



Personal Health Suite / Wellness

What is your Bot-e-Type?

Plan Year
December 1, 2015 – November 30, 2016



Wellness Program Requirements

Insurance Plan Year 2016

December 1, 2015 - November 30, 2016¹

<u>Activity</u>	<u>Deadline</u>	<u>Reimbursement²</u>
Get a Wellness Exam ³ 2016 Exam Certificate is located at: www.botetourtva.gov/insurance/	July 29, 2016	\$155
Complete Online Health Risk Assessment www.medcost.com	July 29, 2016	\$100
Complete (3) Wellness Seminars (topics of your choosing) www.medcost.com	July 29, 2016	\$100

****PLEASE NOTE****

- It is the employee's responsibility to understand and adhere to Wellness Program instructions/guidelines as listed herein.
- Under no exception will the deadline dates listed herein be changed.
- Contact Human Resources with any questions you may have regarding the 2016 Wellness Program.

Notes:

1. Employees must be insured on the County's health plan as of December 1, 2015, to be eligible to participate in the wellness program and must be actively employed at the time reimbursements are issued.
2. Participation by both the employee and a covered spouse is required to qualify for 100% of the reimbursement amount. Participating employees whose covered spouse does not participate may qualify for 50% of the reimbursement amount. Spouses will not qualify for any reimbursement if the employee does not participate.
3. Exams must include screenings for total cholesterol, glucose, blood pressure, and body mass index. **Documentation of exams on a County provided form (WEC2016) must be received by Human Resources by July 29, 2016. Form (WEC2015) will be the only form accepted for the 2016 Wellness Exam.**
4. Payments will be made in October for activities completed by July 29, 2016. **Per IRS regulations, reimbursements must be included in the employee's paycheck as a non-taxable payment.**

Wellness Program Requirements

Steps to follow

Step 1

Review documents in folder. They are also available at:

WWW.BOTETOVRTVA.GOV/INSURANCE

Step 2

Attend Wellness Workshops (Q & A at this time)

Step 3

Contact your In-Network Doctor and schedule your Wellness Exam. MedCost will cover one Wellness Visit per plan year. Visits do not need to be 12 months or more apart.

Step 4

Complete the Online Health Risk Assessment (www.medcost.com)

Step 5

Complete three (3) Online Seminars (www.medcost.com)

- A secure **online suite of health and wellness information** available to members via **MedCost.com**
 - Health & Productivity Assessment/Health Risk Assessment
 - Identify **specific risks** and **action plan** for health improvement
 - **Integrated with the Virtual Health Coaching Program** based on risk factors and readiness to change
 - Online Seminars - topic list included in your packet
 - Virtual Coaching Program
 - **Work with an expert coach by email or online** at own pace to complete personalized action plan based on chosen health focus area and area(s).
 - Personal Health Record
 - Participant Health Portal
 - Health Tools and Trackers

5 Focus Areas

- ① Reach a Healthy Weight
- ② Improve your Diet
- ③ Feel Less Stress
- ④ Be More Active
- ⑤ Live Tobacco Free

- When you log in to the site, please be aware that Personal Health Suite does not support Internet Explorer 8. This browser is most frequently associated with Windows XP, which is no longer Microsoft supported.
- To avoid risk to your data, please use newer browser versions, such as Internet Explorer 11, Mozilla Firefox (Version 28 and newer), Google Chrome (Version 33 and newer), and Safari (Version 5 and newer).
- The latest version of the Internet Explorer browser can be found in the Operating Systems – Windows 7, 8, and 10.
- If you need assistance with how to update your Operating System or internet browser, please contact your IT provider or administrator to support these changes.

Online Health Risk Assessment

www.medcost.com

Health & Wellness

MEDCOST
SMART SOLUTIONS. REAL RESULTS.

