



NAPEBT Wellness Incentive Program

July 1st 2013 - May 31st 2014



NAPEBT was formed in 1993 to provide a comprehensive and cost effective benefits package by combining resources and leveraging the buying power of a group of public employers. Purchasing benefits through NAPEBT has increased the ability to sustain a better benefits package long-term than any of these public employers could provide independently.

Northern Arizona Public Employee Benefit Trust

Flagstaff Unified School District ~ Coconino County ~ City of Flagstaff ~ Coconino Community College ~ NAIPTA ~ Flagstaff Housing Authority ~ Accommodation Schools

Our Mission: To lower the costs of health care while creating wellness events that empower the individual to take control of their health and well being for quality of life.

Why Should I Participate in the Wellness Program?

With rising health care costs it is inevitable that employee insurance premiums will increase. The Wellness Incentive Program was created as an opportunity to offset the rising costs of health care by lowering high cost claims. A healthy population has less costly claims. Now employees covered under the Northern Arizona Public Employee Benefit Trust can save \$240/ year by participating in the Wellness Incentive Program.

For more information on the Wellness Incentive Program please visit our website:

www.northernarizonawellnessincentiveprogram.com

For Questions Contact:

The Wellness Coordinator

Katie Wittekind

kwittekind@fUSD1.org

or your Benefits or Human Resources Department

"I love our wellness program! I am a busy mom and it has shown me that even small changes that I make can have a big impact on my health, and that of my family. Whether it's reading labels to be sure I'm buying better things for my family to eat, or 30 minutes of yoga to help relieve stress on a rough day, I have enjoyed all of the classes I have taken and can't wait for more!" -Jenny Peterson. (FUSD)



Biometric Screening & Health Risk Assessment

In order to earn your insurance discount you will need to complete a biometric screening. You can get your screening done at a NAPEBT screening site or with your Personal Care Physician (PCP). You will need your screening results to complete the required Health Risk Assessment worth 7 points.

What is a Biometric Screening?

A biometric screening is a general health check that can identify any significant cardiovascular or nervous system risks. This health check provides several biometric measures including: cholesterol levels; blood pressure; blood glucose levels, and measurement of height, weight and body mass index (BMI). Results are available within 10 minutes at the provided screening sites. If you choose to see your PCP your results will likely be available within a few days after the screening, and are kept confidential. Your results are for you. Your employer does not have access to this personal health information.

In order to schedule an appointment for a NAPEBT biometric screening please visit the website:

<http://www.northernarizonawellnessincentiveprogram.com/biometric-screenings/>

What is a Health Risk Assessment?

This online questionnaire will ask you self reflecting questions on your health and wellness. You will need to input the data from your biometric screening before completing your HRA. You will receive a health score that gives you an overall idea of your current state of health and wellness. You DO NOT need to share this score with anyone. This is for your purposes only.

To complete the Health Risk Assessment please log in to the Blue Cross website:

✓ www.azblue.com

✓ Once logged in click on Health and Wellness

✓ Click on Personal Healthy Blue Homepage

You will be directed to complete a Health Risk Assessment (HRA)

Your 7 points will AUTOMATICALLY be added once you complete the HRA

Helpful Hint:

Be sure to click FINISH to complete the HRA to receive your points. Print the screen for your records.

If you choose to see your PCP for your biometric screening you may bring this form to make sure you get all of the information you will need. You DO NOT need to turn the form in to your employer. The information gained from your screening is needed to complete your HRA online.

My Biometric Results

Name: _____ Date Completed: _____

HEALTH INDICATOR	MY RESULTS	NORMAL VALUES
HEIGHT		
WEIGHT		
WAIST MEASUREMENT		MEN < 40 WOMEN < 35
BMI CALCULATION		< 18 UNDERWEIGHT 19-24 NORMAL WEIGHT 25-39 OVERWEIGHT TO OBESE
BLOOD PRESSURE		SYSTOLIC DIASTOLIC <120 AND < 80 NORMAL
TOTAL CHOLESTEROL		< 200 DESIRABLE 200-239 BORDERLINE HIGH > 240 HIGH
HDL CHOLESTEROL		< 40 HIGH RISK > 60 DESIRABLE
GLUCOSE		
TRIGLYCERIDES		

You need to enter this information into your Health Risk Assessment to earn your insurance discount.

