

The Jefferson Health Plan

Healthy Lifestyles Program

July 1, 2016 Thru December 31, 2017



Take Charge of Your Health.

Jefferson Health Plan is excited to announce the Healthy Lifestyles Wellness Program. This program begins July 1, 2016 and continues through December 31, 2017. This fun and engaging program offers a variety of activities throughout the year, including the wellness assessment, wellness challenges, lifestyle coaching and online seminars. All of these activities and more can be accessed at www.jeffersonhealthplan.com.

Who Can Participate?

www.jeffersonhealthplan.com is available to all employees and their spouses, dependents and domestic partners. This state-of-the-art web-based tool is designed to make it easier for you to take charge of your health and be your best! While we encourage everyone in the program to take advantage of this great resource, please note that only employee participation will count toward the incentive for your organization.

2016 – 2017 Program Activities

Complete the required Wellness Assessment (worth 5 credits) and earn 10 more credits for a total of 15 credits to help your organization reach its participation goal and earn rewards!

Program Activity	Credit Value	Annual Max
Health & Productivity Wellness Assessment REQUIRED	5	5
Biometric Screening (Onsite, At Home Kit or Physician Results form NEW) *SEE BIOMETRIC SCREENINGS BELOW	5	5
Virtual Coaching Milestone (6 week virtual program)	5	15
Lifestyle Coaching (6 month telephonic program)	10	10
Healthy Living Condition Management	10	10
Online Monthly Seminars	1 each	5
Healthwise Conversations	1 each	5
Community Event Form (1 form)	3	3
Online Satisfaction Survey	2	2
Fall Fitness Challenge (Oct. 3 – Nov 14, 2016)	5	5
Healthy Hearts Challenge (Feb. 1 – March 15, 2017)	5	5
Strike Out Stress Challenge (Oct. 2 – Nov. 13, 2017)	5	5
	Total Opportunity	75
	Total Required	15

*Biometric screenings, if completed by a non-Optum vendor, are authorized, but employees must use the Physician's Results Form in order to receive credits towards a participation goal

Program Activity



How to Get Started. It's Simple.

Go to www.jeffersonhealthplan.com and:

1. If you have already registered, just sign in and get started! If you need to register, choose your affiliation with Jefferson Health Plan: Employee, Spouse, Dependent or Domestic Partner.
2. Follow the instructions on the next screen to complete your own Personal Profile and select your username and password. Keep up with your log in information since you will use it each time you return to the website.
3. Agree to the terms of use and you'll be directed to your home page where you can take the Wellness Assessment, participate in Challenges and more.

1-866-766-8795
www.jeffersonhealthplan.com

Wellness Challenges

Fall Fitness Challenge

(October 3 – November 14, 2016)

This challenge helps you focus on physical activity to help you to achieve a balanced lifestyle.

Healthy Hearts Challenge

(February 1 – March 15, 2017)

Take simple steps to reduce your risk for heart disease.

Strike Out Stress Challenge

(October 2 – November 13, 2017)

By practicing daily healthy behaviors, you can strengthen your body to better accommodate short and long-term stress.



Online Health & Productivity Wellness Assessment

Learn your personal Wellness Score, and what you can do to improve it! It only takes 15 minutes to answer a series of questions about your health and habits. Your personal information is not shared with anyone but you. If you have recent biometric data available, such as cholesterol values, blood pressure, triglycerides and glucose, be sure to enter this information when completing the Wellness Assessment.

Need additional assistance?

If you encounter any problems or need any assistance logging in or getting started we have a technical support line at **866-766-8795, Option 7.**

Your participation in any Healthy Lifestyles Program is voluntary and completely confidential. The Healthy Lifestyles Program is committed to protecting your privacy. All personal health information that you record on the www.jeffersonhealthplan.com web site is stored on the secure servers of Optum, our third-party vendor, and will not be available to anyone within the organization.

Online Seminars

Each month log on to watch a 20-30 minute online seminar. Each month is a new topic focusing on health and quality of life.

Healthy Living Condition Management

This program provides support if you have one of the following conditions: Coronary Artery Disease, Congestive Heart Failure, Diabetes, COPD, or Asthma. If you are eligible for the program, a nurse will contact you and invite you to take part in telephonic support, tools and resources to help you maintain or improve your condition.

Lifestyle Coaching

The Lifestyle Coaching program provides personalized coaching to help you reach your health goals. You'll work one-on-one with an expert coach on the phone to help you make changes that will improve quality of life and reduce health risks.

Virtual Coaching

The Virtual Coaching program is a six-week personalized online tool to help you take an active role in improving your health and quality of life. Start by picking a focus area, then set a goal and get started toward reaching your health milestone.

**Get started today at www.jeffersonhealthplan.com
or call 1-866-766-8795 to enroll in Lifestyle Coaching!**