

The Preventive Plan Quick Start Guide 2017

Taking control of your health is top priority but this year, you and your spouse can earn a combined total of **\$360** in annual insurance premium reductions (\$240 employee only or \$360 employee + spouse) for participating in this **FREE**, personalized and confidential wellness program designed to help you be your best.

To get started, returning members can log in as normal; new users, please create your account by visiting:
<https://bonsecours-hanover.uspm.com>

All members, new and returning will need to complete your online Health & Wellbeing Assessment (HWA) and Labs & Biometrics Screening between **September 18** and **October 31**.

Complete these 3 Steps Indicated by the Dates Below

1 Complete your Online Health & Wellbeing Assessment (HWA) by **October 31**

Build the foundation of your personalized Preventive Plan by completing the HWA which will take approximately 5 - 10 minutes to complete.

2 Schedule and Complete your **FREE** Screening between **Sept. 18** and **October 31**

The vital health information obtained from your Labs & Biometrics screening is an important component to complete your personalized Preventive Plan. *Step 1 must be completed before scheduling your screening.*

To schedule your Labs and Biometrics, sign in and visit the **My Health** page, click **Schedule My Labs** to view the dates and locations available. Use code: **Hanover 17**, when prompted.

You may also Self-Report your Lab results that are no older than **7/1/2017**. Visit the **MyHealth** page and click the Labs button, or for assistance contact Member Health Services toll-free at **866.713.1180** Monday through Friday 9 a.m. - 6 p.m. EST.

If you have questions or need help, please call your Wellness Coordinator, Elisa Allen, RN at 804.365.7118 between normal business hours.

3 Call your Health and Wellness Advisor by **December 1** to Earn Your Incentive

Your lab results and personalized Preventive Plan Member Report will be uploaded within 7 - 10 business days after completing your screening.

You will receive an email notifying you to call your Health and Wellness Advisor toll-free at **866.713.1180** Monday through Friday 9 a.m. - 6 p.m. EST, to review your results and set your goals. **This is a necessary step in order to earn your incentive.**

Your Valuable Incentives

Make your health a top priority for healthy benefits and rewards. To be eligible for the valuable financial rewards, you must complete **all 3 steps** by the deadlines indicated on the first page.

Health Insurance Plan	Employee	Spouse (Non-Employee)	Annual Total
Hanover County Health Insurance	\$240/Year Wellness Incentive	\$120/Year Wellness Incentive	\$360
Core or Value Plan	\$20 (Monthly Premium Reduction)	\$10 (Additional Monthly Premium Reduction)	\$360
HDHP	\$60 (Quarterly Deposit to HSA)	\$30 (Additional Quarterly Deposit to HSA)	\$360

The Preventive Plan Resources

These are some of the great features The Preventive Plan has to offer + a couple **new** features available this year!

- ✓ **Learning Programs**
Learning Programs cover a wide variety of health topics, including nutrition, skin cancer prevention, smoking cessation, stress and depression management. Choose the topics that interest you and complete the Learning Programs recommended based on your health risks to get the most benefit.
- ✓ **Daily Health News Articles and Videos**
These quick and educational videos and articles cover a variety of topics including exercise, nutrition, heart health and more.
- ✓ **Nutrition and Activity Trackers**
Log your food intake and physical activity to stay on track with your health goals.
- ✓ **My Healthy Habits**
Join these fitness and nutrition challenges aimed at keeping you engaged to improve your eating habits, and increase your physical activity to help you feel your best.
- ✓ **Health & Wellness Coaching**
Whether you need advice on nutrition or exercise, or you just want to share a milestone you've reached, our trained Health & Wellness Advisors are here for you!
- ✓ **eCoaching Programs (New feature!)**
These email-based coaching programs are designed to reduce your healthcare costs by helping you change unhealthy lifestyle behaviors. Some of the eCoaching programs include: Healthy Living, Weight Loss for Diabetes Management, Hypertension, Pregnancy, Sleep, Diabetes Prevention T2, Stress Free Now! and Weight (Waist) Loss.
- ✓ **Care Management (New feature!)**
For members diagnosed with asthma, coronary artery disease (CAD), congestive heart failure, hypertension, diabetes, COPD, obesity, or depression, your physician and RN Health Coach will guide you to feeling better, improving your quality of life and saving money by helping you successfully manage your condition.
- ✓ **Completely Confidential**
The Preventive Plan is HIPAA compliant. Your personal health information is protected and secure.

Have questions or need assistance? Call Member Health Services:
(866) 713-1180 Monday - Friday 9 am - 6 pm EST
or send us an email: membercare@uspm.com

