



YOUR PATH TO BETTER HEALTH BEGINS NOW.

At Payette School District, we believe in success through education. We want to make sure you are successful as well, which includes helping you be a healthier you. This is why we make our **Healthy Measures** program available to you and encourage you to participate.

Healthy Measures can help you improve your health AND save you money!

Beginning July 1, 2018, employees can qualify for the **Healthy Measures** program and be rewarded with a \$1,500 individual deductible (\$3,000 family deductible).

Our hope that everyone will participate and qualify for the **Healthy Measures** incentive by December 1, 2018.

Our wellness policy goal is to promote and encourage a life-long healthy lifestyle, and one way we can do that is leading by example.

What is *Healthy Measures* and Who Can Participate?

Healthy Measures is Payette School District's wellness program. Every year, employees who are covered by the district's medical benefits can participate and earn a valuable reward. Spouses are not required to participate.

What do I have to do?

Healthy Measures encourages you to meet with your doctor for a preventive health visit and complete the health qualification form (HQF), as well as the Online Health Assessment (HA), and you qualify for the reward.

Tell me about the reward.

To encourage you to engage in the *Healthy Measures* wellness program, we will award you with a lower deductible. Complete the steps by December 1, 2018, and you will qualify for a lower individual deductible of \$1,500 (\$3,000 family). If you do not, your deductible will be \$3,000 (\$6,000 for family) beginning January 1, 2019.

Whether you are in good health and want to be rewarded for it, or need to improve your health and are willing to try, you can participate and be rewarded with a lower deductible, saving you at least \$1,500 that you might otherwise have to spend.



IT'S EASY!

There are two steps to qualify for the *Healthy Measures* reward.

Step 1 – Health Qualification Form (HQF)

The HQF helps you and your doctor evaluate your health in five key health areas: tobacco use, blood pressure, cholesterol, weight and blood sugar. This is what you'll need to do:

1. Make an appointment with your doctor for a preventive care visit. If you don't have a doctor, this is a great time to establish a relationship with one.* Your preventive care visit is covered at 100 percent if billed as a wellness visit by your in-network doctor.
2. Tell your doctor's office you will need lab work for cholesterol and blood sugar. You may be able to have the blood work done prior to your appointment. You will need to fast prior to the blood work. This may also be fully covered if you see an in-network provider.
3. Complete the HQF with your doctor; ask questions and make a plan for health improvement if necessary. Send the completed form to Blue Cross of Idaho (complete instructions are on the back of the form). You will receive a letter to notify you once your form is processed. You can also verify your qualification status on the WellConnected wellness portal.

* You can find a list of local providers on the Blue Cross of Idaho website at bcidaho.com or contact their customer service department for assistance.

| Member Information (complete and sign) | | |
|---|--|--|
| Member Name (Please print) | Blue Cross of Idaho Subscriber ID Number (9-digit number) | |
| Date of Birth (mm/dd/yyyy) | Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female | |
| Employer Group Name Payette School District #371 | Group Number 10003604 | |
| Member Signature | Date | |
| This program includes health coaching. Please call 855-216-6844 to work with your certified health coach. | | |
| Healthcare Professional providing this service (complete and sign) | | |
| Provider Name (Please print) | Telephone Number | |
| Provider Signature | State License Number or National Provider ID (NPI) | |
| Date | | |
| Healthcare Provider: Please provide your information above and complete the health measures below. | | |
| Health Measure | Initial Evaluation | Values (Required) |
| Tobacco Use | Check one (required) <input type="checkbox"/> No Patient has not used tobacco for three consecutive months prior to assessment date <input type="checkbox"/> Yes Patient uses tobacco | Assessment Date: _____ |
| Blood Pressure | Check one (required) <input type="checkbox"/> BP < 140/90 <input type="checkbox"/> BP ≥ 140/90 | Measurement Date: _____ BP Value: _____ |
| Cholesterol <small>(measured by total cholesterol or low-density lipoprotein)</small> | Check one (required) <input type="checkbox"/> Total cholesterol < 200 or LDL < 130 <input type="checkbox"/> Total cholesterol ≥ 200 or LDL > 130 | Measurement Date: _____ Total Cholesterol: _____ mg/dl Triglycerides: _____ mg/dl HDL: _____ mg/dl LDL: _____ mg/dl |
| Weight <small>(measured by body mass index)</small> | Check one (required) <input type="checkbox"/> BMI ≤ 28 <input type="checkbox"/> BMI > 28 | Measurement Date: _____ BMI: _____ Waist: _____ inches Height: _____ ft _____ inches Weight: _____ lbs. |
| Blood Sugar <small>(measured by fasting blood sugar or hemoglobin A1c)</small> | Check one (required) <input type="checkbox"/> FBS ≤ 100 or A1c ≤ 5.8 if non-diabetic or A1c < 7 if diabetic <input type="checkbox"/> FBS > 100 or A1c > 5.8 if non-diabetic or A1c ≥ 7 if diabetic | Measurement Date: _____ <input type="checkbox"/> Non-diabetic <input type="checkbox"/> Diabetic FBS: _____ mg/dl OR A1c: _____ % |
| Member follow-up: <input type="checkbox"/> 3 months <input type="checkbox"/> 6 months <input type="checkbox"/> 1 year <input type="checkbox"/> as needed | | |
| <small>This information is confidential and your results will not be shared with your employer. The signed parties agree that all of the information supplied is complete and accurate. Make a copy of this completed form and keep for your records.</small> | | |
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Please note: The information from your HQF is strictly confidential. Blue Cross of Idaho will not share any details with your employer, but will only inform them of your qualification status.

