



# **What's New with Wellness**

**June 2016**

# Objectives

- Introduce the Wellness Works “Be Well” Incentive Program
- Inform you on how to continue to receive your Wellness Incentive throughout Plan Year (PY) 16-17:
  - Process
  - Deadline date
- Inform you on how to earn your Wellness Incentive in PY 16-17 for distribution in PY 17-18:
  - Program changes
  - Deadline date
- Portal Tour

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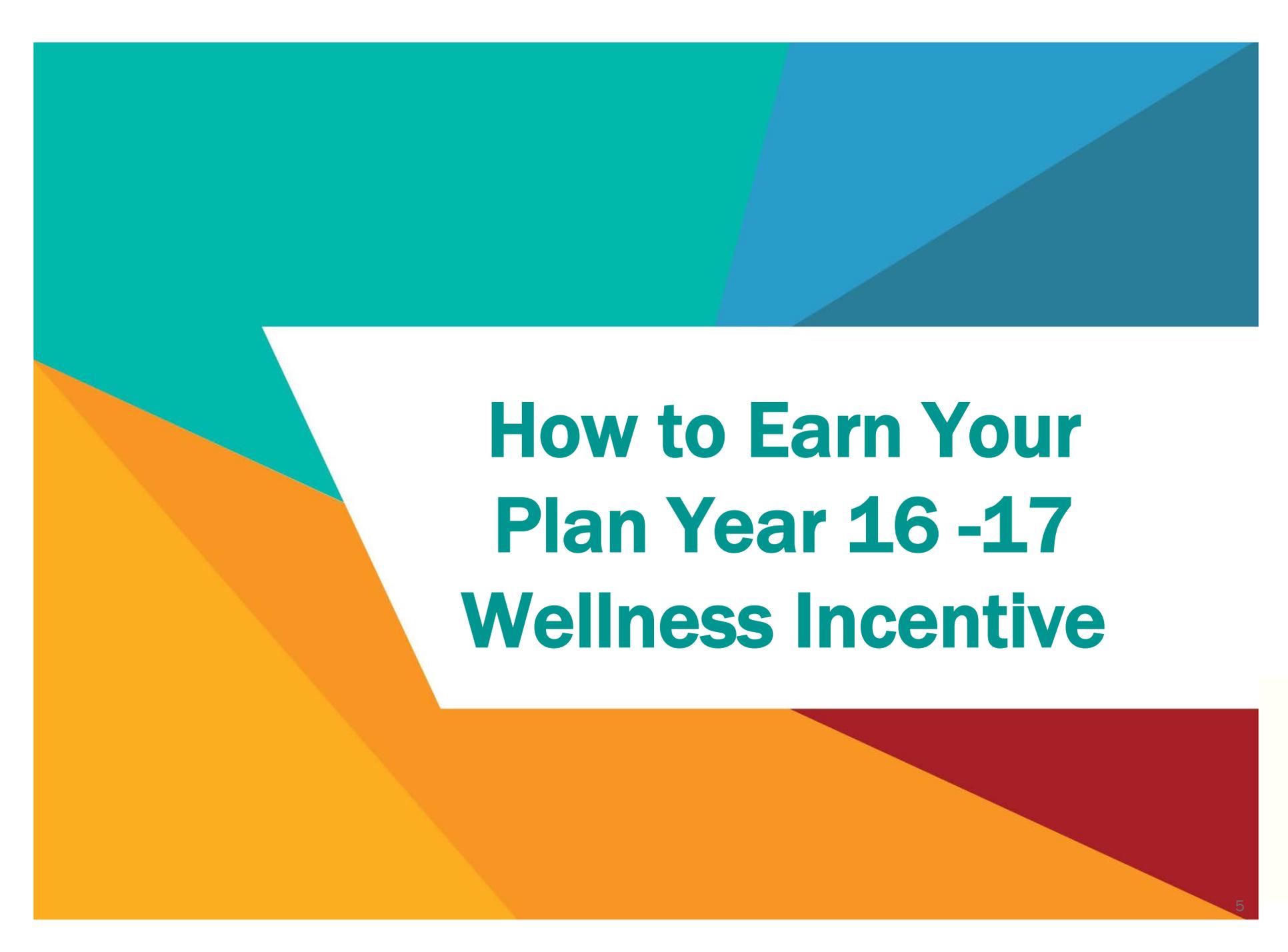


