



Love Yourself. Reap Rewards.

MyHealth Rewards 2018

Each day is a new opportunity to treat yourself well.
*Participate and receive that little nudge and
big reward of a healthier, happier, you.*



Complete a Health Screening
and the WebMD Health
Questionnaire.



Meet Individual Health
Screening Target Values.



Complete up to 4 Additional
Wellness Activities.

Earn up to \$500

MyHealth Rewards

The MyHealth Rewards program year is **Nov 1, 2017- Oct 31, 2018**. This is a voluntary incentive program available to all benefits-eligible employees. You do not have to be enrolled in a Baystate Health medical plan to participate. **Details on back.....**

Complete a Health Screening AND the WebMD Health Questionnaire

Complete WebMD Health Questionnaire on www.webmdhealth.com/bhy — an online, confidential health assessment.

Must complete both to start earning rewards!

Complete a Health Screening- all four screening tests are required

- Blood Pressure
- HDL or LDL* Cholesterol *LDL accepted if taken through healthcare provider.
- Glucose
- Body Mass Index



Attend an onsite, confidential health screening and review of results available through **Interactive Health** at various Baystate Health locations from January to June. Appointments are available on a first come, first served basis. Register at www.screeningreg.com, **Login:** baystate **Password:** health **OR**

Visit your health care provider to complete your screening. Download the Physician Screening Results form from eWorkplace home page>BaystateHealthy>MyHealth Rewards.

Meet Target Values and Earn More

Blood Pressure Target Value	<140/90 mmHg	Earn \$100
HDL or LDL Target Value	HDL ≥ 40 mg/dl or LDL <130 mg/dl	Earn \$25
Glucose Target Value	Non-Fasting Blood Glucose ≤ 200 mg/dl or Fasting Blood Glucose ≤126 mg/dl	Earn \$25
BMI or Waist Circumference Target Value or Meet 10% Weight Loss Target Value	BMI ≤27.5 OR Waist Circumference, men ≤40 inches and women ≤35 inches OR Lose 10% or more body weight during the program year.	Earn \$150



Baystate Health is committed to helping you achieve your best health status. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 413.794.4939 and we will work with you to find a wellness program with the same reward that is right for you in light of your health status. If you did not initially meet a biometric target value, you are eligible to submit a second screening measure using the Physician Screening Results form. This measurement must be taken and submitted within the program year.

Participate in Wellness Activities and Earn Even More!

Earn \$25 each time you complete an activity from the list, up to a maximum reward of \$100.

- WebMD Online Challenges
- Baystate Healthy Fitness Tracker
- Baystate Healthy Food Tracker
- Baystate Healthy Mindful Moment Journal
- Series of 3 webinars listed in your WebMD portal
- Serve as a Baystate Healthy Ambassador (if register by Feb 28)



Verify Your Earned Rewards in the WebMD Portal Before October 31, 2018

Participants of MyHealth Rewards are responsible for verifying their reward earnings throughout the program year and addressing any issues with Baystate Healthy prior to the program close on October 31, 2018. Login to your WebMD portal, www.webmdhealth.com/bhy.



Visit eWorkplace>Baystate Healthy>MyHealth Rewards