

Wellness Rewards

Health and Wellness Programs 2016

You have a variety of lifestyle improvement programs available to help you meet your wellness goals. These programs focus on areas of **nutrition/weight management, physical activity, stress management, tobacco cessation and chronic condition management.**

You can access these programs online, at the worksite and telephonically. Allegheny County also sponsors programs throughout the year.

Online programs can be accessed through Highmark's website www.highmarkbcbs.com These programs are great if you are motivated and require some flexibility in your schedule - you can participate in these at any time you like—you just need a computer with internet access.

Contact a **Blues on Call Health Coach** at 1-888-BLUE-428 any day of the week, any time of the day to speak confidentially with a specially trained Health Coach who can help you make informed health choices for you and your family.

Allegheny County has also elected to sponsor additional wellness programs throughout the year. Contact your wellness representative for more information.

Although you only have to complete two health and wellness programs to meet the requirements of Tier 1 and an extra program to meet the requirements in Tier 2, you and your family members can participate in as many of these programs as you'd like.

To receive credit for participating in any of these programs, you will either simply enter in a date or check "I did this" – it's that easy!

Personal Wellness Coaching

A one-on-one telephonic counseling service with a registered dietician, exercise physiologist helps you to make healthy lifestyle and nutrition choices to address weight management, heart health and diabetes. **Call 1-888-BLUE-428 to enroll.**

Baby Blue Prints

By offering a wide range of educational materials, product discounts, free gift vouchers and access to a **Nurse Health Coach**, this maternity program gives you the support you need to understand all stages of your pregnancy and make healthy choices for you and your baby. **Call 1-888-BLUE-428 to enroll.**

Tobacco Cessation

This **telephonic or online program** offers convenience and flexibility. The online "My Health Assistant" helps you set realistic goals, offers suggestions and guides you through the quitting process. To work directly with a coach and for more information on tobacco cessation programs **call 1-888-BLUE-428.**

Online Programs

Set Any Goal in **My Health Assistant** – to access these programs, at the top of the page click on "Healthy Living". Then Click on "My Health Assistant". Click on whatever area you want to work on, scroll towards the bottom and click on "I'm done, go to next step" once you set a goal credit will be issued – it's that easy! For questions regarding completing online programs contact WebMD at 1-888-258-2403.

Fitness Workouts

Participate in any type of fitness workout from going to a gym to taking a yoga class.

Weight Watchers

Participate in a confidential weigh in to help them track your progress. Participants learn how to make wise choices, eat healthy, and enjoy food and exercise.

Organized Walk/Race

Combine healthy exercise while giving back to a community or cause. This **Allegheny County sponsored** program is the perfect way to keep in shape and contribute to others. A listing of walks/races can be found on the County's website under "Employee Wellness."

CPR

Enroll and complete a CPR course.

Flu Shot

An annual flu shot can be your best protection against the flu, regardless of your risk category.

Community Lifestyle Improvement Program

Participate in any community lifestyle improvement program to receive credit.

10,000 Step Challenge

This 12-week pedometer based walking campaign gets you moving with newsletters and tracking tools. Newsletters can be found on the County's website under "Employee Wellness" in the spring through mid-summer.

Real Meals

This 6-week newsletter campaign teaches you the basics of how to tell if food is "real" and healthy through a series of weekly newsletters with helpful tips and resources. Newsletters can be found on the County's website under "Employee Wellness" in late spring, early summer.

The Resilience Challenge

This 4-week newsletter campaign guides participants on a path to build their capacity for resilience with the right tools through a series of weekly newsletters. Newsletters can be found on the County's website under "Employee Wellness" in early spring.

Wellness at Home

Health and wellness for the entire family is the core message in this 6-week newsletter campaign. Healthy routines at home can offer protection against obesity, as well as other positive benefits for the whole family. Newsletters can be found on the County's website under "Employee Wellness" in late summer.

Drop 10 in 10

The 10-week telephonic program helps members who are looking to lose weight, maintain, or simply develop better habits for eating healthy and being more active. **Call 1-888-BLUE-428 to enroll.**

Maintain Don't Gain

This 8-week holiday nutrition and weight management newsletter campaign helps individuals maintain their current weight during the holiday season and shows you ways to avoid the cumulative effects of weight gain. Newsletters can be found on the County's website under "Employee Wellness" from November to January.

Blue on Call Coaching Support

Participants contact a **Blues on Call Health Coach at 1-888-BLUE-428**, and speak confidentially with a specially trained Health Coach who can help you make informed health choices for you and your family.

Health Lecture

Participate in a health lecture by physically attending a lecture. Online users can also earn credit by clicking on "Health Information" at the top of the Wellness Rewards WebMD screen and selecting one of the many Health Topics covered and reading the information.