

Your guide to the 2019 Live Better Wellness Program

AUGUST 19 – NOVEMBER 30, 2019

Whether you are enrolled in one of our employer-sponsored medical plans or not, you can participate in this free program. If you're not currently eligible for benefits, you'll still want to participate now to get the incentive should you enroll in a medical plan in the future.

Program overview



This year everyone must register on Harvard Pilgrim Health Care's new well-being portal. This one-time registration takes just a few minutes.



Earn points for prevention and wellness activities, including walking challenges, online activities, completing an annual preventive visit and more.



Colleagues and spouses who participate can receive an earnings credit to offset a portion of the 2020 medical plan premium, if covered by one of our employer-sponsored medical plans – **up to \$400 for colleagues and up to \$200 for spouses.**

For colleagues and spouses of:

- Beverly & Addison Gilbert Hospitals (Northeast Hospital Corporation)
- Lahey Clinical Performance Network
- Lahey Health Behavioral Services
- Lahey Health Shared Services
- Lahey Health Senior Care (Northeast Senior Health)
- Lahey Hospital & Medical Center
- Lahey Physicians Community Organization
- Northeast Medical Practice
- Winchester Hospital
- Winchester Physician Associates

KEY DATES



August 19 – November 30:

Earn points toward your premium incentive



August 26: First Walking Challenge begins



September 30:

Deadline for starting care management through Lahey Clinical Performance Network (LCPN), Harvard Pilgrim or Optum Health



October 7:

Second Walking Challenge begins

 **Learn how to set up your online account and get started**

How to get started

- 1 Go to harvardpilgrim.org/lahey. Under the Live Better Wellness Program section, click on **Register for your well-being account**.

Are you a Harvard Pilgrim member enrolled in one of our employer-sponsored medical plans?

YES	<ul style="list-style-type: none"> • If you already have a Harvard Pilgrim online account, log in with your existing user name and password. • If not, click Create Member Account.
NO	<p>If you are not a Harvard Pilgrim member through one of our employer-sponsored medical plans, you can still participate; if you earn an incentive, it will offset your premium in 2020 if you enroll in one of our employer-sponsored medical plans.</p> <p>Click Create Guest Account and use one of the following program codes:</p> <ul style="list-style-type: none"> • Winchester Hospital Colleagues: C68040 • All other legacy Lahey Health Colleagues: C00561 <p>Activation of your guest account may take up to 24 hours.</p>

- 2 Once you log in to your Harvard Pilgrim online account, enter the following information on the welcome page:

- Language preference
- Sign-in name
- Email address

How the program works

Take advantage of a variety of activities to improve your health while you earn an incentive. Complete any combination of the activities below to earn points. You can continue to participate, even after you've earned your maximum incentive.

- **Colleagues:** Earn a minimum of 200 points to qualify for an incentive, up to 400 maximum points.
- **Spouses:** Earn a minimum of 100 points to qualify for an incentive, up to 200 maximum points.

Activities to Earn Points	Colleagues		Spouses	
	Points	Amount	Points	Amount
Complete a Walking Challenge: (Maximum points: 300 for colleagues, 150 for spouses)	150 per challenge	\$150	75 per challenge	\$75
Complete the Well-Being Assessment	50	\$50	25	\$25
Visit your dentist between December 1, 2018 – November 30, 2019 and complete the online attestation (available through your wellness account)	50	\$50	25	\$25
Complete an online activity (Maximum points: 100 for colleagues, 50 for spouses)	20 per activity	\$20	10 per activity	\$10
Engage in Care Management* with one of the following; set a goal & reach it: <ul style="list-style-type: none"> • Lahey Clinical Performance Network (LCPN) • Harvard Pilgrim • Optum 	300	\$300	150	\$150
Complete an annual preventive/wellness visit* between December 1, 2018 and November 30, 2019 (incentive awarded for ONE of the following): Complete a preventive visit with a Tier 1 PCP	300	\$300	150	\$150
OR Complete a preventive visit with a non-Tier 1 PCP	50	\$50	25	\$25
Maximum Points	400		200	

*See page 3 for eligibility and guidelines

Activities to help you Live Better

Each activity has an assigned point value (1 point = \$1), and you must earn a minimum number of points to receive any premium incentive amount for 2019 (minimum of 200 points for colleagues and 100 points for spouses). You don't need to participate in every activity to earn premium incentive dollars, but the more you do, the more you'll earn. With so many activities from which to choose, it's easy to meet the minimum point requirement and earn your incentive!

Log in to your confidential, online well-being account for details on the following:

Walking Challenges

Get moving and earn points by participating in our walking challenges.

- August 26 – September 30, 2019
- October 7 – November 11, 2019

Colleagues: 150 points per challenge, up to a maximum of 300 points. **Spouses:** 75 points per challenge, up to a maximum of 150 points.

Well-Being Assessment

Earn points for simply completing the confidential Well-Being Assessment through your Harvard Pilgrim wellness account.

Colleagues: 50 points. **Spouses:** 25 points.

Dental Visit

Good oral health is an important part of good overall health, so it's important that you have regular checkups with a dentist. If you visit a dentist between December 1, 2018 and November 30, 2019, you can earn points by attesting through your online wellness account. **Colleagues:** 50 points. **Spouses:** 25 points.

