Total Wellness Program

What is the program?

The Total Wellness program was designed to provide you with tools and resources to help you take steps to improve and maintain your overall health and well-being.

Tools and Resources

- Blue Cross Member portal
- Well-being Profile/Health Risk Assessment
- On-line health programs
- Preventative Care Recommendations
- On-site Screenings/Seminars
- Health Coach
- Wellness Coach
- Team Challenges
- On-line Seminars/Webinars
- Wellness Website
Total Wellness Program

Who is Eligible for the program?
Employees and Faculty enrolled in one of the University's medical plans.
- Personal Choice PPO
- Keystone Health Plan East HMO

When does the program start and end?
- July 1st to June 30th

What are the rewards?
- $50 reward cards
- Health care premium discount
Total Wellness Program- Earning Rewards

How do you earn rewards?
Earn rewards by receiving points for participating in activities and completing specific milestones.

Accumulate 75 points and earn a $50 reward card/up to four per plan year
- Biometric Screening – earn 25 points
- Well-being Profile – earn 25 points
- Choose a focus area and start a program – earn 25 points

$25 monthly health plan premium discount
Earn 300 points during the plan year AND complete your Well-being Profile, a Biometric Screening and select a focus area and program, you may be eligible for a $25 per month premium discount the following fiscal year

(Premium discounts are based on job classification and collective bargaining agreements).
Rewards

How and when do you receive your $50 reward card?

- Redeemed your reward once it is earned
- Select reward directly from Blue Cross Member Portal
- Choose from a variety of merchants
- Access to track your reward card selection
Biometric Screening

Know Your Numbers:
- Blood Pressure
- Cholesterol
- Weight/BMI

- Free biometric screenings on campus
- Contact your doctor’s office and request your numbers
- Complete a biometric screening and earn 25 points
Biometric Screening Results
Well-being Profile – HRA

What is the Well-being profile?
- A confidential Health Risk Assessment (HRA) - tool used by you to assess your current health status.

What are the questions about?
- Nutrition, weight management, physical activity, stress management, tobacco and alcohol use, injury prevention, skin protection, immunizations and preventative health screenings.

What is the purpose of completing the Well-being Profile?
- To assist you with understanding the relationship between your lifestyle choices and your health.
Well-being Profile- Results

What information will I receive after completing the Well-being Profile?

- A confidential Personal Plan built specifically for you identifying opportunities to improve your health through lifestyle changes
- Recommendations for health and wellness tools and programs to assist you in making healthy choices.
Congratulations on taking this important step towards better health!

Profile completed on July 21, 2017
Your results report is a handy snapshot of your health.
It'll give you a better idea of where you're doing well, and where you could do some healthy changes. And we even recommend some simple programs you can do right now to help you get started in those areas. We've eliminated the guesswork so you can clearly see your path towards a healthier happier you!

Way to go!
You're doing well in the following areas. Keep up the great work - your path to better health and well-being.

Nutrition
You are what you eat, which means that you must be awesome! You're doing a great job eating a well-balanced diet.

Physical Activity
Work it! You're meeting the guidelines for physical activity. Keep moving and shaking (and jogging, and swimming, and...).

Sleep
You're getting your zzz's, which means you're doing right thing for your physical health, mental health, quality of life, and safety. Everything feels better after a good night's sleep!

Just a few healthy changes.
Your health could benefit in big ways from a few simple changes in these areas. Select Add Program to enroll in the Well-being programs that are right for you. You can achieve this!

Stress Management
Life these days is stressful. Really stressful. Which is why it's so important to learn how to manage it. Finding what works for you can make all the difference.
Click here to start a Stress Management program.

YOUR PAST RESULTS
Stress Management
Life these days is stressful. Really stressful. Which is why it's so important to learn how to manage it. Finding what works for you can make all the difference.
Click here to start a Stress Management program.
Health & Wellness Tab – Achieve Well-being

I want to...
Request a reimbursement for my fitness center membership

Achieve Well-being

Action Plan
Trophy Case  Health Trackers  Well-being Profile

Today's Activities
Active  Past  Add New

Goal Set

Create a Budget

Challenges

Dump the Junk
Substitute 4 whole foods for processed foods.

