



REWARD YOUR HEALTH AND GET REWARDED.

Complete an online Health Risk Assessment (HRA) and your Biometric Screenings to receive a **\$75 CREDIT*** to purchase a **Fitbit** of your choice.

GET STARTED TODAY!



*In accordance with applicable tax law, the \$75 credit you receive will be reported by the County as taxable wages on your W-2, and applicable payroll taxes on the credit will be withheld from your regular pay.



2017 WELLNESS INCENTIVES

(Maximum caps apply for each medical plan)

WHY WAIT TO REWARD YOUR HEALTH?

Fitbit reward codes are coming in early Spring. Don't wait until then to fill out the online HRA and submit your biometric screenings. These are required in order to get your Fitbit reward code.

QUANTITIES ARE LIMITED. Another reason not to wait!



ANTHEM (effective 01-01-2017)

- **Employees Only**
- Receive a \$75 credit to purchase a Fitbit of your choice 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. Fitbit credit redemption code and purchase: You can complete both program elements **NOW**, so that you will be ready when your Fitbit redemption code arrives in early Spring to apply to your purchase at the Fitbit eCommerce store for your choice of Fitbit devices.

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

1. Register at <https://maximwellness.bioiq.com/>. The invitation code is **CountyofLA2017**. 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. For all other questions on biometric screening, eligibility, and incentives, call the Member Services number on the back of your Anthem BlueCross ID card.
- Website: www.anthem.com/ca/countyoflosangeles

CIGNA, KAISER PERMANENTE, AND UNITEDHEALTHCARE on following page.

CIGNA (effective 01-01-2017)

- Employees Only
- Receive a \$75 credit to purchase a Fitbit of your choice – Requirement: Complete the online Health Risk Assessment, and provide validated biometric values from your physician.
- Fitbit credit redemption code and purchase: You can complete both program elements **NOW**, so that you will be ready when your Fitbit redemption code arrives in early Spring to apply to your purchase at the Fitbit eCommerce store for your choice of Fitbit devices.
- 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 Fitbit credit code 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 01-01-2017)

- Employees Only
- The Kaiser Permanente HRA is called the Total Health Assessment (THA).
- Receive a \$75 credit towards a Fitbit of your choice from the County of Los Angeles - First you must register on <https://kp.org/engage> to see if you are up to date with screenings.
- Fitbit credit redemption code and purchase: You can complete both program elements **NOW**, so that you will be ready when your Fitbit redemption code arrives in early Spring to apply to your purchase at the Fitbit eCommerce store for your choice of Fitbit devices.
- For any questions about the rewards program, contact the Rewards Customer Service team at rewardscustomerservice@kp.org or at **(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 January 1 through December 31, 2017, and is open to County of Los Angeles employees 18 and older who are Kaiser Permanente members through the County of Los Angeles.

UNITEDHEALTHCARE (effective 01-01-2017)

- Employees Only
- Receive a \$75 credit to purchase a Fitbit of your choice – Requirement: Complete an Online Health Assessment and biometric screenings with Physician Form.
- Fitbit credit redemption code and purchase: You can complete both program elements **NOW**, so that you will be ready when your Fitbit redemption code arrives in early Spring to apply to your purchase at the Fitbit eCommerce store for your choice of Fitbit devices.
- For any questions about the website, contact UnitedHealthcare Customer Support at **(877) 818-5826**.
- Website: www.healthycola.com

2017 ADDITIONAL 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.

Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.



- 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

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 Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. These products and programs are real brands, real discounts and real awesomeness.

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:

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

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.



- Most Kaiser Permanente facilities provide 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.



- 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.

