

# PREMERA

## WELLNESS PROGRAM



### FOSTER

sustainable  
health habits



### BOOST

safety and  
productivity



### CONTROL

rising  
healthcare costs

Join Premera Blue Cross Blue Shield of Alaska as we step out and lead Alaska toward world-class wellness by moving beyond creating awareness about one's health to instigating healthy habits and promoting a culture of worksite well-being.

Premera's new activity-based wellness program offers **enhanced rewards**, access to popular **activity trackers**, and an interactive **social challenge**.

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Productivity losses related to personal and family health problems cost U.S. employers \$1,685 per employee per year.<sup>1</sup>

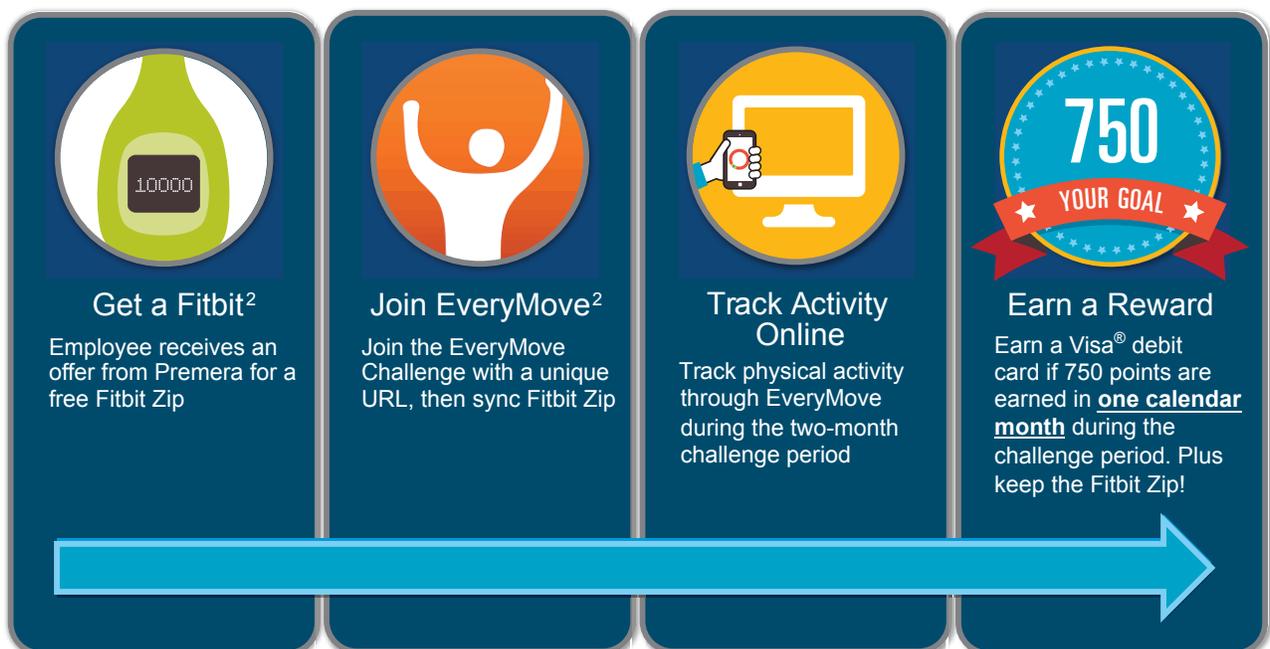
# Premera is stepping out and leading all employers toward improved wellness

We know that active employees lead to a healthier and more productive workplace. That is why we are taking our wellness rewards program to the next level. The new program incorporates a new activity challenge designed to help build a culture of worksite wellbeing. It engages people in their health and encourages physical activity. As a result, groups can realize reduced healthcare costs and a healthier, more productive workforce.

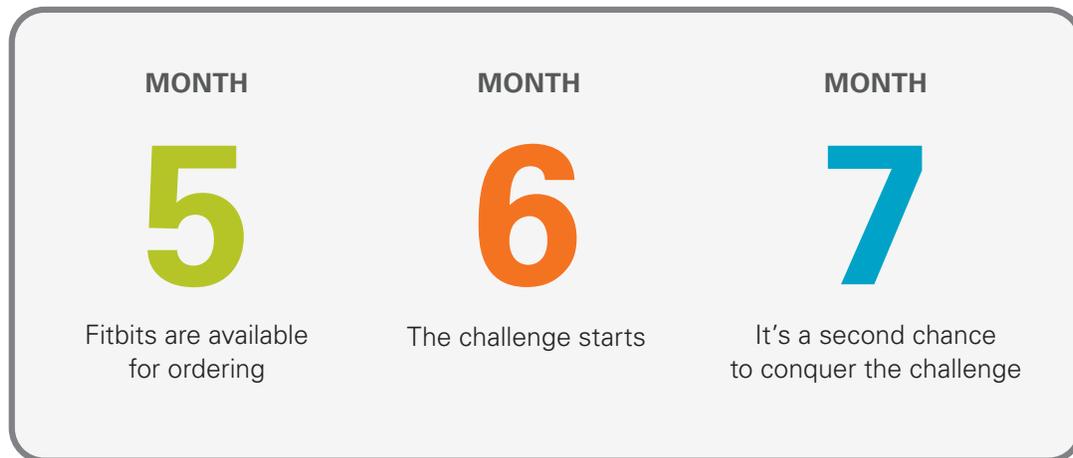
## Stay healthy with incentives

This new program offers access to superior program features such as a pre-designed activity challenge, complete with communication tools, guides, and resources that make the challenge easy to implement. It also comes with a social and interactive activity tracking platform, free activity trackers, and enhanced incentives for both employers and employees.