# **Wellness Works “Be Well” Incentive Program**

# Overview: Be Well Incentive Program

- You must be enrolled in a County-sponsored medical plan to participate
- There are “Be Well” activities associated with the Be Well program. There are PY 16-17 Be Well activities and PY 17-18 Be Well activities.
- Both the Biometric Screening and Health Assessment are required/gateway activities. They must both be completed to earn \$40/month.
- What was previously called a Medical Premium Reduction will now be called a Wellness Incentive
- For both PY 16-17 and PY 17-18, the Wellness Incentive will be either \$40/month or \$60/month

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# **How to Earn Your Plan Year 16 -17 Wellness Incentive**

# Overview of PY 16-17 Wellness Incentive

## Same process to earn as Plan Year 15-16:

- Same Wellness Incentive (\$40/month or \$60/month)
- Log-in/register in the StayWell Portal:  
**maricopa.staywell.com**
- Continuation of Incentives Period with a **Deadline**
  - Biometric Screening
  - Health Assessment
  - Tobacco-Free Activity (Confirmation or Cessation Program)
    - Tobacco screening dropped
- Mass screening event
  - July 19 – September 30 at convenient County worksites
  - Schedule on the StayWell Portal beginning July 5, 2016

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# How to Earn Your PY 16-17 Wellness Incentive

The Biometric Screening and Health Assessment are required activities. Both must be completed to earn \$40/month. = **\$40**

To earn an additional \$20/month, complete a Tobacco-Free activity. You must also complete a Biometric Screening and Health Assessment. = **\$20**



OR



## Biometric Screening

Schedule on the StayWell Portal starting **July 5, 2016**. Complete at a worksite location between **July 19-September 30**.

## Health Assessment

Complete on the StayWell Portal either before or after your Biometric Screening.

## Tobacco-Free Confirmation

Confirm you are tobacco-free on the StayWell Portal. A tobacco screening is no longer required.

## Tobacco Cessation

Complete one of the two options below:

- Six onsite tobacco classes **OR**
- Five calls with a StayWell Health Coach

= **\$60/MONTH**

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# Deadline for PY 16-17 Wellness Incentive