Goal Set
Write down your goals

TOTAL WELLNESS
Achieve Well-being – Start a New Program

- Physical Activity
- Sleep
- Stress Management
- Depression Prevention
- Financial Well-Being
- Nutrition
- Responsible Drinking
Activities/Earn Rewards

- Flu shot – 10 points
- Doctors visit – 20 points – once a year
- Dental exam – 10 points twice a year = 20 points
- Vision exam – 10 points
Activities/Earn Rewards

On-line seminars/webinars posted on the **Total** Wellness website
- Know Your Numbers
- Healthy Heart
- Exercise
- Readying Food labels
- Tobacco Cessation
- Financial Webinar
Team Challenges

- Four team challenges will be offered/4 week challenges

Sample of options available for 4 week challenges
  - Nix your Sugar Fix
  - Walk it Out
  - Sweat Session – physical activity
  - Produce
Free Nutrition Counseling

Six free nutrition counseling session per plan year
- Eat healthier
- Manage your weight
- Learn how to read food labels
- Cooking Tips

Schedule your free confidential session
- On-campus
- In the privacy of your own home
- Earn 10 points 4 times per plan year = 40 points
Wellness Coach

Free Individual Wellness Coaching

- Ready to lose weight
- Quit smoking
- Start an exercise program
- Just want advice or have questions

Schedule a confidential session

- On-campus
- Over the phone

Earn 10 points 4 times per plan year = 40 points

Temple’s Dedicated Wellness Coach

- Tara Elnitski - 215-241-4907
Health Coach

Have questions about your health?
- Managing a health condition
- Preparing for your next doctors visit
- Coordinating care after surgery or an illness

Health Coaches
- Fran DeAngelis 215-241-4446
- Melvenia Stewart 215-241-9700

*Earn 10 points 4 times per plan year = 40 points*
Health & Wellness Fair – April

Mitten Hall – Grand Court

11:00 am to 3:00 pm
Independence Blue Cross sponsored National Walk at Lunch Day

Participate in National Walk at Lunch Day

Mid – April

- Main campus
- TASB
- Health Science Center Campus
- School of Podiatric Medicine
- Center City Campus
- Ambler Campus
Navigating the Blue Cross Portal

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 link.
- If you have registered for ibxpress.com in the past but do not remember your username and/or password, click the Forgot your username? and/or Forgot your password? links.
- Enter username and password to begin your wellness activities.
Accessing the Rewards Homepage

Once you have logged into ibxpress.com you will then see the member portal home page.
Accessing the Rewards Home Page

There are two ways to access the Rewards Program.

Access the Rewards program in one of two ways:
1. Click on the Health & Wellness tab, then click Rewards --- or ---
2. Click the Rewards link under the Achieve Well-being section
## Rewards Program

### How to earn rewards

**REQUIRED ACTIVITIES TO GET STARTED**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Credits Available</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete the Well-Being Profile</td>
<td>25</td>
<td>Takes about 15 minutes and gives you a snapshot of your current health, health history, lifestyle habits, and overall well-being. It provides ideas for lifestyle improvements. This activity is required.</td>
</tr>
<tr>
<td>Complete a Biometric Screening - onsite or at your doctor’s office</td>
<td>25</td>
<td>Biometric screenings can help to identify risk factors for disease and other conditions. These screenings include total cholesterol, BMI, and blood pressure measures. This activity is required.</td>
</tr>
<tr>
<td>Choose a focus area and start a program</td>
<td>25</td>
<td>The ibxpress member portal offers user-friendly, self-directed programs that help you achieve your health and well-being goals. Enroll in a program today! This activity is required.</td>
</tr>
</tbody>
</table>

Click “+” to report when you completed the activity.
Rewards Program

Earn up to $200

The Total Wellness rewards program provides you with tools, resources, and challenging activities to help improve and maintain your health and well-being. This program provides individual preventative care recommendations, on-line health goals and programs, access to a Blue Cross HealthWellness coach, personal and team challenges, on-line wellness seminars, nutrition counseling and educational resources. You earn credits and rewards based on the activities you participate in and complete.

Earned, available and future points will display on the Rewards Earn up to $200 page.
Exploring the *My Care* Tab

![My Care Tab Image]

**My Care**
- My Provider Information
- Care Cost Estimator
- Hospital Quality Advisor

**I want to...**
- Find a Doctor or Hospital

**Achieve Well-being**
- MY LEVEL
  - 0
  - 25 out of 50 tokens
- Rewards
- Health Trackers
- Well-being Profile

**Earn up to $200**
- Jul 1, 2017 to Jul 1, 2018
- The Total Wellness rewards program provides you with tools, resources and challenging activities to help improve and maintain your health and well-being. This program provides individual preventative care recommendations, on-line health goals and programs, access to a Blue Cross Health/Wellness coach, personal and team...
Contact Information

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- TOTALWellness@temple.edu

**Total Wellness website**

- www.temple.edu/hr/departments/benefits/wellness.htm