BLOG ► in **LIVE CHAT SUPPORT**
Click here to begin ►

SEARCH Search... ►

ABOUT US CARE MANAGEMENT BENEFIT SOLUTIONS NETWORKS ELECTRONIC SERVICES WELLNESS RESOURCES

LOGIN MEMBERS
LOGIN EMPLOYERS
LOGIN PAYERS
LOGIN PROVIDERS
LOGIN CONSULTANTS

Customer-Focused

Dedicated **support** and **tailored solutions** ensure that you receive the **attention** and **results** you need and deserve.

LEARN MORE

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NEED HELP WITH A CLAIM?
Contact Us For Assistance ►

LOCATE A PROVIDER
Click Here To Begin ►

Get to Know Us

MedCost LLC is an integrated benefits solutions company offering customized programs to help employers lower their health plan costs and provide more affordable benefits for their employees. We are based in Winston-Salem, North Carolina, and work with employers and health care providers throughout North Carolina, South Carolina, and Virginia to bring them smart solutions that get real results. They rely on our strategic benefit plan design, flexibility in benefit administration, best-in-class care management programs, and customer-focused service.

LEARN MORE

September 14, 2015
MedCost's Latest Rating from Optum Could Mean Additional Savings for Clients
Learn More ►

September 10, 2015

Online Health Risk Assessment Login From the Member Portal



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SEARCH Search...

ABOUT US | CARE MANAGEMENT | BENEFIT SOLUTIONS | NETWORKS | ELECTRONIC SERVICES | WELLNESS RESOURCES

MEMBERS
EMPLOYERS
PAYERS
PROVIDERS
CONSULTANTS

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Dedicated support and tailored solutions ensure that you receive the attention and results you need and deserve.

LEARN MORE

NEED HELP WITH A CLAIM?
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LOCATE A PROVIDER
Click Here To Begin

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LEARN MORE

NEWS & UPDATES

September 14, 2015
MedCost's Latest Rating from Optum Could Mean Additional Savings for Clients
Learn More

September 10, 2015

Login Steps

The screenshot shows the MedCost Benefit Services login page. At the top left is the MedCost logo. Below it is a login form with a red box around the 'username' and 'password' fields. A 'Login' button is below the form. Below the login form is another red box containing two links: 'Forgot Login Information?' and 'First time users click here to register.'. At the bottom left is a 'Live Web Chat' widget with a photo of a customer service representative and a 'Click here to start.' button. Two dark blue callout boxes with white text and arrows point to the login form and the registration links respectively. The callout boxes contain the following text:

- Login to the secure portal with your username and password**
- Forgot login information or first time users option**

At the bottom of the page, there is a footer: 'MedCost Benefit Services, d/b/a MBS Third Party Administrators in California.'

Accessing My Personal Health Suite

Health & Wellness

Your name
should appear
here.

The screenshot shows the MedCost website interface. At the top left is the MedCost logo. The top right shows the user is logged in as 'Full Name' with links for 'Messages (1)', 'Profile', and 'Logout'. A green navigation bar contains the following items: 'My Benefits', 'My', 'Wellness', 'My Personal Health Suite', 'Personal Care Management', 'Contact Us', and 'Member ID Card'. A dark blue callout box with white text says 'Choose My Personal Health Suite from the drop-down menu' and has an arrow pointing to the 'My Personal Health Suite' link in the navigation bar, which is highlighted with a red box. Below the navigation bar, there is a large banner image of a family riding bicycles. To the right of the banner is a 'Health Care News' section with several article titles. At the bottom of the page is a green footer with the text 'MedCost Benefit Services, d/b/a MBS Third Party Administrators in California'.

Taking the Health Risk Assessment



Hi CARCAR`, what change do you want to make?

We'll help you pick a health goal and set up an Action Plan. Finish six weeks of healthy actions, then take a check-in questionnaire to reach a milestone.