**Goal:** Earn an incentive of \$60/month

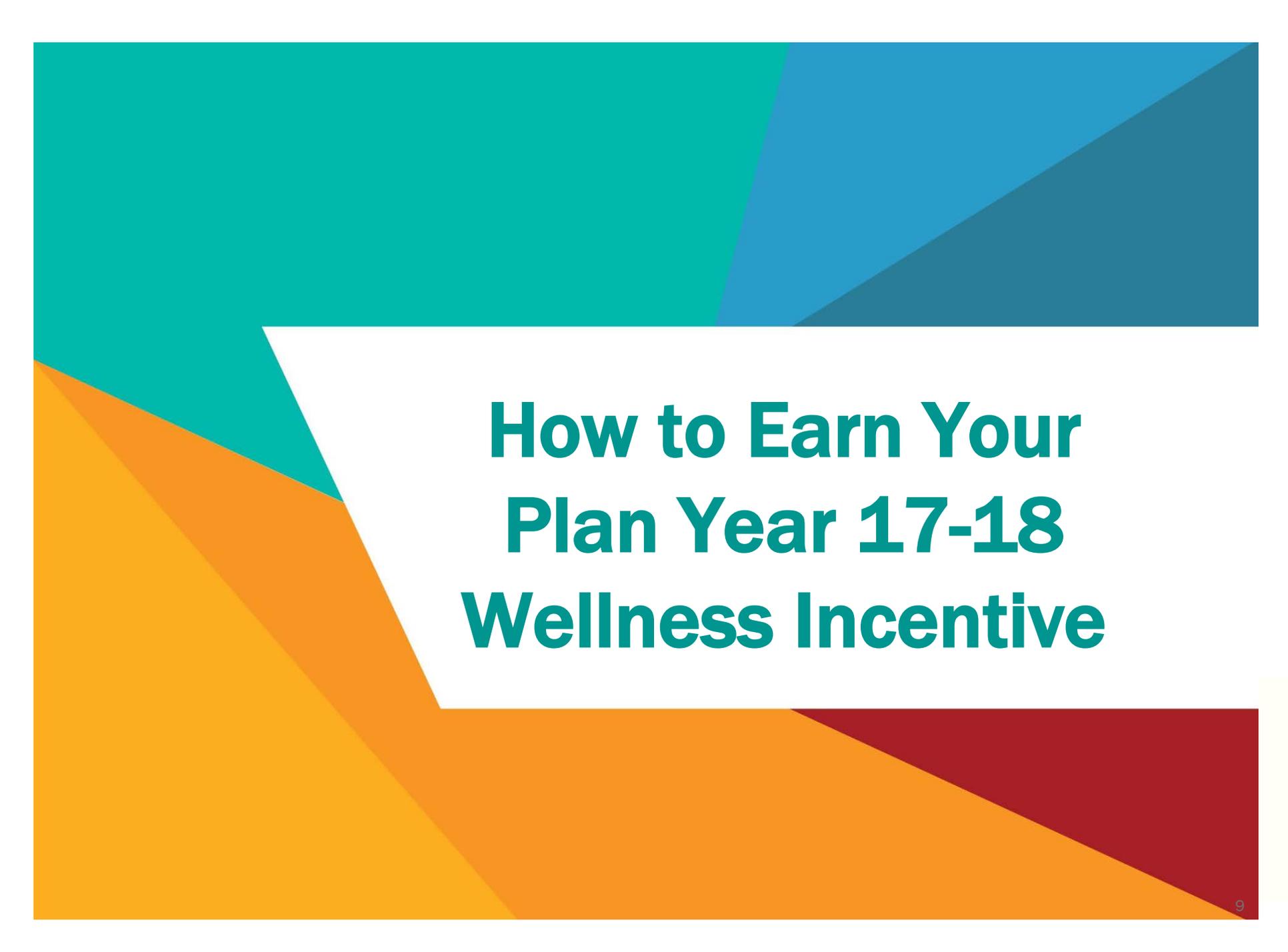
**Deadline date: September 30**

**Bad News:** If you do not complete your Be Well activities by September 30, 2016 you will see an interruption in your Wellness Incentive on your November 2, 2016 paycheck

**Good News:** If you do not complete Be Well activities by September 30, 2016 you can earn prospectively



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# **How to Earn Your Plan Year 17-18 Wellness Incentive**

# Earn Your PY 17-18 Wellness Incentive

**Earn a minimum of 80, or a maximum of 100 points**

- Biometric Screening/Health Assessment, and Tobacco-Free Activity in PY 16-17 count towards PY17-18 points:
  - Biometric Screening/Health Assessment = 40 points
  - Tobacco-Free Activity = 20 points
  - Total Points = 60 points

THESE BE WELL ACTIVITIES WILL CARRY OVER FROM 2016-2017

**60 POINTS**

**REQUIRED ACTIVITIES: 40 POINTS**



BIOMETRIC  
SCREENING



HEALTH  
ASSESSMENT



TOBACCO-FREE  
CONFIRMATION

**OR**



TOBACCO-FREE  
ALTERNATIVE

- Need an additional 40 points to earn 100 points
  - Earn 80 points = \$40/month
  - Earn 100 points = \$60/month

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# Earn Your PY 17-18 Wellness Incentives

## **Required and Tobacco-Free Activities:**

- PY16-17 Health Assessment and Biometric Screening = 40 points
- PY 16-17 Tobacco-Free Activity (Confirmation or Cessation) = 20 points  
= 60 points

## **Rewarding Activities (mix and match):**

- Telephonic Health Coaching = 40 points
- StayWell Online Challenge = 40 points
- Self-Directed Coaching = 20 points ea.
- Digital Workshops = 10 points ea.
- Healthy Living Confirmations = 10 points ea.

