



2016

WELL-BEING PROGRAM



Be Well SHBP

www.BeWellSHBP.com

1-888-616-6411



Enjoy the rewards of better health.

In 2016, if you select Blue Cross and Blue Shield of Georgia (BCBSGa) or UnitedHealthcare, you and your covered spouse are each eligible to **earn up to 480 well-being incentive credits** by participating in the *Be Well SHBP* well-being program (administered by Healthways). As you earn credits, SHBP deposits them to the accounts below to help you offset eligible medical expenses:

BCBSGa MyIncentive Account (MIA)

- Health Reimbursement Arrangement (HRA)
- Health Maintenance Organization (HMO)

UnitedHealthcare Health Incentive Account (HIA)

- Health Maintenance Organization (HMO)
- High Deductible Health Plan (HDHP)

Go to www.BeWellSHBP.com and complete the well-being actions below with Healthways between January 1 and December 15, 2016:

YOU EARN THEM. YOU KEEP THEM.

All unused well-being incentive credits earned in 2015 by participating in the Healthways program will automatically rollover to your 2016 health plan option selection. You can chose **ANY** of the available plan options for 2016 and your unused credits will follow you.

SHBP will deposit your unused well-being incentive credits in the account associated with your 2016 plan option selection in April of 2016.

What to DO	What you EARN*
<p>1. ASSESS YOUR HEALTH</p> <p>Complete a Healthways Well-Being Assessment® (WBA) that takes under 20 minutes.</p>	<p>Complete BOTH and earn 240 well-being incentive credits.</p>
<p>2. KNOW YOUR NUMBERS</p> <p>Complete a biometric screening (body mass index, blood pressure, cholesterol, glucose).</p> <ul style="list-style-type: none"> • At an SHBP-sponsored screening event or • With your Physician using the Healthways 2016 Physician Screening Form. 	
<p>3. TAKE ACTION</p> <p>You choose. Complete your WBA, then use the tools that make sense to you.</p> <p>WELL-BEING PHONE COACHING</p> <p>Get support to eat better, lose weight, stress less, get active, feel happier, or quit tobacco with a Healthways well-being coach.</p> <ul style="list-style-type: none"> • Complete your WBA and actively engage in well-being phone coaching and earn 240 well-being incentive credits. <p>WELL-BEING ONLINE COACHING</p> <ul style="list-style-type: none"> • Use the online resources to drive your own well-being. Earn 40 well-being incentive credits when you complete your WBA and record five online well-being activities using the same tracker within a calendar month. Sample activities: track exercise five times, record daily steps five times, track food five times. You can earn these online resource credits up to 6 times for a total of 240 credits. 	<p>Earn up to 240 well-being incentive credits.</p>

*The 2016 incentives do not apply to Kaiser Permanente or the Medicare Advantage Options. Healthways administers the *Be Well SHBP* Well-Being program for the State Health Benefit Plan. Copyright © 2015 Healthways, Inc.



2016 Well-Being Program Features

The *Be Well SHBP* well-being program, administered by Healthways, offers comprehensive well-being resources and incentives to support your goals for health and well-being. If you want to take big steps toward improved well-being or just a small step in the right direction, Healthways can help. The program is confidential, voluntary and offered at no additional cost to you and your covered spouse.

THE TYPE OF SUPPORT YOU RECEIVE.

BIOMETRIC SCREENING

- Access to private screening events with a health care professional that offers a current view of your health and advises you of potential risks for developing certain conditions.

WELL-BEING ASSESSMENT

- A confidential online questionnaire that assesses your physical and emotional health and how your lifestyle habits affect your overall well-being.

WEB-BASED PLAN FOR WELL-BEING

- A personalized summary of your overall well-being that offers insight into actionable steps you can take to improve your health.
- Tailored recommendations, focus areas and a personal dashboard and interactive trackers to help keep you on the right path.
- Online fitness, nutrition and stress management plans that promote healthy behaviors to help you reach your healthy best.

WELL-BEING PHONE COACHING

- One-on-one telephonic coaching calls with your personal well-being coach who can help you set goals and keep you on track to achieve your well-being goals.
- Get support, healthy answers and encouragement to eat better, lose weight, stress less, get active, feel happier, improve family nutrition, quit using tobacco or better manage a health condition.
- Each program is created and personalized to your unique needs and goals.
- Healthways well-being coach resource can be used alone or in combination with the health coaching programs offered to you from BCBSGa and UnitedHealthcare.

RESOURCES FOR QUITTING TOBACCO

- Access to QuitNet®, the world's largest online network of those who have quit or are quitting.
- Phone coaching sessions with a trained counselor.
- Proper completion of the online/phone coaching program enables the removal of the tobacco surcharge.

ONSITE WELL-BEING SUPPORT

- Presentations and demonstrations given at your worksite on a variety of topics including healthy eating, family well-being, increasing physical activity, stress management, preventive care and more.
- Worksite Well-Being ambassadors program to keep you informed and motivated.

GROUPS AND CHALLENGES

- Lets you participate in a community of other people who share similar goals.
- Get group support and encouragement to help inspire you to stick with it and achieve your goals.



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