[GET STARTED](#)



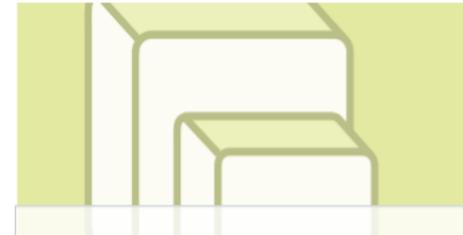
Wellness Assessment: Take it today to get a health score and a plan to lower your risks.

[Get Started](#)



Trackers: Making progress? You can track your weight, activity level and more. Sync your devices/apps.

[Start Tracking](#)



Library: Find articles, videos and tools that can help you take action to stay healthy and feel your best.

[Visit the Library](#)

Click here to begin your HRA



Progress

Trackers

Wellness Assessment

Click here
to get
started



Wellness Assessment

Back

GET STARTED

What is the Wellness Assessment?

This survey asks questions about your lifestyle habits and medical history. We use your answers to give an overview of your current risk for health problems. We'll also show you simple steps you can take to reduce your risk.

Why should I take it?

We'll use your answers to give personal advice, tools and programs that you can use to improve your health.

How long will it take?

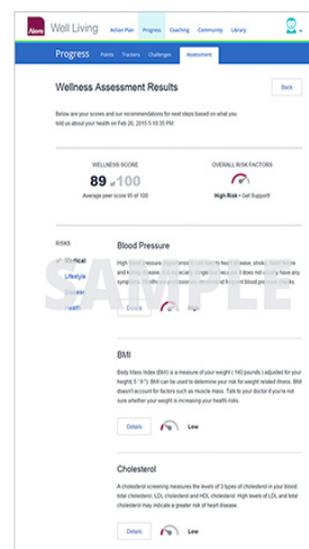
The Assessment takes about 20 minutes.

What do I need?

Try to have a copy of your most recent blood pressure and lab results. We will be asking you for your cholesterol, triglyceride and blood sugar levels.

What if I can't finish it now?

If you save your results, please return and complete your assessment prior to 11 PM EST on December 31st of each year in order to receive any incentives offered by your health plan or employer.



Please note: In taking this assessment, you will not be asked for, nor should you provide any genetic information, including any family history or any information related to genetic testing, genetic services, genetic counseling, or genetic diseases for which you believe you may be at risk.

Health Risk Assessment

Answering the Questions

Progress

Trackers

Wellness Assessment

ABOUT YOU

Section 1 of 16

2% Complete

What is your relationship to the company offering this survey?

- Employee
- Retiree
- Spouse (if you are also an employee, select "Employee")
- Dependent
- Other

Tracks your progress in completing the assessment questions

CONTINUE >

Save & Close

Select 'Continue' to advance to the next screen after answering questions

English or Spanish Option

English ▾

Need help? [Contact Support](#)

Continue the assessment by answering the questions as they appear on the screen until completion.
All questions on the screen must be answered in order to advance to the next screen.

Health Risk Assessment

Completing your Assessment

Wellness Assessment Completion

Please check the info below to see if it is correct. If you need to make any changes, use the Previous button to return to the question and make your updates there.

Height	5' 7"	feet&inches
Weight	150	pounds
Blood pressure	130 / 70	mm Hg
Total cholesterol	187	mg/dL
HDL cholesterol	46	mg/dL
LDL cholesterol	120	mg/dL
Triglycerides	200	mg/dL
Blood glucose	80	mg/dL
*Hemoglobin A1c	6.0	
Body Mass Index (BMI)	0	

Knowing your current levels (preferably those measured within the last three months) for blood pressure, cholesterol, triglycerides, and blood glucose is important to effectively manage your health. If you do not know one or more of these values, you can still submit your survey and receive feedback regarding your health risks. But doing this may also result in an overall wellness score that underestimates your health risk.

Therefore, if you can access your current numbers, or if you know that you are going to have your blood pressure or blood work measured within the next three months, you may select "Save&Close". Your survey will be saved, and you will have until the end of the program year to enter your information.

*If you do not have diabetes, you will generally not be screened for Hemoglobin A1c (a measure of blood glucose control). However, some lab and home testing kits do provide this measure regardless of diagnosis.

