



100+ WELLNESS PROGRAM

Healthy employees, healthy business

We know that healthier employees lead to a healthier and more productive workplace. That's why our Premera Blue Cross Blue Shield of Alaska large group plans include a **100+ wellness program** for employers with 100 or more employees. The wellness rewards program is included at no extra cost to you. It can lower your costs and reward your employees at the same time.

A quick look inside the program

Our 100+ wellness program rewards employees completing two easy steps: a biometric screening and an online health assessment. Then employees validate their mailing address to make sure they get their reward. When employees complete these two simple steps, both you and your employees can earn big rewards.

A win/win approach

Benefits of a successful wellness program — to employees and employers alike — include:

- More sustainable healthcare costs
- Happier, healthier employees
- Increased productivity
- Decreased absenteeism

Engagement is the name of the game

If 75% of your employees complete the wellness activities, you'll lower your overall premium, and they'll get rewarded too.

Start employees on a journey to wellness

ARRIVE AT BETTER HEALTH AND SAVINGS

Starting January 1, 2014, you'll automatically get this wellness program included in your coverage if you are a fully insured employer group with 100 or more employees enrolling in or renewing a Premera large group plan.

Employees will then complete two wellness activities:

- Biometric screening
- Health assessment

After they complete these activities, employees earn a \$150 Visa® debit card.* To make sure they get the debit card, employees also need to validate their mailing address.

After 75% of your employees complete these easy steps, you'll receive a rate discount at your next renewal.



How employees earn rewards

Employees take these two easy steps to be rewarded

1. Get a biometric screening one of four ways:

- Participate in employer on-site events, if you choose to schedule them.
- Visit a healthcare provider and fax in the results using our health screening form.
- Visit participating Walgreens pharmacies. (Make an appointment at walgreens.com/healthtest.)
- Complete a home test kit and submit test by mail.

2. To take the online assessment, log in to premera.com and click Vivacity Wellness Tools under Stay Healthy. Then click the orange Start Vivacity Wellness Tools button and choose Health Assessment.

One-on-one support for employees in need

The health assessment educates employees about their health status and motivates them to improve it. Based on the results of the health assessment, employees may qualify for **free health coaching by phone**.