

QUESTIONS?

Visit your StayWell wellness portal at <https://cebcowellness.staywell.com> or call the StayWell HelpLine at 855-847-6814.



P.O. Box 21427 St. Paul, MN 55121-0427

Your personal health information is never shared with your county or CEBCO or anyone else without your written approval. All information is protected by federal law and remains secure with The StayWell Company, our wellness program administrator, who follows strict rules and guidelines to protect your privacy.

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INTRODUCING YOUR 2015 - 2016 CEBCO WELLNESS PROGRAM
Find important details inside.

MAKE HAPPY HAPPEN

For the second year, CEBCO has partnered with StayWell® to provide you with tools and resources to help you look and feel your best. By participating in the 2016 wellness program, you can take control of your health and set happiness in motion. As an added bonus, you'll be rewarded for your efforts. Employees and spouses in all counties must be covered under the CEBCO medical plan to participate.

GET MOVING!

Complete the required activities and the activities of your choice between Oct. 15, 2015, and Sept. 30, 2016, to earn 300 points and get rewarded!



DON'T FORGET!

To receive your reward, earn 300 points by completing the required activities and the activities of your choice between Oct. 15, 2015, and Sept. 30, 2016.

DISCOVER WHERE YOU STAND

Complete the Health Risk Assessment and Health Screening.



The 10-minute health assessment will provide you with personalized results and recommendations on activities to help you take action. Answer a few questions about your current lifestyle habits and get targeted, practical advice for improving your health where you need it most.



Get a Health Screening and discover your numbers. At your Health Screening, you'll learn your numbers for height, weight, blood pressure, body mass index (BMI), cholesterol (HDL, LDL and total), triglycerides and glucose.

You have three Health Screening options:

- * **Onsite:** Keep an eye out for more information on when and where on-site screenings are occurring in your county.
- * **Your doctor:** If you are unable to attend an on-site screening, visit your doctor and complete the Health Care Provider Form. Download the form from the Programs tab on <https://cebcowellness.staywell.com>.
- * **Lab appointment:** Visit <https://cebcowellness.staywell.com> to find an approved lab near you. You can schedule your appointment online.

Your screening results will be automatically uploaded by StayWell into your Health Risk Assessment within 14 business days of receipt.

TAKE ACTION ON THE ACTIVITIES OF YOUR CHOICE

Choose from a variety of activities to earn additional points to achieve the 300 point requirement:

ACTIVITY	POINTS
Health Risk Assessment (required activity) Online health assessment	50
Health Screening (required activity) Onsite screening event, visit your doctor, or make a lab appointment	50
Health coaching Complete three calls with a StayWell health coach to achieve your personal health goals.	100
Community lifestyle management program Complete three sessions of a diabetes management, Weight Watchers, Complete Health Improvement Program (CHIP), smoking cessation, nutrition and hospital-sponsored program. Sessions must be 30 minutes or more.	100
Anthem ConditionCare Program Develop a better understanding and learn how to better manage conditions like diabetes, heart failure, COPD, coronary artery disease, or asthma.	100
Anthem Future Moms Program Have a healthier pregnancy with support of a nurse from the Future Moms program.	100
New! Digital Workshops Choose from 17 different online learning modules covering key health topics like nutrition, cholesterol, exercise, flu safety and much more!	25**

* Limit of one per year

** Limit of two per year

***Maximum of 100 points. No more than 2 credits will apply toward points total.

ACTIVITY	POINTS
New! Self-Directed Coaching (available January 2016) Work on your health goals at your own pace with self-directed coaching. You can choose to work on things like moving more, eating well, being smoke free, reducing stress or controlling weight.	50**
10k-A-Day Challenge (6 weeks) Add more activity to your day with the 10k-A-Day challenge. Track your progress on virtual routes, making stops at scenic sites along the way.	75*
12 workouts per month Workout 12 times a month and report your completion on the StayWell portal.	25**
Educational Session/Lunch-n-Learn Session Attend a health-related educational session or lunch-n-learn.	25**
County/Community Event Community events include: walk, run or bike events and sports league participation.	25**
PREVENTIVE CARE	
Preventive Exams Includes annual physicals, mammograms, colonoscopy, prostate and cervical cancer screenings.	75*
Flu Shot	25*
New! Dental Exam	25*
New! Vision Exam	25*
Meet 2 of 4 health metrics from your health screening	50 each***