



An Independent Licensee of the Blue Cross and Blue Shield Association



2017 ISAC Wellness Program

Program Dates

Employees can complete program options between January 1, 2017 and October 31, 2017.

To be eligible for employee incentives the employee must register on wellmark.com and the Wellmark Wellness Center. If the employee registered in the any of the previous programs they become incentive eligible upon their first login to the Wellness Center in 2017.

Employee Options

The employee can choose to participate in any of the following activities to receive incentives:

- Completion of preventive exam with physician & completion of Wellness Assessment (paper or online) for a \$50 gift card
 - Test Options include: Annual Preventive Physical, Mammogram, Colonoscopy, Prostate Exam, Zoster Vaccine, Gynecological/Pap Smear Exam
 - Only one of the preventive exams need to be completed
 - Employees can self-report their exam through wellmark.com (Wellmark Wellness Center) OR claims will be loaded for rewards Monthly from the Wellmark claims system if the service was coded as preventive/routine
 - Wellness Assessment would be completed through wellmark.com (Wellmark Wellness Center) website or by requesting a paper assessment through the wellness help desk.
 - Paper assessment must be received by 10/1 to be counted toward the incentive
 - Wellness funds will be used for paper assessments
 - **To receive the \$50 the employee must complete both an exam and a wellness assessment**
- Completion of activity programs for \$50 gift card per activity program completed with a maximum of \$150 (or 3 activity programs/3 points)
 - TAVi programs (Then and Now, Tasty Twist, Take Your Pick)
 - Two County program approved by ISAC
 - Programs are tracked by counties and then provided to Wellmark to upload completions into the wellmark.com rewards tracking feature on the Wellmark Wellness Center
 - ISAC Wellness program approval form needs to be completed for these programs. The last date to submit a program for approval is Sept 1, 2017.

Incentive: Each activity completed will earn the employee a gift card. As the employee completes the activities they will receive via mail a gift card.

Gift Card Distribution

Once the activity is completed, entered into the system by either the member or the wellness committee then the employee would receive the gift card via US Mail. Gift cards are distributed by CitiBank. Files are submitted to Citibank on Mondays from Wellmark. The processing time is then approximately 10 days to reach the member. Please Note: that members must login or register in 2017 to receive gift cards.

Employee Incentive Tracking

The Wellmark Wellness Center will be tracking individual completions and participation lists from wellness committee's will be uploaded. Employee's use this site to track their incentives they will receive throughout the program.

Wellmark will share the first week of each month participation information with the counties.

Employee Resources for questions on incentive/Wellmark Wellness Center

Wellmark had a Wellness Help Desk that can answer questions related to login to wellmark.com/Wellmark Wellness Center, tracking of incentives on the Wellness Center, if activities have been completed and if a gift card has been distributed. The phone number for the help desk will be on all communication materials. That number is: 877-252-8412.

Insured County Employee that are Spouses on the medical plan

As in 2016, Insured Employee Spouses are NOT eligible to participate in the wellness assessment/online portion of the program and will be tracked by the county wellness committee.

County Requirements and Incentive

- The county will be responsible for marketing to the employees directly about program specifics (Wellmark and ISAC will provide posters, payroll stuffers, webinars, etc. to assist in promotion)
- The county Wellness Committee will meet a minimum of 4 times per calendar year.
- One county Supervisor will be engaged and knowledgeable in the wellness program and participate in wellness committee meetings
- The county Wellness Committee will administer the approved activity programs for employees to participate and will track employee participation. Participation reports are due at the completion of each program.
- Optional: Employee meetings with a Wellmark Representative to review the Wellmark Wellness Center and assist with login and registration.

County Incentive

If all the above county requirements are completed, the county will receive a 2-5% premium rate reduction based on the number of activities completed by employees during the year in relation to the number of insurance contracts held in the county. Insurance contracts are figured on 1/1/17 and used throughout the program to figure reductions. In 2016, employees can only earn a maximum of four activities toward the county incentive (wellness assessment/preventive plus three activities).