Go to <http://www.azblue.com> and login :

1. Click on Health and Wellness
2. Go to Personal Healthy Blue Home Page
3. Click on My Blue Print Health Risk Assessment
4. You will be asked a series of questions. At the end you must enter your results from your biometric screening.

This is for your use only! DO NOT submit this form to your Human Resources Department!

Earn 15 POINTS before May 31st and earn a \$240 DISCOUNT on your medical insurance premium for the following year!

Name Of Event Or Activity	Points	To Log Points for Activity
Complete your Biometric Screening at any of the sites offered through NAPEBT or through your personal physician! Only one screening per plan year required for discount. You will be asked to enter the results from your biometric screening into your online Health Risk Assessment.	7pts	7pts will be AUTOMATICALLY added upon completion of the online HRA.
Online Opportunities: Blue Cross offers 15 minute educational seminars. Annual Max 5pts in this category	1pt each	1pt will be AUTOMATICALLY added once seminar is finished.
Online Opportunities: Blue Cross offers Healthy Living Programs, Wellness Challenges, and a Maternity Program. Annual Max 5pts in this category	5pts each	5pts will be AUTOMATICALLY added once the challenge or program is completed.
NAPEBT Health Fair Offered every year in October	1pt	Select Health Fair on drop down menu when entering your point.
Preventative Screenings and Vaccine: Annual Physician Physical, Well-Woman Exam, Well-Man Exam, Dental Cleaning (2), Vision Exam, Mammogram, Prostate Exam, Colonoscopy, Skin Cancer Screening, Bone Density Screening, Disease Management Check Ups, and Flu Vaccine.	1pt each	Many screenings are listed in the point tracking system. If you do not see what you are looking for choose what fits best.
Physical Activity Tracking: Aerobic Winter Challenge, PACE (city), Physical Activity Tracking Form	1pt/month	Select Local Race or Activity on drop down menu.
FREE Wellness Classes: NAPEBT sponsored wellness classes are offered at various NAPEBT locations on various topics like yoga, stress, weight loss, and nutrition.	1pt each	Select Local Employer Activity on drop down menu.
Community Events/Classes: Bike To Work Week, Climb To Conquer Cancer, Color Vibe Run, Nutrition Talk at Natural Food Store, Step Into Running (1pt/ week)	1pt/event/ year	Select Local Race or Activity on drop down menu.
Employer Sponsored Wellness Events: check with your employer on wellness events offered at your agency. Lunch and Learns, Walking Groups and more.	1pt/event	Select Local Employer Activity on drop down menu.
Health Coaching/Disease Management: Healthy Living Program, One-on-One nutritional coaching, Phone coaching. 1pt/ week you attend all sessions & follow recommendations	1pt/week	Select On-Site Educational Session on drop down menu.
Weight Loss Program: NAPEBT sponsored class, Weight Watchers, Curves. 1pt/week you attend all sessions & follow recommendations	1pt/week	Select On-Site Educational Session on drop down menu.
Healthy Food Baskets: Bountiful Baskets, Community Supported Agriculture. Earn up to 2 points for ordering from Bountiful Baskets 2 times or 2 points for buying a share at the CSA.	2pts/year	Select Local Employer Activity on drop down menu.
Monthly Point Opportunity: Each month there will be a new and fun way to earn a point that is announced in the Wellness Newsletter. Don't Miss Out! These opportunities expire.	1pt/month	Select Local Employer Activity on drop down menu.

The insurance plan year is from July 1st to June 30th. Earn 15 points from July 1st 2013 -May 31st 2014 to save \$20 per month beginning July 1st 2014. **For events/activities completed in June enter July 1st as the date.**

The biometric screening & HRA are the the only required activities. Earn the remaining 8 points by choosing events and activities from the above list.

