Total Wellness Rewards Program

Introducing Temple University’s Total Wellness Program through Independence Blue Cross
Agenda

- Introduction to Temple University’s *Total Wellness* Rewards Program
- Wellness Rewards Program parameters
  - Qualifications, timing, reward options and privacy
  - Login
  - Wellness rewards dashboard: earning rewards
  - Locating activities
  - Employer-sponsored programs
  - Questions/links to additional information
Introduction to Temple’s Total Wellness Rewards Program through IBC

- Temple University has partnered with Independence Blue Cross (IBC) to launch a new interactive and customized wellness program that will reward you for maintaining a healthy lifestyle.
- Temple University is committed to the health of its employees and the Total Wellness program demonstrates that commitment.
  - Program’s mission is to provide you with integrated and comprehensive health and wellness programs and services to support a healthy and productive workforce and healthy campus environment.
  - With rising health care costs, it is important that we take personal responsibility for our health decisions.
**Total Wellness Program**

Qualifications, timing, and rewards options

- *Total Wellness*, which is open to all eligible active employees, is a comprehensive wellness program powered by WebMD
- The *Total Wellness* Program will assist you with setting goals, prioritizing, and reaching your health improvement goals
- The program is effective July 1, 2013, and will run until June 30, 2014
- Access your rewards program through [www.ibxpress.com](http://www.ibxpress.com) and earn points for a variety of health-related activities
Total Wellness Program

Rewards milestones

• With Total Wellness, you can earn rewards by participating in activities and completing milestones

• There are two tier levels to the program:
  – Tier one has three “charm” activities. You will earn a $50 gift card for completing the following activities:
    • the Personal Health Profile (PHP);
    • a biometric screening;
    • set a goal using the on-line health assistant.
  – Tier two has other activities and milestones where you can accumulate points. When you reach 75 points, you earn a $50 gift card. You can earn up to three $50 gift cards in tier two.
  – Maximum gift card value for the plan year is $200.00.
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Login

- Wellness Rewards is easily accessible through your member website: www.ibxpress.com. This will access the ibxpress login page.

- If you have never registered for ibxpress.com, click the Register now link.

- If you have registered for ibxpress.com in the past but do not remember your username and/or password, click the Forgot username? and/or Forgot password? links.

- Enter username and password to begin your wellness activities.
Total Wellness rewards link
Post-member login

- Once you log into the site, access the Rewards Program link by clicking WebMD in the top right corner of the screen.
Total Wellness Program

Rewards login

- From the WebMD homepage, click the link next to Current Rewards to view the Rewards page.
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Rewards Activities

- This rewards page displays activities, available rewards, points earned, and FAQs about the program
- To receive points, you must complete the activities between July 1, 2013 and June 30, 2014
- Each activity card has:
  - Activity name
  - Point value
  - Expiration date
  - Requirements to earn reward points
Total Wellness Program

How to earn rewards

- For self-reported activities:
  - Hover over the selected tile
  - Click on “I Did This”
  - Select date from calendar in which activity was completed
  - Tile will show as completed
Health tools

- Items located in the Health Tools tab correspond to the following activities:
  - Assess My Health
    - Personal Health Profile
    - WebMD Symptom Checker
    - Health Management Centers
  - Improve Your Health
    - My Health Assistant
    - Recipes
  - Other Information
    - Videos
    - Message Boards
Health record

- Items located in the Health Record tab correspond to the following activities:
  - Personal Health Record
  - Health Trackers
  - Tools and Calculators
- You can earn rewards points for reading WebMD News to You articles and self-reporting on the Rewards Activities page
Health topics

- Items located in the Health Topics tab correspond to the following activities:
  - Asthma
  - Attention Deficit Disorder
  - Breast Cancer
  - C-Section
  - Hip Replacement
  - Hypertension
  - More Health Topics…
Treatment resources

- Click on the Treatment Resources tab to access the Hospital Advisor
Total Wellness Program
Wellness activities & rewards

- In addition to IBC’s wellness activities, the Total Wellness Program offers the following activities to earn wellness rewards points:
  - Participate in a preventive screening, including colorectal screening, cervical cancer screening, and a mammogram
  - Certify that you’ve had a doctor’s visit
  - Read an article under “News to You” on the wellness portal
  - Participate in the Hit Your Stride challenge
    - Hit Your Stride Challenge is a walking challenge that runs October 1, 2013 – November 23, 2013. Be on the lookout for registration on your WebMD Homepage!
  - Participate in the Ready! Set! Move! Challenge
    - Ready! Set! Move! is an exercise challenge that runs April 1, 2014 – May 24, 2014. More details on registration will be provided closer to the challenge date.
Let’s get started
Next steps to start earning your points

• Visit [www.ibxpress.com](http://www.ibxpress.com) to access the ibxpress login page
• Create a username and password if you are a first-time user, or log in as an existing user with your username and password
• Access the Rewards Program link by clicking WebMD on the top right portion of the screen
• Visit the Rewards page to view activities, available rewards, points earned, and FAQs about the program
• Remember to log in to your rewards page and click the “I certify that I completed a TU-sponsored on-line wellness program” card to earn your points for completing this presentation!