

Welcome to a Healthier 2016

State Health Plan members and spouses can earn up to 480 in bonus Wellness / Incentive Account dollars by following the simple steps below:

<p>Step 1 Complete a Healthways Well-Being Assessment® This is an easy, confidential on-line questionnaire about your health, and it takes about 20 minutes.</p>	<p>Cut and paste the following link into your browser: http://www.bewellshbp.com/incentives/ Click “Log in and take your WBA” on the right side of the homepage.</p>	<p>Earn \$240 for Steps 1 and 2</p> <p>Well-Being Assessments must be completed before HRA dollars can be earned.</p>
<p>Step 2 a) Complete a biometric screening consisting of body mass index, blood pressure, cholesterol, glucose. And b) Submit your screening At an SHBP-sponsored screening event or With your Physician using the Healthways 2016 Physician Screening Form.</p>	<p>Visit your Physician Or Attend a SHBP screening event. Click the link below to print the physician screening form and take it to your physician / screening event. This form must be completed by your physician and returned by Fax – 615-349-9111 or Mail to Digital Documents, P.O> Box 361290, Milpitas, CA 95036-1290. Biometric Screening Link: https://www2.d-docs.com/shbp/ (You must follow the prompts and enter your information for the form to print)</p>	
<p>Step 3 Create your Well-Being Plan and Choose Coaching by Phone or Online. PHONE COACHING Get support to eat better, lose weight, stress less, get active, feel happier, or quit tobacco with a Healthways well-being coach. Complete your WBA and actively engage in well-being phone coaching and earn 240 well-being incentive credits. Or ONLINE COACHING 5 on-line activities using the same tracker within 4 weeks. Earn \$40 for your HRA up to 6 times. Sample activities: Track exercise 5 times, record daily steps 5 times, record food 5 times.</p>	<p>Call 1-888-616-6411</p>	<p>Earn \$240 for Step 3</p>

Important Reminders:

- Funds are deposited into your health plan account.
- Wellness tasks must be completed by mid-December (See Guide)
- For questions about Wellness tasks, contact 1-888-616-6411 or <http://www.bewellshbp.com>.