



Make a Difference this New Year—Focus on Your Well Being.

Complete an online HRA and your Biometric Screening to receive a **\$50 reward card**. To get started, read the HRA Summary for your health care plan below.



2016 WELLNESS INCENTIVES

(Maximum caps apply for each medical plan)

ANTHEM (effective 01-01-2016)

- **Employees Only**
 - Receive one \$50 reward card for completing both the online Health Risk Assessment (HRA) and the physician fax back biometric screening results.
 - The HRA is available online on the County of Los Angeles microsite, located at: www.anthem.com/ca/countyoflosangeles
1. Login using your User ID and password. If you do not have a User ID and password, please click on Register Now and follow the prompts. If you are registering as a new user and are asked for your Member ID, your Member ID can be located on the front of your ID card and is typically 9 characters with both letters and numbers.
 2. Once you login, you will be directed to the Member Access page.
 3. Click on the MyHealth Assessment link located in the middle of the page under 360° Health and start the HRA. You will also need to download, complete and submit biometric screenings, as explained below.
 4. After completion of the online health assessment and the physician fax back biometric screening results, the member will receive a letter in the mail within 4-6 weeks with instructions on how to redeem the \$50 reward card. Questions about redemption should be directed to Hallmark Business Connections at customer.service@hallmarkbusinessconnections.com or by calling the toll-free number at (877) 489-6505. For other questions on HRA, eligibility, and incentives, call the Member Services number on the back of your Anthem Blue Cross ID card.

How to download, complete and submit the physician fax back form:

1. Register at <https://maximwellness.bioiq.com/>. The invitation code is CountyofLA2016. Download then print the Physician Results Form to take to your provider at your appointment. For technical support, call bioIQ at 1-877-862-4647.
 2. Schedule an appointment with your primary care provider (PCP).
 3. During your visit, complete the following biometric screenings: height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose.
 4. Give the Physician Results Form to your provider to complete, and then you or your physician may fax it to bioIQ at (805) 456-0250.
 5. Within 10 to 15 days of faxing the Physician Results Form to bioIQ, you will receive an email to notify you that the screening results have been processed.
 6. Generally, the reward card is available for members to receive through their online account access within 4 to 6 weeks after completing the online health assessment and faxing their Physician Results Form to bioIQ.
 7. For all other questions on biometric screening, eligibility, and incentives, call the Member Services number on the back of your Anthem Blue Cross ID card.
 8. Website: www.anthem.com/ca/countyoflosangeles
- Website: www.anthem.com/ca/countyoflosangeles

CIGNA (effective 01-01-2016)

- **Employees Only**
- Receive a \$50 reward card – Requirement: Complete the online HRA, with actual biometric values from your physician.
- Reward cards will be mailed to home addresses on file within 4-6 weeks once both requirements have been met.
- Direct redemption questions to Cigna’s Customer Service at (800) 244-6224.
- Website: www.myCigna.com
 - If you previously registered for myCigna.com, login with your User ID and Password.
 - If you have not previously registered for myCigna.com, select “Register Now” and complete the registration process.
- To ensure reward card delivery, confirm your mailing address on record at www.myCigna.com. If there is an error, contact Cigna’s Customer Service at (800) 244-6224.

KAISER PERMANENTE (effective 02-01-2016)

- **Employees Only**
- The Kaiser Permanente HRA is called the Total Health Assessment (THA)
- Receive a \$50 Visa reward card from the County of Los Angeles – First you must register on <https://myrewards.kphealthworks.org> to get up to date.
- Reward Card Redemption: Once you complete both program elements, your reward is automatically mailed to the address you confirmed during registration. Rewards are mailed on a weekly basis.
- For any questions about the rewards program, contact the Rewards Customer Service team at rewardscustomerservice@kp.org or at 1-866-300-9867 and provide the following:
 - a. name,
 - b. issue,
 - c. employer name,
 - d. daytime phone number
- Learn more about the program at my.kp.org/countyofla/healthworks.
- The rewards program runs from February 1 through December 31, 2016, and is open to County of Los Angeles employees 18 and older who are Kaiser Permanente members through the County of Los Angeles.
- Reward cards are limited to the first 5,500 eligible employees who complete both the THA and required biometric screenings. Visa reward cards expire 12 months from date issued. Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.

UNITEDHEALTHCARE (effective 01-01-2016)

- **Employees Only***
- Receive \$50 in reward cards – Requirement: Complete an Online Health Assessment (\$25) and Biometric Screening with Physician Form (\$25)
- Automatic reward card redemption: Once member completes survey, the reward cards will be processed towards the end of the month.
- Allow 4 to 6 weeks for processing and 7 to 10 days for mailing.
- For any questions about the website, contact United Healthcare Customer Support at (877) 818-5826.
- If you have not received your reward cards after 7 weeks of taking the survey, contact United Healthcare at (866) 655-3692.
- Website: www.healthyatcola.com

*This is a change from 2014. Dependents are not eligible during 2016 for gift cards.

2016 DISCOUNTS AND PROGRAMS OFFERED THROUGH COUNTY-SPONSORED MEDICAL PLANS

Please note: This information is subject to change without notice. Please contact the medical plan directly for questions and updates.

ANTHEM BLUE CROSS

- Jenny Craig (800) 597-JENNY or (800) 597-5366 or www.jennycraig.com/corporatechannel/eretail.aspx
- GlobalFit (800) 294-1500 or <http://www.globalfit.com> a network of 10,000 participating local, regional and national fitness clubs, including Curves, 24 Hour Fitness, Anytime Fitness and many more.
- Lindora Lean for Life (800) LINDORA [546-3672]. Receive 20% off of in-clinic programs or 20% off all other products and services.
- Weight Watchers Online www.weightwatchers.com/cs/index.aspx?path=cs/anthem.

For more information, log on to www.anthem.com/ca/countyoflosangeles and click on "Special Offers" or call the customer service phone number at (866) 940-8303.

CIGNA

Cigna Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. The offers include brand names such as Jenny Craig, Pearle Vision, Curves and more.

This program is separate from Cigna coverage. The services don't apply to your plan's copays or coinsurance. No doctor's referral is required. Set the appointments yourself, show your ID card when you pay for services and enjoy the savings.

Discounts are available for the following health and wellness programs:

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| • Weight Management & Nutrition | • Fitness |
| • Tobacco Cessation | • Mind/Body |
| • Vision and Hearing Care | • Alternative Medicine |
| • Healthy Lifestyle Products | • Dental Care |

For a complete list of Healthy Rewards vendors and programs, visit www.mycigna.com or call customer service at (800) 870-3470 and ask about the Healthy Rewards programs.

KAISER PERMANENTE

- Most Kaiser Permanente facilities provide some health education classes, such as weight loss, disease management, and smoking cessation for their members (some classes may require a fee). Topics and availability vary at each facility. For more information go to www.kp.org/classes or call the Healthy Living Helpline at (866) 402-4320.
- ChooseHealthy™ – Receive preferred rates on select fitness club memberships, and get reduced rates for health services such as chiropractic care, acupuncture, and massage therapy. No referral necessary. Call (877) 335-2746 or visit kp.org/choosehealthy.

UNITEDHEALTHCARE

- Save 10 to 25 percent on various wellness resources including: Nutrisystem, Jenny Craig and other popular programs.
- Fitness club discounts including: Curves, Anytime Fitness, MyGym, Snap Fitness, Gold's Gym, and more.
- For more information on all of the above mentioned discounts and more, log on to www.myuhc.com or call (888) 842-4224.