



# HEALTHY MEASURES<sup>SM</sup> WELLNESS PROGRAM

## YOUR PATH TO BETTER HEALTH BEGINS NOW.

We value you and what you offer. Your success is our success, and we want to make sure you have every chance to improve your health. Because of this, we hope you take advantage of the **Healthy Measures** wellness program.

It has often been said, "When you have your health, you have everything." Taking part in **Healthy Measures** can help improve your health and save you money!

Beginning June 1, 2020, you can qualify for the **Healthy Measures** program and be rewarded with a \$500 individual deductible (\$1,000 family deductible).

We hope that everyone will take part in **Healthy Measures** by November 30, 2020.

### What is **Healthy Measures**?

**Healthy Measures** is Jefferson School District's wellness program. Every year, employees who are covered by the district's medical benefits can participate and earn a valuable reward. Spouses are not required to participate.

Since the start of our wellness program, Jefferson School District has always wanted you to "know your numbers" to help you understand your overall health. To do this, we encourage you to visit your doctor for an annual wellness visit and give you access to Blue Cross of Idaho's health coaches, personal trainers and registered dietitians and the WellConnected wellness portal. Plus, when you take part in the quarterly wellness challenges, you have the chance to win prizes, like a FitBit activity tracking device or Visa gift card.

### What do I have to do?

**Healthy Measures** encourages you to meet with your doctor for a preventive health visit or fill out the health questionnaire form (HQF). Starting this year, Blue Cross of Idaho will be looking through claims for preventive care visits. If you've had a preventive exam after June 1, 2020, you will automatically fulfill the requirement for the HQF. See your doctor for a preventive health visit or submit the HQF and you will qualify for the reward.

### Tell me about the reward.

To encourage you to take part in the **Healthy Measures** program, the district will buy down your individual deductible to \$500 (\$1,000 for family).

If you choose not to join in the **Healthy Measures** program, the district will buy down your individual deductible to \$1,000 (\$2,000 for family).

Whether you are already in good health or need to improve your health and are willing to try something new, you can join in and be rewarded.



## WHAT DO I NEED TO DO?

Have a Preventive Care Exam or Complete the HQF.

The preventive visit helps you and your doctor measure your health. The HQF focuses on five key health areas: tobacco use, blood pressure, cholesterol, weight and blood sugar. This is what you'll need to do:

- Make an appointment with your doctor for a preventive care visit. If you don't have a doctor, this is a great time to establish a relationship with one.\* Your preventive care visit is covered at 100% if billed as a wellness visit by your in-network doctor.
- Tell your doctor's office you will need lab work for cholesterol and blood sugar tests. You may be able to have the blood work done prior to your appointment, and you should be fasting. This may also be fully covered if you see an in-network provider.
- Fill out the HQF with your doctor; ask questions and make a plan of ways to improve your health, if necessary.
- Send the completed form to Blue Cross of Idaho no later than November 30, 2020. (Refer to the instructions on the back of the HQF on how to submit your form.) You will get a letter to let you know if you qualify. Or, you can check your status in the wellness portal.

\* You can find a list of local providers on the Blue Cross of Idaho website at [bcidaho.com](http://bcidaho.com) or contact their customer service department for assistance.

Blue Cross of Idaho		Jefferson School District Health Qualification Form	
<b>Member Information (complete and sign)</b>			
Member Name (Please print)		Blue Cross of Idaho Subscriber ID Number (9 digit number)	
Date of Birth (mm/dd/yyyy)	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female	Telephone Number	
Employer Group Name <b>Jefferson School District</b>		Group Number <b>10003738</b>	Email Address
Member Signature		Date	
This program includes health coaching. Please call 855-216-6844 to work with your certified health coach.			
<b>Healthcare Professional providing this service (complete and sign)</b>			
Provider Name (Please print)		Telephone Number	State License Number or National Provider ID (NPI)
Provider Signature		Date	
Healthcare Provider: Please provide your information above and complete the health measures below.			
Health Measure	Initial Evaluation	Values (Required)	
<b>Tobacco Use</b> (Tobacco use includes tobacco cigarettes, smokeless tobacco and e-cigarettes)	Check one (required): <input type="checkbox"/> No <input type="checkbox"/> Yes Patient has not used tobacco for three consecutive months prior to assessment date	Assessment Date: _____	
<b>Blood Pressure</b>	Check one (required): <input type="checkbox"/> BP < 130/80 <input type="checkbox"/> BP ≥ 130/80	Measurement Date: _____ BP Value: _____	
<b>Cholesterol</b> (measured by total cholesterol or low-density lipoprotein)	Check one (required): <input type="checkbox"/> Total cholesterol < 200 or LDL < 130 <input type="checkbox"/> Total cholesterol ≥ 200 or LDL > 130	Measurement Date: _____ Total Cholesterol: _____mg/dl Triglycerides: _____mg/dl HDL: _____mg/dl LDL: _____mg/dl	
<b>Weight</b> (measured by body mass index)	Check one (required): <input type="checkbox"/> BMI ≤ 28 <input type="checkbox"/> BMI > 28	Measurement Date: _____ BMI: _____ Waist: _____inches Height: _____ft _____inches Weight: _____lbs.	
<b>Blood Sugar</b> (measured by fasting blood sugar or hemoglobin A1c)	Check one (required): <input type="checkbox"/> FBS ≤ 100 or A1c ≤ 5.8 if non-diabetic or A1c < 7 if diabetic <input type="checkbox"/> FBS > 100 or A1c > 5.8 if non-diabetic or A1c ≥ 7 if diabetic	Measurement Date: _____ <input type="checkbox"/> Non-diabetic <input type="checkbox"/> Diabetic FBS: _____mg/dl OR A1c: _____%	
Member follow-up: <input type="checkbox"/> 3 months <input type="checkbox"/> 6 months <input type="checkbox"/> 1 year <input type="checkbox"/> as needed			
This information is confidential and your results will not be shared with your employer. The signed parties agree that all of the information supplied is complete and accurate. Make a copy of this completed form and keep for your records.			
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**Please note:** The information from your HQF is strictly confidential. Blue Cross of Idaho will not share any details with your employer, but will only inform them of your qualification status.



