

2017 Healthy Opportunities Campaign Overview

TAKE CHARGE OF YOUR HEALTH!

Join the 2017 Healthy Opportunities Wellness Campaign, and you'll be one step closer to controlling or maintaining your health.

Participation in the annual wellness campaign is voluntary. If you choose to participate, simply complete the requirements below to reduce your share of the health insurance premium.

1 COMPLETE YOUR BIOMETRIC SCREENING

You have four options to complete your biometric screening.*

- › **Home test kit:** To self-administer your biometric screening, you can order a home test kit. Home test kits will be available to you free of charge from May 15 to July 1, 2016. To order your kit, visit summitbsk.com/webmd and enter Access Code: Iowa2016. To qualify, the kit must be postmarked no later than July 20, 2016.
- › **Hy-Vee Pharmacy:** Participating Hy-Vee Pharmacies will offer free screenings for State of Iowa employees between June 1 and July 20, 2016. Visit <https://das.iowa.gov/human-resources/healthy-opportunities/healthy-opportunities-campaign-2017> for a participating Hy-Vee near you.
- › **Physician fax:** You can also see your health care provider to have a lipid panel and glucose test. You will be responsible for your required copay or coinsurance. Results will be accepted for tests performed between Jan. 1 and July 11, 2016. To qualify, your health care provider must complete and fax the physician screening form to the screening vendor by July 20, 2016.
- › **Onsite locations:** Biometric screenings will be available at a number of state locations throughout Iowa from June 14 to July 20, 2016. To schedule an onsite assessment, please click <https://das.iowa.gov/human-resources/healthy-opportunities/healthy-opportunities-campaign-2017>.

You can take up to two hours away from work to complete your biometric screening at a participating Hy-Vee, an onsite screening, or as part of a physician office visit. You do not have to take leave for these two hours.

*DPS SPOC and Non-Contract Sworn Officers

The annual mandatory fitness testing results for DPS SPOC and non-contract sworn officers will be used for the biometric screening component of the Healthy Opportunities Wellness Campaign.



IMPORTANT DATES

- › **Home test kit**
Kits available May 15 – July 1, 2016
Completed kits must be postmarked no later than July 20, 2016
- › **Physician fax**
Fax results by July 20, 2016
Service dates Jan. 1 – July 11, 2016
- › **Participating Hy-Vee Pharmacies**
June 1, 2016 – July 20, 2016
- › **Onsite screenings**
June 14, 2016 – July 20, 2016
- › **Online Health Assessment**
Sept. 1 – Sept. 23, 2016
- › **Health coaching (if identified)**
Complete six calls by June 30, 2017

2 TAKE YOUR ONLINE HEALTH ASSESSMENT

Between Sept. 1 and Sept. 23, 2016, complete the online health assessment. Take just a few minutes to answer questions that will give you an accurate, confidential and personalized report that summarizes what you're doing well and where you can improve. The report will include personalized steps to reduce your health risk factors.

You may complete the assessment at any time, either at work using a State of Iowa-issued computer or at home. It should take no more than 30 minutes to complete the assessment.

Complete the assessment

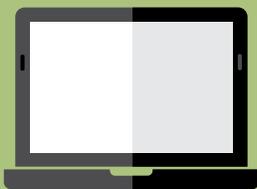
- › Go to Wellmark.com and log in to myWellmark with your user ID and password. If you forgot your user ID and password, click the link that says "Forgot user ID and password?" to retrieve your information.
- › After logging in to myWellmark, click on the "My Health" tab. Then, click on the "Visit the Wellness Center" button.
- › Next, click on the "Healthy Living" tab and choose "Wellness Assessment" from the drop-down menu.
- › Upon completing the health assessment, you will receive immediate results. The results will include personalized risk and condition reports, which are based on the responses you provided.

3 IF IDENTIFIED, PARTICIPATE IN TELEPHONIC HEALTH COACHING

Based on the results of your biometric screening and online health assessment, you may be required to participate in the telephonic health coaching program. If you are identified to participate, you will receive a system-generated e-mail from the Wellmark Wellness Center. A letter will also be mailed to your home in late October. If identified, calls must be completed by June 30, 2017, to remain eligible for the 2018 premium reduction.

NEWLY ELIGIBLE EMPLOYEES

State of Iowa employees, including Executive Branch, Non-Contract and SPOC, who are hired into a wellness-eligible position must meet the Healthy Opportunities Wellness Program requirements each plan year to receive a premium reduction. Click [here](#) to learn more.



LEARN MORE

Additional information about the 2017 Healthy Opportunities Wellness Campaign is available on the [Healthy Opportunities website](#). Questions can also be sent to healthy.opportunities@iowa.gov.