Always check with your primary care physician before making changes to your daily diet or exercise routine.

www.northernarizonawellnessincentiveprogram.com

How To Log Your Local Activity Points:



To log points for a local activity or preventative screening:

- ✓Log In at www.azblue.com
- ✓Click Health and Wellness
- ✓Click on Personal Healthy Blue Homepage
- ✓Click on How Do I Earn Credits (on left side of screen)
- ✓Scroll down to *Prev Care Screening and NAPEBT or Local Employer Activity* Form and click Continue

- Enter Date of Screening/Event/Activity (for monthly, weekly events enter last date of month/week)
- Name of Activity or Physician (example: NAPEBT Health Fair, Dr. Smith)
- Select Type of Activity/Screening from drop down menu

Examples: **Local Race or Activity:** Any Community Event or Physical Activity Tracking

Local Employer Activity: Any FREE NAPEBT Wellness Classes, Employer Sponsored Wellness Events, Healthy Food Baskets, Monthly Point Opportunity,

On-Site Education Session: Health Coaching/Disease Management, Weight Loss Program

- ❖ If you do not see your screening or activity listed on the drop down menu choose what fits best.
- Enter your name and click Continue.

Refresh page to see your total points after entering them. Print screen for your records.

Done! Only 15 points are needed to earn your insurance discount.

Online Opportunities

There are 3 online programs worth points offered through the Blue Cross Website. They will **AUTOMATICALLY** add your wellness points upon completion. Once you complete your Health Risk Assessment your 7 points will **AUTOMATICALLY** be added.

- Healthy Living Programs (5 pt Annual Max)
- Online Seminars (5 pt Annual Max)
- Wellness Challenges (10 pt Annual Max)

To access online programs offered by Blue Cross:

- ✓Go online to www.azblue.com.
- ✓Log In (You will need to register if this is your first time)
 - If you have issues logging in call E-Solutions at 1-800-650-5656
- ✓Click on Health and Wellness
- ✓Click on Healthy Living Program to get started with Online programs.



NAPEBT Health Fair



Earn 1 point for attending the NAPEBT Health Fair.

Win raffle prizes, get your biometric screening, meet health and wellness professionals in the community. This event is always offered in October. Watch for details in emails and flyers.

To enter your point for attending you must visit the Blue Cross Website:

www.azblue.com *Prev Care Screening and NAPEBT or Local Employer Activity Form*

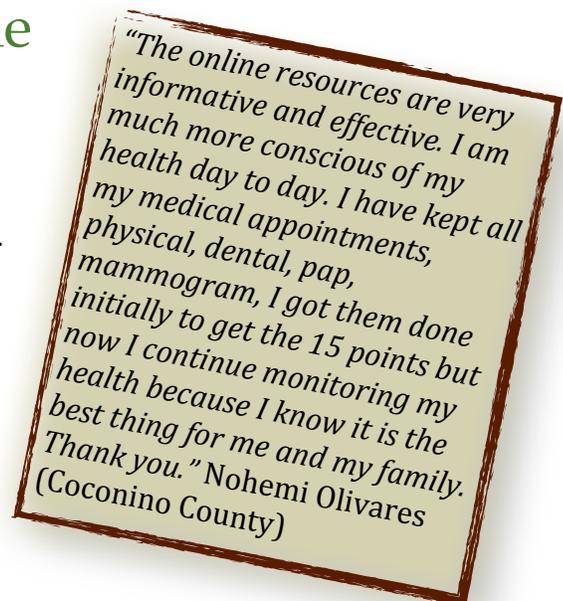
Preventative Screenings & Vaccine

Earn 1 point per screening/vaccine.

Below is a list of health screenings worth wellness points.

Anything preventative in nature is worth 1 point. To enter your points you must visit the Blue Cross Website www.azblue.com.

- Annual Physician Physical
- Well-Woman Exam
- Well-Man Exam
- Dental Cleaning (2)
- Vision Exam
- Mammogram
- Prostate Exam
- Colonoscopy
- Cancer Screenings (skin etc.)
- Bone Density Screening
- Disease Management Check Ups
- Flu Vaccine



Physical Activity Tracking

Earn 1 point per month.

There are 3 ways to track your physical activity.

