



2020 Countywide Wellness

Get rewarded on your journey to better health!



Receive up to \$200 in reward cards*—

- ✓ Complete your biometric screenings—\$100
- ✓ Participate in 3 Saturday Countywide Fitness Challenge events—\$100

*While supplies last. In accordance with applicable tax law, reward 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.



2020 COUNTYWIDE WELLNESS INCENTIVES

Effective 1/1/20 to 12/31/20

(Reward Cards are limited for each Plan)

HOW TO EARN AND USE UP TO \$200 IN REWARD CARDS

1. **Complete your Biometric and online Health Risk Assessment** between 1/1/2020 and 12/31/2020 to earn a \$100 reward card credit redeemable at a variety of retailers. **See your medical plan instructions below** on how to submit and complete biometric information. Then, earn a 2nd \$100 reward card by attending three weekend Countywide Fitness Challenge events between April 4th and November 14th. Hurry! Rewards are only available while supplies last.
2. **Visit www.LaCountyGetsFit.com** and create a user account. Or, log into your existing account. Track your progress towards earning one or both \$100 reward cards, while supplies last.
3. **Choose your reward options** for each \$100 credit earned. Employees will receive an email with redemption instructions to be used to obtain their credit in the form of an e-gift card. Allow two to eight weeks for email(s) to be sent after qualifying for award.
4. **For questions** about www.LaCountyGetsFit.com or about your \$100 reward card(s), email customer support at support@mybenefitschannel.com. See website or ask for FAQs on how to qualify for, track, and identify your reward email(s).

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

ANTHEM

- **Employees Only**
 - **Complete both the online Health Risk Assessment (HRA) and the Physician fax-back Biometric Screening form.**
1. The HRA is available online on the County of Los Angeles microsite, located at www.anthem.com/ca/countyoflosangeles.
 2. Login using your User ID and password. If you do not have a User ID and password, click on Register Now and follow the prompts. If you are 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.
 3. Once you login, you will be directed to the Member Access page.
 4. Click on the "Care" tab located at the top of the page and then click on the "Health and Wellness Center" to access the HRA. You will also need to download, complete and submit biometric screenings, as explained below.

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

1. **NEW:** Register at myhealthalign.com/worksitewellness/countyofla with the name printed on your Anthem ID card. You will need to create a username and password which you will use for all future account access. Download then print the form and take to your provider at your appointment. For technical support, call **855-231-6050** or email: support@myhealthalign.com.
 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 the number on the form.
 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.

2020 COUNTYWIDE WELLNESS INCENTIVES

Effective 1/1/20 to 12/31/20

(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. Also, complete your Total Health Assessment.
- 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
- Rewards: \$100 – Biometric Screening & Total Health Assessment
\$100 – Attend 3 weekend Countywide Fitness Challenges
- Learn more about the program at my.kp.org/countyofla/healthworks.
- Healthy Balance www.kp.org/healthybalance the weight management diabetes prevention program, is available to Kaiser Permanente members at no charge. To learn more about these and other resources go to www.kp.org/centerfohealthyliving.

UNITEDHEALTHCARE

- **Employees Only**
- Complete your online health risk assessment and Biometric Screenings with Physician Form. Visit healthyatcola.com for information.
- For questions about the biometric form, please contact Quest Diagnostics at
 - Phone: (844) 350-4779 either Monday – Friday between 7 a.m. – 8:30 p.m. CST or on Saturday 7:30 a.m. – 4 p.m. CST.
 - Online FAQs: QuestForHealth.com/WEFAQs
 - Contact Form: My.QuestForHealth.com/Contactus
 - Email: Wellness@QuestDiagnostics.com
- Website: healthyatcola.com

CIGNA

- **Employees Only**
- Complete the online Health Risk Assessment (HRA) at myCigna.com 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 reward card questions to Cigna’s Customer Service at (800) 244-6224.
- Website: myCigna.com

2020 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 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.
- Living Lean: [Lose weight without willpower](#)
Receive 15% off of online video coaching.

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 available to Kaiser Permanente members at no charge. To learn more about these and other resources go to www.kp.org/centerforhealthyliving.
- Emotional wellness resources can be accessed at www.kp.org/selfcare, including a self-care app, **myStrength**. **myStrength** is a digital tool for emotional wellness available to Kaiser Permanente members at no cost. It is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support to improve your awareness and change behaviors.
- 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 2020 Wellness Events

(if you are not eligible for or do not want gift card rewards)

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 any of the \$100 wellness reward cards (as described in the 2020 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, until 12/30/2019.

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 (pre-filled with "AGRICULTURAL COMMISSIONER"), Employee ID, Email, Date of Birth, Medical Plan (pre-filled with "N/A - I am not enrolled in any medical plan"), Medical Plan Member ID, and Last 4 digits of your SSN. Red lines point from specific fields to callout boxes. The first callout points to the Date of Birth field, the second to the Medical Plan dropdown, the third to the Medical Plan Member ID field, and the fourth to the Last 4 digits of your SSN field. A final callout box at the bottom right provides instructions on how to finish the registration.

Not yet registered? Complete the form below

By completing and submitting the information below, as well as any other information you subsequently provide within this portal, you hereby (i) represent that said information is true and accurate to the best of your knowledge, and (ii) consent to the utilization and distribution of said information to relevant parties for purposes of administering the Countywide Fitness Challenge, including, but not limited to, participation reporting to facilitate reward distribution, as applicable.

The web portal is HIPAA-compliant. We are dedicated to the protection of our users' privacy and security.

Invitation Code

First Name

Last Name

Department

Employee ID

Email

Date of Birth

Medical Plan

Medical Plan Member ID

Last 4 digits of your SSN

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

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