn Bonus Bucks Cash Incentives

In addition to deductible credits, Lifestyle Health Plans provides additional 'Bonus Buck' cash incentives for plan participants who act as wise healthcare consumers and/or participate in a proactive, disease management program. Check out the **Ways to Earn Rewards** charts on the next page for a comprehensive list of cash earning opportunities! Just look for the Bonus Bucks ribbon graphic for cash incentive opportunities while participating as a wellness program participant. Upon completion, you will be awarded your Bonus Bucks with a personalized check for your reward amount!



Check out the chart on the next page to find ways to earn Bonus Bucks.

You will be awarded your Bonus Bucks with a personalized check for the reward amount!





# ways to earn rewards

## LIFESTYLE HEALTHY REWARDS... WE'LL MATCH YOU!



### hra / labs

Activity	Incentive	Max / Program Yr.
Health Risk Assessment (HRA)	250 points	250 points
Lab Testing	250 points	250 points
Lab Result Bonus Points	25, 50 or 75 points	250 points
Lifestyle Habit Points	20 or 40 points	160 points
Weight Loss *	25 points / lb	750 points
Metabolic Syndrome Risk Score Improvement	250 points	250 points
Metabolic Risk Score - Decrease score by 20	\$50 bonus bucks	\$50 bonus bucks
Metabolic Risk Score - Decrease score by 40	\$100 bonus bucks	\$100 bonus bucks
Metabolic Risk Score - Decrease score by 60	\$150 bonus bucks	\$150 bonus bucks
Metabolic Risk Score - Healthy Maintenance	\$150 bonus bucks	\$150 bonus bucks

\* Points awarded through online HRA based upon change in weight between program years.

### healthy actions

Activity	Incentive	Max / Program Yr.
<b>GYM MEMBERSHIP ATTENDANCE*</b>		
25 Visits / Qtr	100 points	400 points
20 Visits / Qtr	75 points	400 points
15 Visits / Qtr	50 points	400 points
<b>SELF REPORTED EXERCISE (30 minute min) **</b>		
25 Times / Qtr	50 points	200 points
20 Times / Qtr	35 points	200 points
15 Times / Qtr	25 points	200 points
VERIFIED RACE COMPETITIONS***	25 points / mile	200 points
<b>CHALLENGES</b>		
Individual (24 Available)	50 points	200 points
Employer Sponsored (6 Available)	250 points	250 points
<b>ACTION PLANS</b>		
Wellness Center Action Plans (9 Available)	200 points	1800 points

\* Must be verified by gym or trainer by submitting rewards verification form.

\*\* Points can be self-reported by submitting rewards verification form.

\*\*\* Must be verified & submitted with rewards verification form.

### incentive key:



Wellness Points for Deductible Credits



Bonus Bucks Cash Rewards

### prevention

Activity	Incentive	Max / Program Yr.
Physical / Wellness Exam *	300 points	300 points
Dental Exam	100 points	100 points
Vision Exam	100 points	100 points
Flu Shot	50 points	50 points

\*Points can be earned by completing one routine physical, wellness exam or well-woman exam within program year.

### personal health improvement

Activity	Incentive	Max / Program Yr.
<b>TOBACCO CESSATION</b>		
Initial Enrollment	\$100 bonus bucks	\$100 bonus bucks
Coaching Compliance	\$100 bonus bucks	\$100 bonus bucks
180 Days Tobacco-Free	\$250 bonus bucks	\$250 bonus bucks
<b>COACHING PROGRAMS</b>		
COPD Program	\$100 bonus bucks	\$100 bonus bucks
Obesity Program	\$100 bonus bucks	\$100 bonus bucks
Diabetes Program	\$100 bonus bucks	\$100 bonus bucks
Dyslipidemia Program	\$100 bonus bucks	\$100 bonus bucks
Hypertension Program	\$100 bonus bucks	\$100 bonus bucks
Pathway Compliance	\$150 bonus bucks / Qtr.	\$150 bonus bucks / Qtr.

### health services utilization

Activity	Incentive	Max / Program Yr.
Medication Conversion	\$50 bonus bucks	no max
<b>WELLNESS PARTICIPATION / POINTS ACHIEVEMENT</b>		
2500 - 3000 Points Earned	\$100 bonus bucks	\$300 bonus bucks
3001 - 3500 Points Earned	\$100 bonus bucks	\$300 bonus bucks
3501+ Points Earned	\$100 bonus bucks	\$300 bonus bucks



# wellness center navigation

LIFESTYLE HEALTHY REWARDS... WE'LL MATCH YOU!

## Getting Registered REGISTER AND LOGIN

1. Go to **www.lifestylehealthbenefits.com**.
2. Select the Wellness Center link in the top right of the Home Page.
3. If you are new to the Wellness Center, click the **Register** button at the bottom left and follow the instructions to register.
4. Complete the brief eligibility check form. You will need your Lifestyle Member ID Number, Date of Birth and First and Last Name.
5. Follow the instructions to create your Wellness Center account, authorize your own unique and confidential Personal Health Record (PHR).
6. Finalize by selecting **Submit** and you will be ready to login using your username and password.

## Getting Around NAVIGATING YOUR ACCOUNT

Your Wellness Center is a comprehensive tool to assist you in managing the health of you and your family.

Through your Wellness Center Dashboard you can access and view the following key areas:

- Health Risk Assessment, Wellness Labs (available once per program year and accessible on the right column on your Wellness Center Dashboard.)
- Wellness Points, Deductible Credits & Bonus Bucks
- Lab Results
- Predictive Health Reports
- Healthy Action Plans
- Recipes and Health Content
- Telemedicine Hotline, Health Discount Portal and more!

Navigate your Dashboard by clicking on the links and sections shown. Questions? Contact a Wellness Coordinator at: (866) 827-6607 ext. 5 or [wellness@lifestylehealthbenefits.com](mailto:wellness@lifestylehealthbenefits.com).