- **Aerobic Winter Challenge:** This is a community program and costs a minimal fee to participate. There are raffle prizes and team events to keep you active during the winter months. For more information or to sign up visit the website: <http://www2.coconino.az.gov/heartbeat.aspx?id=25593>
- **PACE program** (for City employees only): see your HR department for details or visit the website: <http://www.flagstaff.az.gov/incentive>
- **Physical Activity Tracking Form:**

Example activities that count toward earning points: (brisk walking, hiking, jogging/running, biking, swimming, yoga, team sports (soccer, tennis, basketball, etc.), ice skating, lifting weights/resistance bands, exercise using body weight (sit ups, push ups, dips etc.), heavy yard work (shoveling snow, digging, landscaping). **Any aerobic activity can be counted for your physical activity.**

Use the following calendar to track your physical activity. You DO NOT need to turn the calendar in to anyone. This is for your purposes to bring awareness to the amount of physical activity you are getting. **Earn 1 point per month that you are physically active for at least 30 minutes for 12 days of the month.**

Remember, activities from July 1st to May 31st count toward your total points!

Sun	Mon	Tue	Wed	Thu	Fri	Sat

FREE Wellness Classes

Earn 1 point for every NAPEBT sponsored wellness class attended.

The FREE wellness classes are offered at various NAPEBT locations at various times and are open to all NAPEBT employees. As the program grows the locations and times of the classes may grow. It is best to register online for these FREE classes to guarantee a spot. Topics covered in these classes are yoga, stress, weight loss, and nutrition. Watch for more topics being added!

To register for a class visit the website: <http://ezregister.com/promoters/1372>.

Community Events / Classes

You earn 1 point for participation in each community event (except when otherwise noted).

Many community events require participation fees which are the responsibility of the employee. Participation in community events is optional and not required to earn your insurance discount.

Below is a list of community events worth wellness points. Any community walk/run/race will count.

Bike To Work Week

Offered every year by the Flagstaff Biking Organization, this event offers prizes and competition to bike to work for an entire week. Whether you participate for one day or the entire week, participation in this event is worth 1 point.

To sign up visit the website:

<http://flagstaffbiking.org/bike-to-work-week/>

Climb To Conquer Cancer

Offered every August, this event is a fundraiser for cancer research. The event is a walk up Snowbowl Road.

To sign up visit the website:

<http://community.acsevents.org>

Color Vibe Run

This is a community walk/run with fun colors.

To sign up visit the website:

<http://www.thecolorvibe.com/flagstaff.php>

Nutrition Talks at Health Food Store:

Natural Grocers, New Frontiers and Sprouts offer free monthly nutrition talks.

Visit their websites for a schedule of talks.

Step Into Running: (1pt/week)

This is an 8 week program aimed at the beginning runner. Earn 1 point per week you attend all practices!

This program is worth up to 8 points!

To sign up visit the website:

<http://www.teamrunflagstaff.com/stepIntoRunning.php>

Employer Sponsored Events

Each Employer Sponsored Event is worth 1 point.

Each NAPEBT agency offers wellness events to their employees. These events are often available only to the employees of that agency. Please check with your Benefits or Human Resources Department for more information on Employer Sponsored Wellness Events. Common examples of such events are: Lunch and Learns, Walking Groups, and Team Events.

Health Coaching & Disease Management

Earn 1 point per week by attending all sessions and following all recommendations offered.

There are 3 avenues for Health Coaching and Disease Management.

1. Healthy Living Program: These FREE local classes are offered in town for those with chronic health conditions or caring for someone with a chronic health condition. This 6 week class is offered several times within the year.

For more information or to sign up call: (928) 213-6110

2. One-on-One Nutritional Coaching: This may be offered in person through a private company or over the phone.

Natural Grocers offers FREE One-on-One nutritional coaching.

To sign up call: (928) 779-4172.

3. Blue Cross Health Coaching: Coaching is offered for FREE via the phone for all members.

To sign up call: (866) 422-2729

Weight Loss Program

Earn 1 point per week by attending all sessions and following all recommendations offered.

There are 4 avenues for Weight Loss Programs.

1. FREE NAPEBT Sponsored Weight Loss Class:

For more information or to sign up please visit the website: <http://ezregister.com/promoters/1372>.

2. Weight Watchers: Fees vary depending on services chosen and are the responsibility of the employee.

For more information or to sign up please visit the website: <http://www.weightwatchers.com>.

3. Curves: Offers exercise, meal planning, and coaching for \$12.95/week.

For more information or to sign up please visit the website: <http://www.curves.com/>

4. Weight Loss Program offered by local company. Feel free to choose your own weight loss program offered in our community.