Select "Finish Now" if you do not plan to return and enter additional information.

Select "Save&Close" if you plan to return and complete this assessment by the end of the program year.

Click here to finish your HRA

English

Health Risk Assessment Completion

What's My Score?

Progress Trackers Wellness Assessment

Choose a language : English ▾

Your Assessment Results

Back

Below are your scores and our recommendations for next steps based on what you told us about your health on Apr 8, 2016 .

WELLNESS SCORE
88 of **100**
Average peer score 87 of 100

OVERALL RISK FACTORS

Medium Risk • Get Support!

Print your Wellness Scores

RISKS

✓ Medical

Triglycerides

Lifestyle

Disease

Health

Triglycerides are a type of fat in your bloodstream. A high level of triglycerides means you may be at a higher risk for heart disease.

Details



High

Online Seminars – Your Resources

Online Seminar Access

Health & Wellness

[Home](#) [Action Plan](#) [Wellness Resources](#) [Library](#)



Library

Wellness

Conditions

Pregnancy & Baby

Sort By

All Topics ▾

[Library](#) > [Tools](#) >

Seminars ▾

TOOLS 1 Total



Beating Barriers to Change

Seminar · 👍 44

Begin here to
select
seminar

(01:45 / 07:16)

Get support

Lifestyle changes are easier with support from friends and family who can:

- Provide practical support
- Be a change partner
- Provide emotional support.



◀ || ██████████ ○ ◀ PREV NEXT ▶

Advance each slide here

Online Seminars

Questions and Answers

(02:27 / 07:16)

True or False: Knowing your barriers to change and having a plan to tackle them will help you succeed.