## HEALTH AND WELLNESS COACHING

While you don't have to take part in health coaching, we hope you'll make use of this free, valued service. Whether you have a lifestyle issue you'd like to change or want to set up a training schedule for your first marathon, a Blue Cross of Idaho health coach can help.

Losing as few as 10 pounds and making small changes like eating more fruits and vegetables and drinking more water can improve your health in a big way.

Blue Cross of Idaho coaches can help you make those lifestyle changes so that you can be happier and healthier.

## CONTACT A HEALTH COACH TODAY!

Blue Cross of Idaho's certified health coaches and registered dietitians support you with tips, information and encouragement as you work toward your goals. Our coaches have a range of education and training, but all are well-versed in tobacco cessation, physical fitness, nutrition and stress management. We encourage you to use their vast knowledge to help improve your and your family's health and well-being.

Take the time and invest in your good health. To learn more, contact a coach at 855-216-6844. You can also email them in the wellness portal.

### Here's what Jefferson School District employees had to say about their experience with health coaching:

"I appreciate all the help you've given me to support a healthy diet. I feel great and have been loving the smoothies, thank you for that idea. I'm getting more veggies, fruit and protein because of them and have more energy too."

"I met my exercise goal for the past two weeks! Thank you for keeping me accountable. I could not have done this without your support and positivity."

## FREQUENTLY ASKED QUESTIONS

### Do I no longer need to submit an HQF?

That depends on how your doctor bills your visit. If it is billed as a preventive exam, you will get credit. If it is not billed as a preventive exam, then you must submit an HQF to get credit. Sometimes the visit may be billed differently if you discuss other illness or disease during your preventive exam.

### How will I know if I qualify for the deductible buy down?

After you submit your HQF, Blue Cross of Idaho will send you a letter in the mail to let you know your qualification status. It typically takes 10 business days. You can also check your status online in the wellness portal. If your HQF is incomplete, you will get a letter to let you know what is missing. You can fill out and resubmit the form or simply call the Customer Service Department with the missing information.

### Can I qualify for the incentive if I am overweight, diabetic or have high blood pressure?

Yes. If you do not meet the recommended targets for a health measure on the HQF, simply work with your healthcare provider to identify a treatment plan suitable for you.

### What if I don't participate?

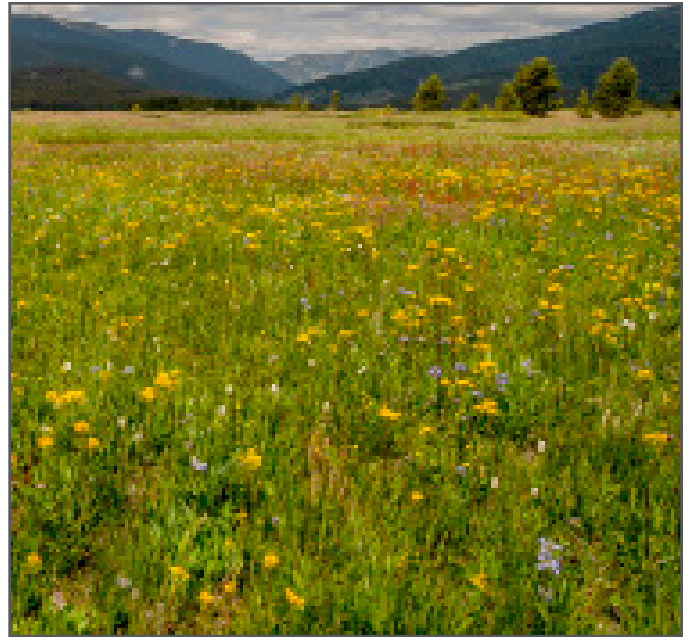
You will have a \$1,000 deductible beginning January 1, 2021.

### Will Jefferson School District see the results of my HQF?

No. All information on your HQF is private and is not shared with your employer.

### Do other family members have to participate?

No. Only employees must submit the HQF.



### Can I qualify for the incentive any time during the benefit year?

You have until November 30, 2020, to complete and submit the HQF. Late submissions can be approved through an appeal to your HR Department.

### If I've been to my doctor for a preventive visit recently, do I have to go again?

This depends on your doctor. Take the HQF to your doctor's office and ask if the doctor will fill out the form for you with the information on file. The doctor may ask that you be seen again or that blood work is drawn again to fill out the form. If the visit is billed as a preventive care visit, it will be covered at 100% as long as you are seeing an in-network provider, even if you've been seen for a preventive care visit within the past year.

### How do I get more information?

To learn more, or if you have questions about the program or your qualification status, please call Blue Cross of Idaho's Customer Service Department at 800-627-1188.

HEALTHY  
MEASURES<sup>SM</sup>  
A healthier you starts here

Blue Cross of Idaho complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Arabic, Chinese, French, German, Korean, Japanese, Persian (Farsi), Romanian, Russian, Serbo-Croatian, Spanish, Sudanese, Tagalog, Ukrainian, or Vietnamese, language assistance services, free of charge, are available to you. Call 1-800-627-1188 (TTY: 1-800-377-1363).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-627-1188 (TTY：1-800-377-1363)。

Spanish ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-627-1188 (TTY: 1-800-377-1363).