Healthy Food Baskets

Earn Up to 2 points per year for participating in Bountiful Baskets or Community Supported Agriculture (CSA).

Bountiful Baskets: This volunteer run organization offers \$15 baskets of fruits and veggies straight from the farm. Cut out the middle man! No obligation necessary. Pay only for the weeks you wish to participate. Food is from the Southwest. There is an organic option. **Earn 1 point per order up to 2 points!**

Details on pick up times and locations are found on their website:

<http://www.bountifulbaskets.org/>



Community Supported Agriculture: The Flagstaff CSA Store advances community partnerships and promotes social equity and education by connecting people to healthy food from local and regional growers. Buy a seasonal share of farm fresh fruits and veggies. **Earn 2 points for buying a share!**

Details on pick up times and locations are found on their website: <http://flagcsa.com/>

Monthly Point Opportunity

Earn 1 point for monthly featured opportunity.

Each month a featured event or opportunity to earn a wellness point will be offered. Watch for the monthly opportunity through email, flyers, and the Monthly Wellness Newsletter.

Frequently Asked Questions

What do I do if I have trouble logging into the Blue Cross website?

Call the customer service number on the back of your BCBSAZ insurance card. They will connect you with E-Solutions to reset your user ID and Password. Do not try to login as a new user. The system will recognize you are a previous user. You can also call E-Solutions directly at 800-650-5656, Monday through Friday 8:30a.m. to 4:30pm.

I got my biometric screening done last year. Do I have to do it again this year?

Yes. Every year that you wish to participate in the Wellness Incentive Program you will need to get new numbers from your biometric screening to complete the Health Risk Assessment online at www.azblue.com Your blood values may change and early detection is the key!

Is my information kept private?

Yes! The employer is provided with depersonalized medical trends used to understand what the major health risks are of a general employee population and the costs associated with those health risks. The employer does not have access to personal health information.

If I leave one NAPEBT employer for another in the same fiscal year will my points follow me?

Yes. But you must print off your points so we can carry them over if it has been more than 30 days between employers. If you fail to do this we will have no record of the points you earned.

What paperwork do I need to provide to show I went to my dentist or my doctor?

None. You will just need the date, time, and location.

I want to participate in the FREE NAPEBT wellness class but I am worried about my ability to participate due to injuries and am unsure what to expect.

The wellness coordinator can give you an idea of what to expect in the FREE classes. The wellness coordinator can also get you in contact with the class instructors to ease any of your concerns. Katie: kwittekind@fusd1.org.

What if I have a health issue or spiritual belief that prevents me from participating in the wellness program completely?

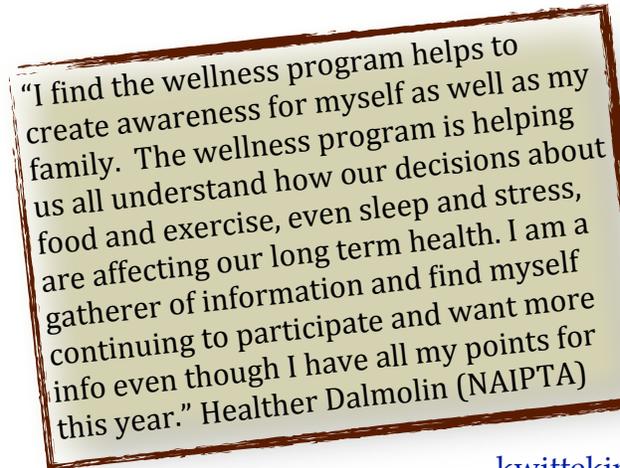
We are able to tailor a program that will fit your needs! Please contact your human resources department for more information on alternatives.

I have more questions about the wellness program. Who can give me more information?

You can contact the wellness coordinator , Katie:

kwittekind@fusd1.org, or your benefits department for more information

on the wellness program.



"I find the wellness program helps to create awareness for myself as well as my family. The wellness program is helping us all understand how our decisions about food and exercise, even sleep and stress, are affecting our long term health. I am a gatherer of information and find myself continuing to participate and find myself info even though I have all my points for this year." Healthier Dalmolin (NAIPTA)