- True
- False





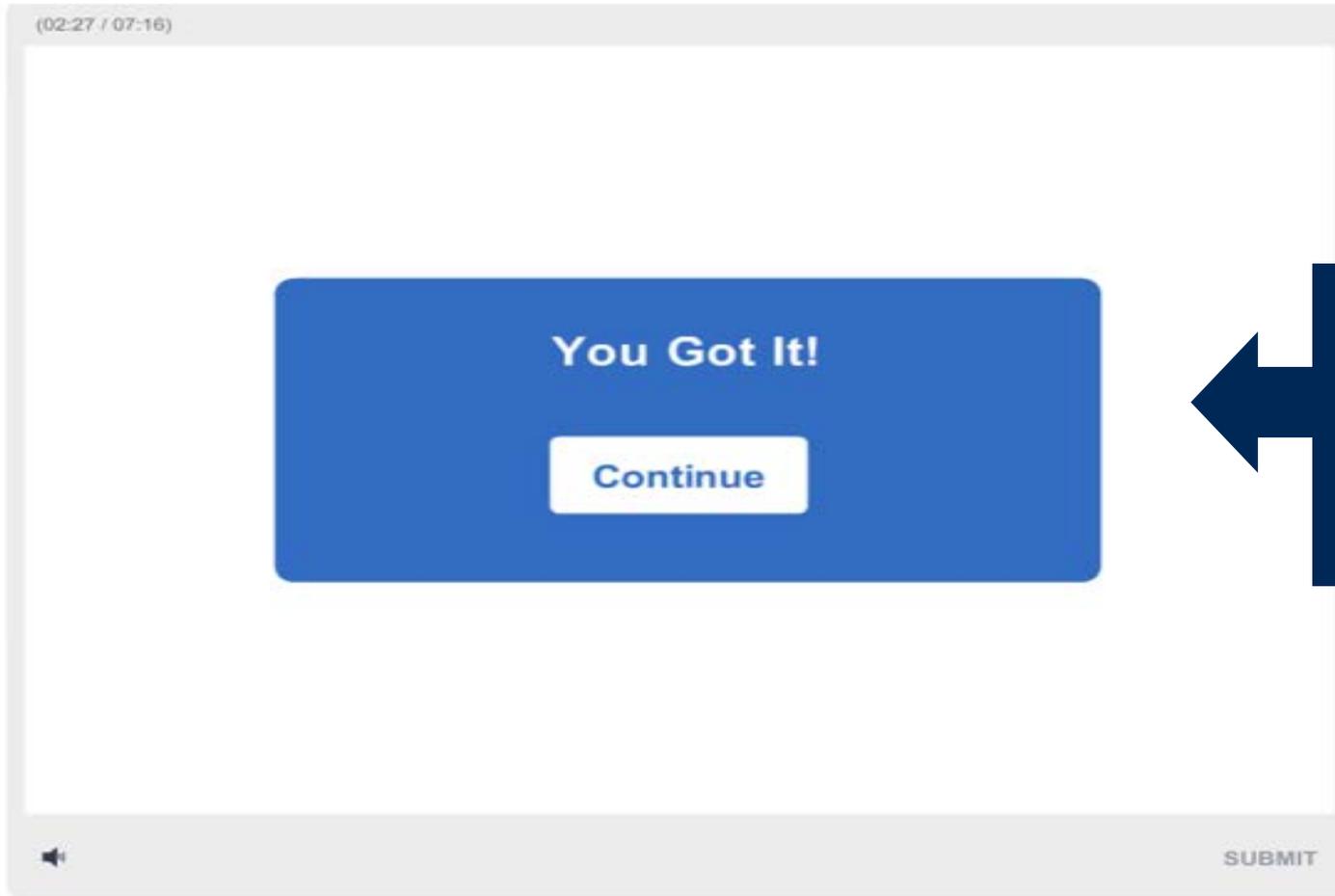
SUBMIT

Interactive questions will periodically appear during the seminar

Choose an answer and hit SUBMIT

Online Seminars

Questions and Answers Feedback



You will see this screen when you have responded to the quiz questions and then click "Continue"

Online Seminars

Questions and Answers Feedback

(02:27 / 07:16)

Beating Barriers to Change

 Congratulations, you passed!

Please click the **“Finish”** button to move to the next slide.

[Review Quiz](#)

[FINISH](#)

After answering the questions, click **FINISH** to advance to the next slide or 'Review Quiz' if you want to review your answers

Online Seminars

Quiz and Instructions to Complete the Seminar

(07:11 / 07:16)

Summary

- Making a change and sticking to it is hard.
- Identify your barriers and plan ahead.

Take the quiz and click the “finish” button on the following slides to complete this seminar.

◀ ▶ [Progress Bar] ⏪ ⏩ < PREV NEXT >

Advance to the final quiz to complete the seminar



Online Seminars

Quiz and Instructions to Complete the Seminar

Health & Wellness

(07:11 / 07:16)

True or False: Rewards are a great way to keep yourself focused.