**Earn min. of 80 or max. of 100 points**

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# Healthy Living Confirmations

**Healthy Living Confirmations = 10 points ea.**

- Flu vaccine confirmation
- Healthy eating confirmation
- Physical activity confirmation
- Stress management confirmation
- Well-person exam confirmation

**Maricopa County trusts that you are being truthful when confirming participation in any of the self-report activities**

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# Earn Your PY 17-18 Wellness Incentives

## Key Points:

- You are earning points in Plan Year 16-17 for distribution in 17-18
- You will earn additional points by completing item(s) from Rewarding Activities
- If you do not complete a Tobacco Activity you can only earn 80 points for \$40/month
- You must complete all of the Be Well Activities by **May 31, 2017**

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# Highlights of PY 17-18 Wellness Incentives

## Important Points:

- Be Well Activities: Health Assessment, Biometric Screening and Tobacco-Free Activity count for both PY16-17 and 17-18
- Must earn 40 additional points
- Deadline date to earn points for PY 17-18 is **May 31, 2017**
- Prospective payments no longer applied in PY17-18
- Lose your wellness incentive in PY17-18 if you do not meet deadline
- New employee nuances will be communicated later

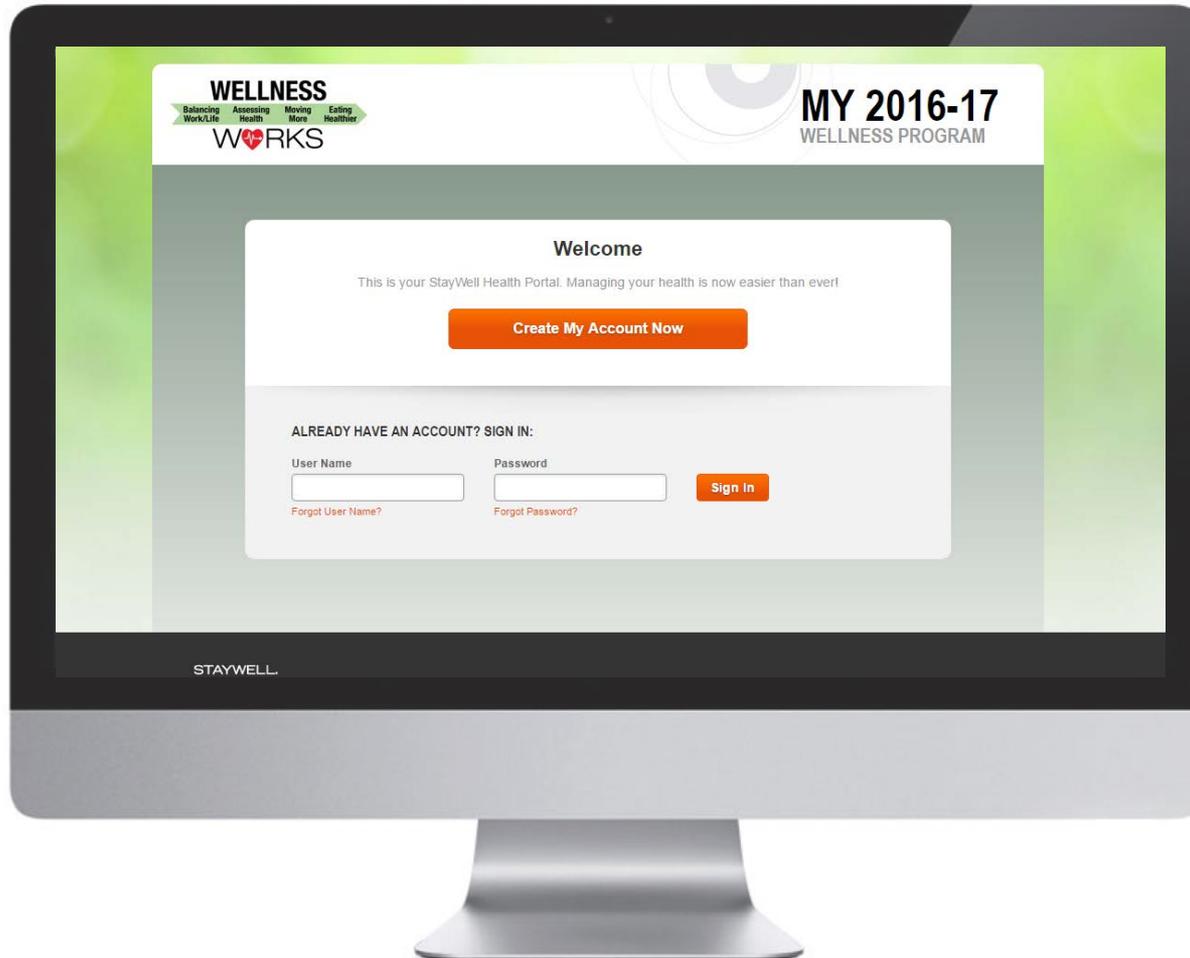


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# StayWell Portal Tour

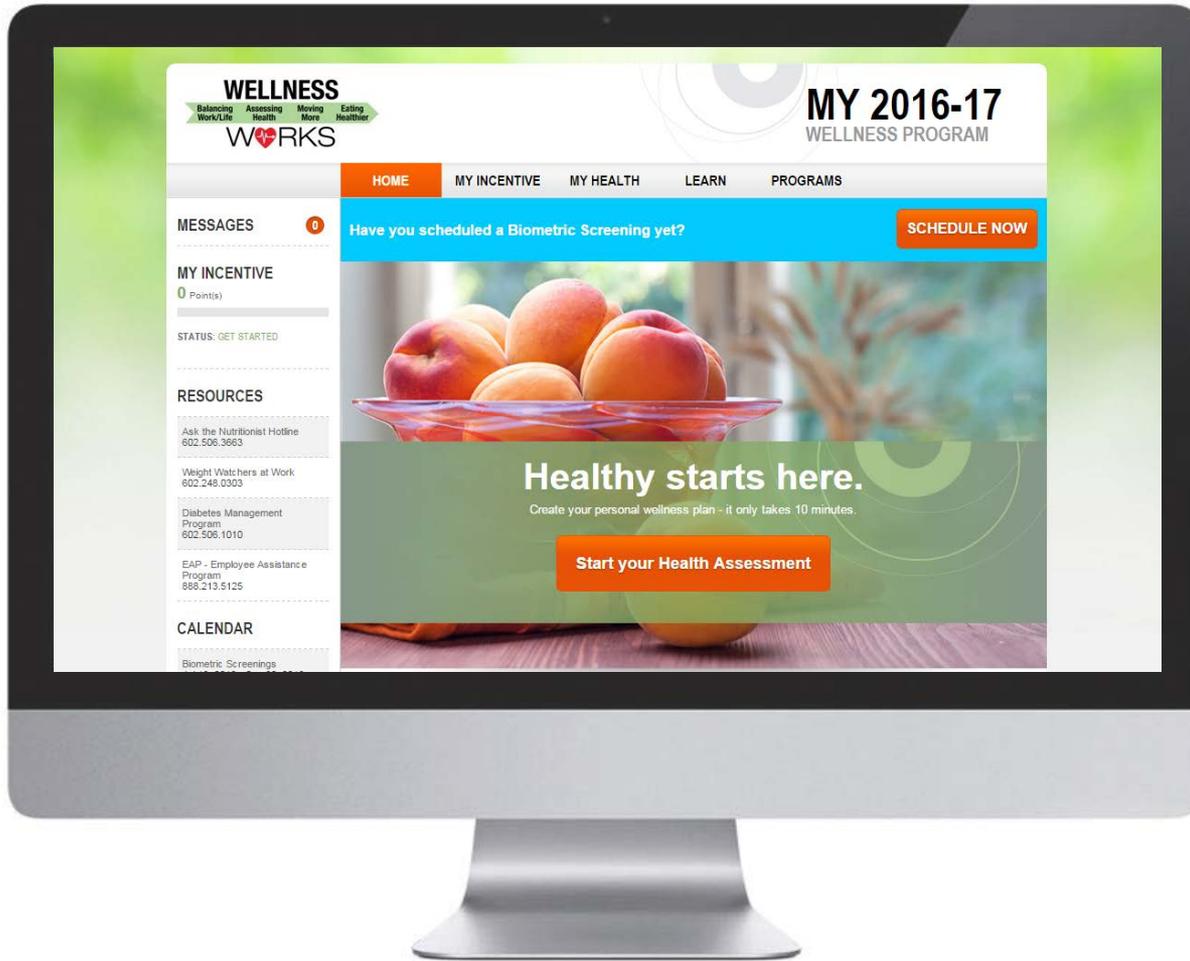
<https://maricopa.staywell.com>

# Getting Started



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# The Home Page



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# Health Assessment Results

Once you've completed your Health Assessment, you can review your results on the My Health tab.



