



Gateway Health Group Employee Wellness Program

Dear Gateway Health Group Member,

To continue to encourage and sustain healthy lifestyles, Gateway Health Group is offering a wellness program to help you be healthy and happy. **This year, you can earn even more in rewards! By completing the program outlined below, you can earn a \$75 gift card.**

Gateway subscribers and their eligible spouses (BCBS or HPHC) will log program activities directly on **ahealthyme** making it easy to track your progress. Completion of an online Health Assessment is the first step in the wellness program. Additional measures to reach the annual goal include exercise, nutrition, preventative care and wellness education.

- 1) Complete the Health Assessment. **The first 60 Gateway Health Group subscribers and spouses to complete an online Health Assessment HERE will earn a Fitbit Flex. Please note that Fitbits will first be distributed to those who did not receive one in previous years. If there are any remaining, they will be distributed to repeat participants in order of completion. ALL** who complete the Health Assessment will earn 20 points toward the overall incentive.
- 2) In addition to completing the Health Assessment, earn an additional 55 points by completing any activities listed below.

Once you earn 75 points you can order your \$75 gift card on ahealthyme's online Redemption Center.

Gateway Health Group Wellness Program Timeline: January 1, 2018 – October 31, 2018		
Wellness Activity	Description	Points Value
Online Health Assessment (Required)	The confidential health assessment looks at eight different areas of your health and provides you with a personalized health assessment report and wellness score, along with recommendations of steps you can take to lower your risks. It is recommended that you use your most recent biometric screening numbers for this assessment.	20
Wellness Activity Options to Earn 30 additional points.		
Winter Nutrition Challenge	To successfully complete the Fruit and Veggie Challenge, a participant must log at least two fruits and two veggies a day for a total of 16 days (4 days/week) over the course of the four week challenge. Registration on ahealthyme: January 8 – 21, 2018 Challenge Runs: January 15 – February 26, 2018	10
Online Wellness Workshops	Complete any of the Wellness Workshops offered online via ahealthyme. These are self-paced, interactive modules designed to be engaging and fun on topics such as nutrition, weight management, physical activity and stress management. Click HERE tab to get started.	10 per workshop (Max of 2)
Well-Visit	Being up-to-date with your preventive health visits is an important part of your overall wellness. <i>Requirements: Look back periods for BCBS members in the below age groups are as follows: 18-21: yearly 22-49: once every three years 50 and over: yearly</i>	10

	<p>Members covered under (<i>company's</i>) Blue Cross Blue Shield of Massachusetts medical plan will receive their points by the 15th of the month following the claim receipt at BCBSMA, which can take up to 90 days.</p> <p>Any employee who is new to the health plan, not a BCBSMA member or does not see their points 10 business days before the program end date, should complete the Well-Visit attestation.</p>	
Dental Well-Visit	<p>Employees covered under Gateway Health Group's Blue Cross Blue Shield of Massachusetts dental plan will receive their points by the 15th of the month following the claim receipt at BCBSMA, which can take up to 90 days.</p> <p>Any employee who is new to the plan or is not on Gateway Health Group's BCBSMA dental plan, or does not see their points before 2 weeks of program end date should complete the Dental attestation <link to attestation>.</p>	10
Health Management/Wellness Coaching Incentive Program	<p>Engage with and meet a personal goal with a Wellness or Health Management Coach</p> <p>Your points will appear on the 15th of the month following goal completion. Please note that in order for your points to count toward your 2018 program points, you must reach your goal by September 30th, 2018. Reaching a goal after that time will count toward your 2018 program points.</p>	50
Spring Activity Challenge	<p>Meet a goal of 150 minutes per week during the six week challenge period on ahealthyme.</p> <p>Registration on ahealthyme: April 2 – April 15, 2018 Challenge Runs: April 9 – May 21, 2018</p>	10

If you have any questions regarding the Gateway Health Group Employee Wellness Program, please contact your Human Resources Department.

Your partners in health,
Gateway Health Group.