## The Challenge: How it Works



## Challenge period — It's as simple as 5, 6, 7



## Biometric screening — an alternative to the activity challenge

Employees who are unable to participate in the EveryMove Activity Challenge, or who prefer not to use EveryMove, can earn the reward by completing a biometric screening with their doctor.

Biometric screening results are valid only when their doctor submits the Physician Fax Form within the two-month challenge period.

[A review of 73 published studies of worksite health promotion programs showed an average \\$3.50 to \\$1.00 savings-to-cost ratio in reduced absenteeism and health care costs.<sup>3</sup>](#)

Rewards earned by your employees participating in the Premera wellness program may need to be reported for tax purposes. Please consult with your tax specialists to determine if you need a record of which employees earned wellness program rewards. Employers may request such information for tax preparation purposes. In mid-October, employers will receive a reminder to request the information. Requests must be received by December 1 and letters will be mailed by December 15. Wellness program reward earnings information will be provided to your designated tax preparation personnel and may be used for tax purposes only.



“... make physical activity a greater part of work culture — recognizing that this not only has benefits for the physical health of employees but also positive effects on emotional well-being and mental function.”<sup>4</sup>

## For more information about the Premera Wellness Program

Contact your producer, Premera sales executive or account manager.

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- <sup>1</sup> Stewart WF, Ricci JA, Chee E, Morganstein D. Lost productive work time costs from health conditions in the United States: results from the American productivity audit. *J Occup Environ Med.* 2003;45(12):1234-1246.
  - <sup>2</sup> EveryMove and Fitbit are independent companies that provide fitness tracking products and services. By creating EveryMove and FitBit accounts, participants agree to their respective privacy policies. Participant information on the EveryMove and FitBit portals will not be subject to participants' health plan privacy policies or HIPAA. EveryMove and FitBit may share participant information. You can review their privacy policies here: [everymove.org/privacy](http://everymove.org/privacy) or [fitbit.com/privacy](http://fitbit.com/privacy). Premera uses participation data to administer the wellness programs, fulfill incentives, and for health plan administration. Premera does not share participation data with employers except anonymously to report participation levels, and when requested for tax purposes, to report which employees completed the program and earned the incentive.
  - <sup>3</sup> Aldana SG. Financial impact of health promotion programs: a comprehensive review of the literature. *Am J of Health Promot.* 2001;15(5): 296-320.
  - <sup>4</sup> Lenny Bernstein, "Surgeon General Vivek Murthy wants to move U.S. health care toward a 'prevention-based society,'" *Washington Post*, April 23, 2015, <http://www.washingtonpost.com/news/to-your-health/wp/2015/04/23/surgeon-general-vivek-murthy-wants-to-move-u-s-health-care-toward-a-prevention-based-society/>



**BLUE CROSS BLUE SHIELD OF ALASKA**

An Independent Licensee of the Blue Cross Blue Shield Association

## Discrimination is Against the Law

Premera Blue Cross Blue Shield of Alaska (Premera) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email [AppealsDepartmentInquiries@Premera.com](mailto:AppealsDepartmentInquiries@Premera.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

## Language Assistance

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-508-4722 (TTY: 711).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-508-4722 (TTY: 711).

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-508-4722 (TTY: 711) 번으로 전화해 주십시오.

**LUS CEEV:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 800-508-4722 (TTY: 711).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-508-4722 (телетайп: 711).

**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 800-508-4722 (TTY: 711)。

**MO LOU SILAFIA:** Afai e te tautala Gagana fa'a Sāmoa, o loo iai auunaga fesoasoan, e fai fua e leai se togoti, mo oe, Telefoni mai: 800-508-4722 (TTY: 711).

**ໂປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-508-4722 (TTY: 711).

**注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。800-508-4722 (TTY:711) まで、お電話にてご連絡ください。

**PAKDAAR:** Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 800-508-4722 (TTY: 711).

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-508-4722 (TTY: 711).

**УВАГА!** Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-508-4722 (телетайп: 711).

**เรียน:** ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 800-508-4722 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-508-4722 (TTY: 711).

**UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-508-4722 (TTY: 711).

**ملحوظة:** إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-508-4722 (رقم هاتف الصم والبكم: 711).

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-508-4722 (TTY: 711).

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-508-4722 (ATS: 711).

**ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-508-4722 (TTY: 711).

**ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-508-4722 (TTY: 711).

**توجه:** اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-508-4722 (TTY: 711) تماس بگیرید.