- True
- False

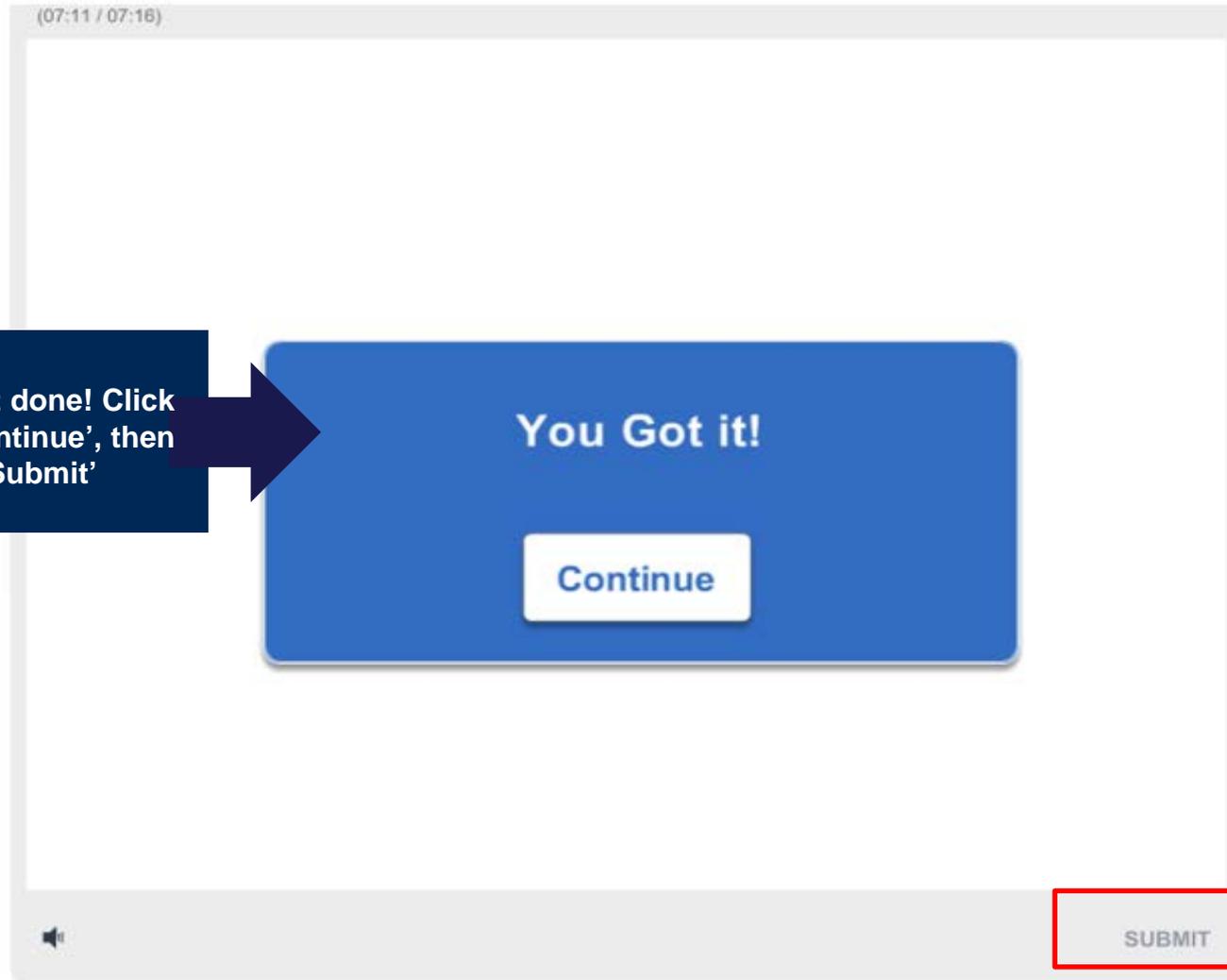
Answer final question set to complete the quiz



SUBMIT

Online Seminars

Quiz and Instructions to Complete the Seminar



Online Seminars

Complete the Seminar

(07:11 / 07:16)

Beating Barriers to Change

Use the **FINISH** button on the bottom right to complete.

Sources:
Colleen M. Seifert, PhD; Larry S. Chapman, MPH; Joseph K. Hart, JD; Paul Perez, CWPC, PCC.
Enhancing Intrinsic Motivation in Health Promotion and Wellness. *The Art of Health Promotion*
January/February 2012. 1-12 DOI: 10.4278/ajhp.26.3.tahp

BE SURE TO
CLICK 'FINISH' TO
COMPLETE YOUR
QUIZ

FINISH

Online Seminars

Complete the Seminar

Sort By All Topics ▾

Library > Tools > Seminars >

Beating Barriers to Change



Seminar Last Reviewed: 03/31/2016 · 👍 44

Congratulations! You've completed April's seminar.

**Confirmation
before closing
seminar**

👍 44 found this helpful [Helpful?](#)

**Seminar Completed.
Print this screen for your records.**

What's your Bot-e-Type?

Be the healthy type. Live well.