Step 2 – Online Health Assessment (HA)

The HA is a confidential online questionnaire that takes about 15 minutes to complete. The HA assesses your health and well-being and helps you make a plan to improve your health. The WellConnected wellness portal has many tools and resources, such as workshops to help you quit smoking, manage your weight, eat better, manage stress and increase activity. The portal also has wellness trackers, a medical library, a weekly blog, recipes for a healthy diet and more. You can access many of these features via the HealthyNow app, which you can download for use on your mobile phone.

To complete the HA, you need to be registered on the Blue Cross of Idaho website at members.bcidaho.com. Select **Register** and follow the steps. You'll need your member ID card during the registration process.

After you have registered, log in by entering your username and password. Select **WellConnected** or the **green Go button** in the center of your home page. You must activate your account by setting up your profile the first time you access the wellness portal. Once you complete the HA, you will get an individualized plan and suggested actions you can take to improve your health. You can verify your qualification status at any time in the WellConnected wellness portal.

All information in the HA is confidential – no individual information is ever shared with Payette School District.

Health and Wellness Coaching

Participation in coaching is voluntary, but Payette School District encourages you to take advantage of this valuable service. Whether you have a lifestyle issue you'd like to change or want to set up a training schedule for your first marathon, your Blue Cross of Idaho health coach can help.

Losing as few as 10 pounds and making small changes like eating more fruits and vegetables and drinking more water can make a big difference in your health.

Blue Cross of Idaho Coaches can help you make those changes so that you can be happier and healthier.



CONTACT A HEALTH COACH TODAY!

Blue Cross of Idaho's Certified Health and Wellness Coaches support you as you work toward your goals with tips, information and encouragement. Our coaches have a range of education and training, but all are well-versed in tobacco cessation, physical fitness, nutrition and stress management. We encourage you to use their vast experience in health promotion, corporate wellness and wellness coaching to help improve your health and wellbeing and that of your family.

Take the time and invest in your good health. To learn more, contact a coach at 855-216-6844. You can also read about them and email them in the wellness portal.

Here's What A Payette School District Employee Had To Say About Their Experience With Health Coaching:

"Having a coach that I am accountable to while making lifestyle changes in nutrition, exercise and sleep is a huge help. Thank you for the Crock-Pot recipes! Trying to incorporate more walking in my day, too. The Walktober challenge helped me accomplish this!"

"Thanks for checking in with me. I am getting back on the wagon and getting back into exercising again. Having someone check in with me is very helpful to keep me on track."

FREQUENTLY ASKED QUESTIONS

How Will I Know If I Qualify?

After you submit your health qualification form (HQF) and complete the online health assessment, Blue Cross of Idaho will send you a letter in the mail to let you know your qualification status. This typically takes 10 business days. If your HQF is incomplete, you will be sent a letter to let you know what is missing. Once that information is provided, your form will be processed. Ultimately, it is your responsibility to make sure Blue Cross of Idaho receives your completed HQF so it can be processed.

Can I Qualify for the Incentive if I am Overweight, Diabetic or Have High Blood Pressure?

Yes. If you do not meet the recommended targets for a health measure on the HQF, simply agree to follow your healthcare provider's treatment plan.

What if I Don't Participate?

You will have a \$3,000 individual deductible (\$6,000 family deductible) beginning January 1, 2019.

Will Payette School District See the Results of My HQF?

No. All information on your HQF is confidential and is not shared with your employer. You or your doctor must submit it directly to Blue Cross of Idaho.

Do Other Family Members Have to Participate?

No. Only employees must submit the HQF and complete the HA.

Can I Qualify for the Incentive Any Time During the Benefit Year?

You have until December 1, 2018, to complete and submit the HQF. Late submissions can be approved via appeal to your HR Department. New employees have a special qualification window.



If I've Been to My Doctor for a Preventive Visit Recently, Do I Have to Go Again?

This depends on your doctor. Take the HQF to your doctor's office and ask if the doctor will complete the form with the information on file. The doctor may require that you be seen again or that blood work is drawn again to complete the form. If the visit is billed as a preventive care visit, it will be covered at 100% as long as you are seeing an in-network provider, even if you've been seen for a preventive care visit within the past year.

How Do I Get More Information?

For more information or if you have questions about the program or your qualification status, please contact Blue Cross of Idaho's Customer Service Department at 800-627-1188.

HEALTHY
MEASURESSM
A healthier you starts here

Blue Cross of Idaho complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Arabic, Chinese, French, German, Korean, Japanese, Persian (Farsi), Romanian, Russian, Serbo-Croatian, Spanish, Sudanic Fulfulde, Tagalog, Ukrainian, or Vietnamese, language assistance services, free of charge, are available to you. Call 1-800-627-1188 (TTY: 1-800-377-1363).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-627-1188 (TTY：1-800-377-1363)。

Spanish ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-627-1188 (TTY: 1-800-377-1363).