



2018 Countywide Wellness Incentive

Learn how 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.



2018 COUNTYWIDE WELLNESS INCENTIVES

Effective 1/1/18 to 11/30/18

(Reward Credits are limited for each Plan)

HOW TO EARN AND USE THE \$75 FITBIT CREDIT

1. **Complete Biometric/Health Risk Assessment (HRA) information** and earn the \$75 credit between 1/1/2018 and 11/30/2018 (see your medical plan instructions below).
2. **Wait for the credit to appear on your account at CafeWell** within three to eight weeks after you complete your activities. Register at CafeWell.com/code/cola. Already registered? Login at CafeWell.com
3. **Redeem that credit on the website to purchase the Fitbit of your choice** between February 1 and December 31, 2018. Follow the link on your CafeWell account to the fitbit eCommerce store.

This wellness reward is available to County employees who are 18 and older, and enrolled in County sponsored medical plans. Medical plan dependants are not eligible.

ANTHEM

- Employees Only
- Complete both the online Health Risk Assessment (HRA) and the Physician Fax-Back Biometric Screening form.
- 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 looking for your Member ID, then it is 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. Once you complete both program requirements, wait for your Fitbit credit to post on your CafeWell account.

How to download, complete and submit the Physician Fax-Back form:

1. Register at <https://maximwellness.bioiq.com/>. The invitation code is CountyofLA2018. Download then print the form and 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

KAISER PERMANENTE, UNITEDHEALTHCARE, AND CIGNA on following page.

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KAISER PERMANENTE

- **Employees Only**
- The Kaiser Permanente HRA is called the Total Health Assessment (THA).
- Receive up to 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.
- 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:
Name, Issue, Employer name, and Daytime phone number
- Learn more about the program at my.kp.org/countyofla/healthworks.

UNITEDHEALTHCARE

- **Employees Only**
- Receive up to a \$75 credit to purchase a Fitbit of your choice – Requirement: Complete an Online Health Assessment and Biometric Screenings with Physician Form.
- For questions about the activities, please contact UnitedHealthcare at (877) 818-5826.
- Website: www.healthyatcola.com

CIGNA

- **Employees Only**
- Complete both the online Health Risk Assessment (HRA) and provide validated biometric values from your physician.
- The Health Risk Assessment (HRA) is available online at www.mycigna.com
- 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.
- Once you login, you will be directed to the Member Access page.
- Click on the "Manage My Health" tab located at the bottom of the page under My Health and start the HRA. You will also need to download, complete and submit biometric screenings, as explained below.

How to download, complete and submit the Wellness Screening form:

- Go to www.mycigna.com, at the top of the page click on the "Forms Center" and download the Wellness Screening form and take to your provider at your appointment.
- Schedule an appointment with your primary care provider.
- During your visit, have your physician complete the following biometric screenings: height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose.
- The completed form can either be mailed, faxed (877-916-5406) or uploaded into myCigna.com; please see form for all instructions.
- For all other questions on biometric screening, eligibility, and incentives, call the Member Services number on the back of your Cigna ID card.

Direct Fitbit reward 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.

2018 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 http://go.jennycraig.com/Set-Appointment_HAC_GEN.html?FunnelID=GEN&cmpid=hac_GEN
- 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 (844) 730-1931



Cigna Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. This program is separate from Cigna coverage, the services don't apply to your plan's copays or coinsurance, and doctor referrals are not required.

Using Healthy Rewards is easy. No referrals or claim forms needed! If you're enrolled in a medical, behavioral or dental plan, you're eligible. Here's how to get started...

- Review this online program under the "My health" tab on www.mycigna.com or call 1.800.870.3470
- Print your Healthy Rewards Discount Card
- Show your Cigna ID card or Healthy Rewards Discount Card to get the discount
- Make your discounted payment

Start saving today with Cigna Healthy Rewards®* Get discounts on the health products and programs you use every day: Weight management and nutrition, Fitness, Mind/body, Vision and hearing care, and Alternative medicine

Healthy lifestyle Real brands. Real discounts. Real awesomeness.



- Most Kaiser Permanente facilities provide interactive health workshops focused on variety of topics, including weight management, diabetes prevention, heart health, diabetes management, and smoking cessation for their members. Most workshops are offered at no charge to Kaiser Permanente members and are available in English and Spanish. Topics and availability vary at each facility. Healthy Balance (www.kp.org/healthybalance), the weight management diabetes prevention program, is open to Kaiser Permanente members and non-members and requires a fee. For more information go to www.kp.org/centerforhealthyliving.
- Wellness Coaching by Phone is available at no charge to Kaiser Permanente members. Whether you need support to quit tobacco or manage your weight, you can work with a wellness coach to build a plan tailored just for you. To schedule a phone appointment, call 1-866-862-4295 between 7 a.m. and 7 p.m., Monday through Friday.
- 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 (800) 367-2660.

