

2014 HEALTH & WELLNESS INCENTIVE PROGRAM



QUICK START GUIDE:

\$150 Incentive Reward

Complete:

- Health Risk Assessment (HRA)
- Online Questionnaire and
- Follow-up visit within 90-days

You must complete the HRA before you are eligible for the next incentive

Earn Additional \$100 Incentive:

- Complete two (2) wellness programs by October 31, 2014

Incentive Payments:

- Incentive payments will be calculated quarterly in April, July, October and December and loaded onto your prepaid VISA card

Do NOT Throw Your Prepaid VISA Away

- Your prepaid VISA card is valid for three (3) years.
- Cards issued in 2013 are valid through 2016
- Prepaid Visa cards will be issued for new participants 4 – 6 weeks after the end of each quarter

All activities must be completed within the timeframe of January 1, 2014 – October 31, 2014.

You are eligible for up to \$250 Total Incentive Reward

On April 2, 2012, Blue Cross Blue Shield of Florida changed its name to **Florida Blue**. It's a friendlier name that reflects the personal service and commitment to all Floridians that we've practiced for nearly 75 years. The District School Board of Pasco County will continue to offer a Health and Wellness Incentive (HWI) program for employees and retirees to help promote wellness and healthy lifestyles. The program has been updated to focus on program completion. Participation in the HWI program is voluntary; however, participants must follow the steps outlined on this page in order to be eligible for the 2014 incentive.

STEP 1: HEALTH RISK ASSESSMENT (HRA) AND FOLLOW-UP

1. You must complete an HRA through the Health and Wellness Center (HWC) and the online biometric questionnaire.
2. You must follow up with an HWC provider to obtain and discuss HRA results within 90-days of your HRA lab appointment to be eligible for the HWI rewards.
3. If you had an HRA on or after November 1, 2013 and want to participate in the 2014 HWI program, you must schedule a follow-up appointment with CareHere to get started.
4. You are eligible for a \$150.00 reward upon completion of the HRA and follow-up with an HWC provider.

STEP 2: HEALTH AND WELLNESS PROGRAMS

During your follow-up visit, the provider will discuss some health indicator benchmarks with you. Your provider will

enroll you in a health and wellness program based on your results. You have an opportunity to earn up to an additional \$100 incentive reward by completing two (2) wellness programs.

Health and Wellness Incentive Rewards (Visa prepaid card)

Health and Wellness Incentive (HWI) rewards will be loaded onto your Visa prepaid card at the end of each quarter (April, July, October and December). New or replacement cards are distributed approximately 4 – 6 weeks after the end of each quarter.

Do Not Throw your card away.

Your Visa prepaid card is valid for three (3) years even if you have a zero balance. New cards will continue to be valid for the 2014, 2015 and 2016 HWI rewards.

The Bank of America Visa prepaid card provides an immediate, convenient and secure way to disperse HWI rewards. You are not limited to using your Visa prepaid card for health and wellness; it may be used the same as a debit card.

Instructions & Tips

1. Card activation:
www.bankofamerica.com/commercialprepaidcard or call 1.866.213.8564 (TTY line at 1.866.656.5913)
2. When you call to activate your card, you will select a PIN number. Your PIN is the access code to your account for all point-of-sale purchases and ATM transactions.
3. Contact the Customer Service Representative by calling 1.866.213.8564 if you have questions regarding the information such as:
 - a. Account balances
 - b. Lost, stolen or damaged cards