Online Activities

Complete a variety of activities through your online wellness account. Topics include:

- Connect with a Friend to Lift Your Mood
- Tame Stress with Healthy Eating
- 5 Ways to Add Flavor Without Sugar or Salt
- Is it Insomnia or Poor Sleep?
- Financially Prepare for the Unexpected

Colleagues: 20 points per activity, up to a maximum of 100 points. **Spouses:** 10 points per activity, up to a maximum of 50 points.

Care Management

If you have a complex or chronic condition (i.e., COPD, CHF, diabetes) you may be eligible to engage with a care manager from Lahey Clinical Performance Network (LCPN), Harvard Pilgrim or Optum Health. This involves completing a health assessment by phone, creating a care plan, and meeting a health goal to earn the points. (Harvard Pilgrim nurse care managers can also work with colleagues and spouses who are pregnant.) Please allow 30 – 90 days to meet a health goal. You must be enrolled in one of our employer-sponsored medical plans to participate.

Participation dates: March 1, 2019 – November 30, 2019.

Signup deadline: September 30. Deadline to meet goal(s): November 30. **Colleagues:** 300 points. **Spouses:** 150 points.

HOW TO PARTICIPATE

With LCPN: An LCPN care manager may contact you, your physician may refer you, or you may call LCPN at **(978) 712-1727** if you feel you need help managing a health condition. You must have a Tier 1 PCP to participate. If you feel you have already met the incentive or have questions, call Harvard Pilgrim Wellness Services at **(877) 594-7183**. Learn more about LCPN at harvardpilgrim.org/lahey.

With Harvard Pilgrim: A Harvard Pilgrim nurse care manager may contact you, or you may call **(888) 888-4742** and schedule a time to speak with one to see if you are eligible.

With Optum Health: Eligible members may receive outreach from Optum Health via telephone or an in-person visit during an inpatient stay. A member may also contact Optum Health at **(978) 238-4808** to see if they are eligible for care management services.

Preventive Visit with Your PCP

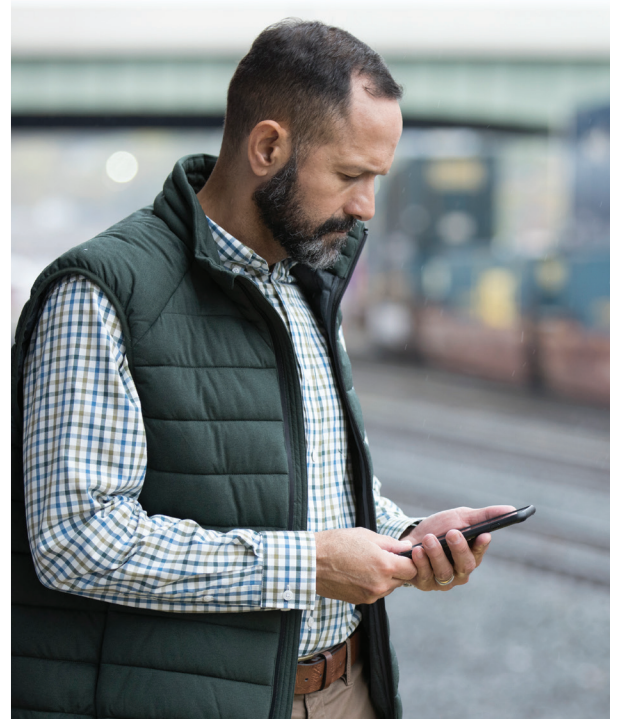
Getting an annual check-up with your primary care provider is one of the most effective ways to be proactive about your health, instead of waiting until you notice a problem. Earn incentive dollars for completing an annual wellness visit; the incentive amount will be significantly higher if your preventive exam is with a Tier 1 PCP. (Please note: Not all visits to your PCP qualify as a preventive visit. To receive the incentive, your visit must be an annual physical exam, which is covered by your plan at no cost to you.)

If you're enrolled in an employer-sponsored medical plan, you don't need to do anything! We'll award points to you automatically if you've had a preventive visit with your PCP between December 1, 2018 and November 30, 2019. If you are not enrolled in an employer-sponsored medical plan, log in to your wellness account and download the Preventive Visit Physician Form from the home page. Ask your physician to complete the form and send to Harvard Pilgrim. You may be eligible for an incentive if you enroll in an employer-sponsored medical plan in 2020. **Colleagues:** Earn 300 points for a Tier 1 PCP/50 points for a non-Tier 1 PCP. **Spouses:** Earn 150 points for a Tier 1 PCP/25 points for a non-Tier 1 PCP.

Using your online well-being account

Go to www.harvardpilgrim.org/lahey and click on the Live Better wellness program link to log in or set up your account. You can access all program activities and more from your account dashboard.

- Learn how you can earn points
- Sign up for the Walking Challenges
- Complete the Well-Being Assessment
- Attest that you've visited the dentist
- Complete online activities
- Find out how to connect an app or device to your well-being account



Using the app

With our app, powered by **Limeade**, you can check in on your well-being wherever you are:

- Download the Limeade app in the App Store or Google Play Store
- Open the Limeade app and enter the mobile program code **HPHC**
- Log in using your Harvard Pilgrim online member or guest account

Questions?



Visit harvardpilgrim.org/lahey



Email hpwellness@harvardpilgrim.org



Call the Harvard Pilgrim Wellness Services line at **(877) 594-7183**

Rewards for participating in a wellness program are available to all colleagues and spouses enrolled in one of our employer-sponsored medical plans. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the Harvard Pilgrim Wellness Services line at (877) 594-7183 for more information.