

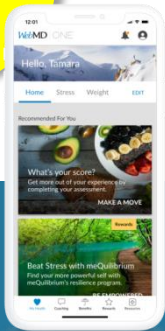
## MyHealth Rewards | 2020

Earn up to \$250 and entries into the \$1,000 monthly raffle!



- The program year: January 1 – December 31, 2020
- All benefits-eligible employees can participate! Enrollment in a Baystate Health medical plan is **not required**.
- Any personally identifiable health information you provide for purposes of participating in this voluntary incentive program is **not shared** with anyone at Baystate Health. Your confidentiality is taken very seriously and is protected by all applicable laws and policies.

Try the  
"Wellness At  
Your Side"  
App! Use  
code: BHY



GET STARTED VIA YOUR WEBMD PORTAL OR VIA THE APP\*

### STEP 1: EARN \$50 (required)

**Complete WebMD Health Questionnaire.** The Health Questionnaire takes about 10 minutes to complete and includes a series of questions about your health needs, strengths and challenges. Your responses are completely confidential and combined to build your personalized wellness profile and "score". Visit [webmdhealth.com/bhy](http://webmdhealth.com/bhy)

### Complete Your Annual Preventive Care Exam with your Physician & Submit Results through the WebMD Portal

As part of overall good health, all Baystate medical plans (and most all insurance plans) include a no-cost annual preventive exam and labs to review your overall health and identify risks and ways to stay healthy.

Your annual preventive exam should include a screening for:

- Waist Circumference **AND** Body Mass Index (BMI)
- Blood Pressure
- 3 Fasting Blood Labs: HDL, Triglycerides and Blood Glucose (valid for 3 years!)

You must use the approved **Physician Screening Results form**. Once complete, you must upload or fax your form per instructions on the front page of the form. To download and upload the form, login to [www.webmdhealth.com/bhy](http://www.webmdhealth.com/bhy), then click on the "Physician Screening Results" card under the Recommended for You section, on the homepage.

## STEP 2: EARN \$100

Your screening results are automatically calculated by WebMD. If you meet 3 of the 5 Target Values below you earn \$100. If you meet less than 3 of the targets, you can earn the \$100 by completing 4 sessions with a WebMD Health Coach.

<b>1. Waist Circumference and Body Mass Index Target</b>	You must have both waist and BMI measured, but only need to meet one target. Waist: Women: <35 inches. Men: <40 inches or BMI <25
<b>2. Blood Pressure Target</b>	<130/85 mmHg
<b>3. Fasting HDL Target</b>	Women: HDL $\geq$ 50 mg/dl. Men: $\geq$ 40 mg/dl.
<b>4. Fasting Triglycerides Target</b>	<150 mg/dl
<b>5. Fasting Blood Glucose Target</b>	Blood Glucose <100 mg/dl or HbA1C $\leq$ 5.69

*Fasting HDL, Triglycerides and Blood Glucose values are valid for 3 years, but based on your results, you may need to have retaken annually. For the 2020 program year, we can accept blood values back dated from January 2017. Waist, weight and height (BMI), and Blood Pressure need to be completed on an annual basis.*

## STEP 3: EARN \$100

Participate in meQuilibrium an online stress management & resiliency program or engage with a WebMD Health Coach to earn up to \$100. You can **mix and match** as you would like to earn up to the \$100 maximum.

- |   |   |
|---|---|
| • Complete 2 sessions with a WebMD Health Coach: \$50 | • Complete 2 meQuilibrium Gold Badges: \$50 |
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**VERIFY YOUR EARNINGS!** Track your progress and earnings in your WebMD portal. Any discrepancy must be reported to Baystate Healthy prior to 12/31/20. To verify, visit [www.webmdhealth.com/bhy](http://www.webmdhealth.com/bhy) > Rewards > Rewards History. Your earnings will be paid out to you in your paycheck in January 2021.

## PLUS, A \$1000 MONTHLY RAFFLE!

### Chances to Win Every Month January through December.

The more activities you participate in the more chances you have to win! Your points are automatically tracked for you. Raffle entries are not dependent on the completion of any of the MyHealth Rewards requirements.

#### Every 100 points earned = 1 Raffle Entry!

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|--|---|
| -WebMD Health Questionnaire = 100 Points<br>(worth 500 points before 3/31/19!) | -Every meQuilibrium Gold Badge = 100 Points         |
| -The physician Screening form = 200 Points                                     | -Every WebMD Online Challenge = 100 Points          |
| -Every WebMD MyHealth Assistant Tracker Goal = 100 Points                      | -Every WebMD Condition Management Goal = 100 Points |
|  | -Every WebMD Health Coaching = 100 Points           |

For more information about MyHealth Rewards, visit your WebMD Health Portal at [www.webmdhealth.com/bhy](http://www.webmdhealth.com/bhy) or The Hub>Baystate Healthy>MyHealth Rewards. For questions, email [baystatehealthy@baystatehealth.org](mailto:baystatehealthy@baystatehealth.org) or call Baystate Healthy at 413-794-4939.

*If you think you might qualify for an opportunity to earn the same reward by different means, or have questions about the program, read the Wellness Program Notice in your WebMD portal or The Hub>Baystate Healthy>MyHealth Rewards FAQ's.*

Baystate Healthy

WebMD® health services