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# Track Your Progress on the My Incentive Tab

HOME **MY INCENTIVE** MY HEALTH LEARN PROGRAMS

**MESSAGES** 0

**MY INCENTIVE**  
0 Point(s)

STATUS: GET STARTED

**RESOURCES**

- Ask the Nutritionist Hotline  
602.506.3663
- Weight Watchers at Work  
602.248.0303
- Diabetes Management Program  
602.506.1010
- EAP - Employee Assistance Program  
888.213.5125

**CALENDAR**

- Biometric Screenings  
Jul 19, 2016 - Sep 30, 2016

**My Incentive**

0  
9

Total Point(s)  
0

80 Point(s) Min 100 Point(s) Max

STATUS: GET STARTED

[Learn More](#)

**My Activity**

Continuation of 2016/17 Wellness Incentive (\$40-\$60/month) [Learn More](#) Min: 2 Max: 3

	Date	Status	Value
<b>Health Assessment</b>	5/11/2016 - 4/30/2017	Pre-Required! ●	0
<b>Biometric Screening</b>	5/11/2016 - 4/30/2017	Pre-Required! ●	0
<b>2016/17 Tobacco-Free Activities</b>	5/11/2016 - 4/30/2017		0

Category Total: 0

2017/18 Required Activities [Learn More](#) Min: 40 Max: 40

	Date	Status	Value
<b>Health Assessment</b>	5/11/2016 - 4/30/2017		20
<b>Biometric Screening</b>	5/11/2016 - 4/30/2017		20

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# Complete Your Required Activities

Weight Watchers at Work  
602.248.0303

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Diabetes Management Program  
602.506.1010

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EAP - Employee Assistance Program  
888.213.5125

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**CALENDAR**

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Biometric Screenings  
Jul 19, 2016 - Sep 30, 2016

## My Activity

**Continuation of 2016/17 Wellness Incentive (\$40-\$60/month)** [Learn More](#) Min: 2 Max: 3

	Date	Status	Value
<b>Health Assessment</b>	5/11/2016 - 4/30/2017	Pre-Requirement <span style="color: orange;">●</span>	0
<b>Biometric Screening</b>	5/11/2016 - 4/30/2017	Pre-Requirement <span style="color: orange;">●</span>	0
<b>2016/17 Tobacco-Free Activities</b>	5/11/2016 - 4/30/2017		0
			Category Total: 0

**2017/18 Required Activities** [Learn More](#) Min: 40 Max: 40

	Date	Status	Value
<b>Health Assessment</b>	5/11/2016 - 4/30/2017		20
<b>Biometric Screening</b>	5/11/2016 - 4/30/2017		20
			Category Total: 0

**2017/18 Tobacco-Free Confirmation** [Learn More](#) Min: 20 Max: 20

	Date	Status	Value
<b>2017/18 Tobacco-Free Confirmation</b>	5/11/2016 - 4/30/2017		20

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20

# Meet Your Tobacco Requirement

2017/18 Tobacco-Free Confirmation [Learn More](#)

Min: 20 Max: 20

	Date	Status	Value
<b>2017/18 Tobacco-Free Confirmation</b>	5/11/2016 - 4/30/2017		20
<b>Maricopa County Tobacco-Free Class</b>	5/11/2016 - 4/30/2017		20
<b>Telephonic Tobacco Coaching</b>	5/11/2016 - 4/30/2017		20

Category Total: 0

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# Your Rewarding Activity Options

