



2019 Countywide Wellness

Get rewarded on your journey to better health!



Receive up to \$100 in gift cards* —

- ✓ Complete your biometric screenings—\$50
- ✓ Participate in 2 Saturday Countywide Fitness Challenge events—\$50

*While supplies last. In accordance with applicable tax law, gift cards you receive will be reported by the County as taxable wages on your W-2, and applicable payroll taxes will be withheld from your regular pay.



2019 COUNTYWIDE WELLNESS INCENTIVES

Effective 1/1/19 to 11/30/19
(Reward Cards are limited for each Plan)

HOW TO EARN AND USE UP TO \$100 IN GIFT CARDS

1. **Complete your Biometric information** between 1/1/2019 and 11/30/2019 to earn a \$50 gift card credit redeemable at a variety of retailers. See your medical plan instructions below on how to submit and complete biometric information. Also, attend two weekend Countywide Fitness challenge events between April 13th and November 2nd to earn a second \$50 gift card.
2. **Visit www.LaCountyGetsFit.com** and create a user account. Track your progress towards earning one or both \$50 gift cards, while supplies last. Customer assistance is available on the website.
3. **Choose your gift card(s) at Tango.com.** For each \$50 credit earned, employees will automatically be sent an email with redemption instructions. Allow two to eight weeks for delivery.

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 the Physician Fax-Back Biometric Screening form.**

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

1. Register at maximwellness.bioiq.com/. The invitation code is **CountyofLA2019**. Download then print the form and take to your provider at your appointment. For technical support, call bioIQ at **(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:** anthem.com/ca/countyoflosangeles

KAISER PERMANENTE, UNITEDHEALTHCARE, AND CIGNA on following page.

2019 COUNTYWIDE WELLNESS INCENTIVES

Effective 1/1/19 to 11/30/19

(Reward Cards are limited for each Plan)

KAISER PERMANENTE

- **Employees Only**
- Register on kp.org/engage to see if you are up to date with biometric screenings, including body mass index, blood pressure, cholesterol and glucose.
- For any questions about the biometrics 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**
- Complete your Biometric Screenings with Physician Form. Visit healthyatcola.com for information.
- For questions about the biometric form, please contact UnitedHealthcare at
 - Phone: (844) 350-4779 Monday – Friday 7 a.m. – 8:30 p.m. CST and Saturday 7:30 a.m. – 4 p.m. CST.
 - Online FAQs: QuestForHealth.com/WEFAQs
 - Contact Form: My.QuestForHealth.com/Contactus/ContactUs
 - Email: Wellness@QuestDiagnostics.com
- Website: healthyatcola.com

CIGNA

- **Employees Only**
- Complete the online Health Risk Assessment (HRA) and provide validated biometric values from your physician.
- The Health Risk Assessment (HRA) is available online at 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, at the top of the page click on the **“Wellness”** tab and then under **“Tools”** click on **“My Health Assessment”**. For all other questions on biometric screening, eligibility, and incentives, call the Member Services number on the back of your Cigna ID card.
- Direct gift card questions to Cigna’s Customer Service at (800) 244-6224.
- Website: myCigna.com

2019 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.



Quick Registration For 2019 Wellness Events At www.LaCountyGetsFit.com

The new website www.LaCountyGetsFit.com is a one-stop registration site for all Countywide Fitness Challenge (CFC) and other wellness events. County employees register for each CFC to ensure enough giveaways, receive regular updates on the events, and qualify for wellness rewards. This integrated wellness portal is HIPAA-compliant and encrypted with the same TLS protocol as most financial and investment institutions, so your data is extremely safe. Data is stored in a secure center used by banks, credits unions, hospitals, and health care systems across the United States.

However, if you prefer not to share required personal information, then you can use the Quick Registration method in certain fields outlined below. By using this method, you cannot earn the \$50 wellness reward cards (as described in the 2019 COLA Wellness Incentive instructions), but you can still RSVP for and participate in all of our events and campaigns. Any employee can choose to update their registration at a later date and become eligible for wellness rewards, between 4/4 and 11/30/2019*.

Fill out all required fields, from invitation code (enter **1203**) through email address. To Quick Register, enter all fields with your actual data, then enter Quick Registration information in the areas highlighted below.

**While supplies last.*

The image shows a registration form titled "Not yet registered? Complete the form below". The form includes fields for Invitation Code, First Name, Last Name, Department (a dropdown menu currently showing "AGRICULTURAL COMMISSIONER"), Employee ID, Email, Date of Birth, Medical Plan (a dropdown menu currently showing "N/A - I am not enrolled in any medical plan"), Medical Plan Member ID, and Last 4 digits of your SSN. Red lines and boxes point to specific fields with instructions:

- FIRST**, type **1/1/1980** in "Date of Birth" box
- SECOND**, choose **N/A – I am not enrolled in any medical plan** in Medical Plan box
- THIRD**, leave the "Medical Plan Member ID" box empty
- FOURTH**, type all ones as **1111** in "Last 4 digits of your SSN" box

A final instruction box at the bottom right states: "Finish your registration by setting up a username and password. You will then be able to participate in Countywide Fitness Challenge and wellness events, including prize drawings".