2017/18 Be Well Activities <a href="#">Learn More</a>		Min: 20	Max: 40
	Date	Status	Value
Telephonic Coaching - Weight	5/11/2016 - 4/30/2017		40
Telephonic Coaching - Blood Pressure	5/11/2016 - 4/30/2017		40
Telephonic Coaching - Back Care	5/11/2016 - 4/30/2017		40
Telephonic Coaching - Cholesterol	5/11/2016 - 4/30/2017		40
Telephonic Coaching - Exercise	5/11/2016 - 4/30/2017		40
Telephonic Coaching - Nutrition	5/11/2016 - 4/30/2017		40
Telephonic Coaching - Stress	5/11/2016 - 4/30/2017		40
Self Directed Coaching - Eat Well	5/11/2016 - 4/30/2017		20
Self Directed Coaching - Move More	5/11/2016 - 4/30/2017		20
Self Directed Coaching - Control Weight	5/11/2016 - 4/30/2017		20
Self Directed Coaching - Stress Less	5/11/2016 - 4/30/2017		20
Self Directed Coaching - Smoke-Free	5/11/2016 - 4/30/2017		20
Digital Workshop - Cholesterol and Your Heart Health	5/11/2016 - 4/30/2017		10
Digital Workshop - On the Road to Back Health	5/11/2016 - 4/30/2017		10
Digital Workshop - Weight Loss Success	5/11/2016 - 4/30/2017		10
Digital Workshop - Why Exercise Is Important	5/11/2016 - 4/30/2017		10

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# Incentive Page: Learn More

The screenshot shows a user interface for the 'My Incentive' page. At the top, there is a progress bar with a '0' on the left and a 'Total Point(s)' box on the right containing '0'. Below the progress bar, there are two buttons: '80 Point(s) Min' and '100 Point(s) Max'. A red circle highlights a 'STATUS: GET STARTED' label and a 'Learn More' button. Below this, the 'My Activity' section is visible, listing 'Health Assessment', 'Biometric Screening', and '2016/17 Tobacco-Free' activities. A modal window titled 'Welcome To My Incentive' is overlaid on the page, containing detailed information about the program's rules and requirements for Plan Years 2016-2017 and 2017-2018.

**My Incentive**

0  
9  
Total Point(s)  
0

80 Point(s) Min    100 Point(s) Max

**STATUS: GET STARTED**  
[Learn More](#)

**My Activity**

Earn Your 2016-2017 Wellness

- Health Assessment
- Biometric Screening
- 2016/17 Tobacco-Free

2017/18 Required Activities

**Welcome To My Incentive**

For Plan Year 2016-2017 the Be Well Activities include a Health Assessment, a Biometric Screening, and a Tobacco-Free Activity.

The Health Assessment (HA) and Biometric Screening (BS) are required activities. Completing both of them will earn you an incentive of up to \$40/month. Completing the HA, BS, and a Tobacco-Free Activity will increase your incentive to \$80/month.

The Be Well Activities you complete between July 5, 2016 – September 30, 2016, will carry over to Plan Year 2017-2018. If you earn \$80/month, 80 points will carry over. If you earn \$40/month, 40 points will carry over.

For Plan Year 2017-2018 the Be Well Activities will include the HA, BS and Tobacco-Free Activity plus a new category called Rewarding Activities. You need to collect additional points from this category to earn either 100 points for an incentive of \$80/month or 80 points for \$40/month.

If you do not complete a Tobacco-Free Activity, you can only earn a maximum of 80 points (\$40/month.)

If you do not complete your Be Well Activities by May 31, 2017, you will not qualify for a wellness incentive in Plan Year 2017-2018. No exceptions.

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# Communication

- **Usual Communication Package**
  - Posters
  - Global voice-mail
  - EBAC e-mails
  - Maricopa County Currents
  - County video monitors
- **Be Well Incentive Information Flyer**
  - Desk Drop
- **StayWell E-mails**
- **Future trainings**
- **Survey**

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# In Summary

## **Goal for PY16-17 is to earn \$60/month**

- Earn by completing Be Well Activities: Health Assessment, Biometric Screening and Tobacco-Free Activity
- StayWell Portal opens July 5, 2016 to schedule Biometric Screening
- Mass screening event begins July 19 – September 30, 2016  
*Limited opportunities for walk-ins*
- **Complete by September 30, 2016** to avoid an interruption in your wellness incentive

## **Goal for PY17-18 is to earn 80 points for \$40/month or 100 points for \$60/month**

- Activities are assigned a value in points
- Completing Be Well Activities HA, BS, TFC earns 60 points
  - Tobacco users have until May 31, 2017 to complete a tobacco cessation program to earn 20 points
- Select from Rewarding Activities to earn an additional 20 or 40 points
- Complete all Be Well Activities by **May, 31, 2017!**

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# Questions:



**StayWell Helpline**  
**877.678.8926**

**Wellness Works Website FAQ's**



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