

SCHOOLCARE *Bulletin*

Health Benefit Plans of the New Hampshire School Health Care Coalition

August 2009 *SPECIAL EDITION*

New Changes to Wellness Programs

SCHOOLCARE believes everyone deserves to live an active and healthy life. To that end, we offer several wellness programs to our members that provide incentives for members to be rewarded or reimbursed for activities.

Starting in January of 2010, SCHOOLCARE will be expanding our wellness programs and will make significant changes to the way they are administered. SCHOOLCARE has teamed up with Planned Action Towards Health, or "PATH" based in Vermont, to provide dynamic, research-based and fun programs in addition to our existing offerings. This edition of the *Bulletin* explains what is happening.



Good For You! is the newly designed logo and brand identity for all of SCHOOLCARE'S wellness programs. When you see this logo, or hear these words, you will know it is part of SCHOOLCARE'S commitment to your good health.

Web-Based Programs and Tracking

Beginning January 1, 2010, you will no longer be required to use paper log sheets to track your workouts. SCHOOLCARE will be launching a secure member portal on our website. By creating your own log-in and password, you will be able to participate in the *Good For You!* programs. All **Keeping Fit** and **Keeping Fit Self-Paced** program participants will track their own workouts on-line using the SCHOOLCARE website. Health clubs and gyms will no longer be required to send in log sheets at the end of each month. **Health Education** class reimbursement participants will also

submit pre-authorization requests electronically through the web portal.

The new on-line system will eliminate a large amount of paperwork and expense. It will also save SCHOOLCARE members time and postage by not sending in paper forms. We understand that it may take time for some people to transition to the new process, so for a limited time after January 1, participants will still be able to use paper forms.



New Features and Programs

In addition to the activities you are familiar with, **Good For You!** will offer new wellness programs. These include a monthly wellness puzzler and an online community where you can create teams and share your progress. New programs will be added in the coming months as well.

Stay Tuned!

Throughout the fall we will be communicating with SCHOOLCARE members to keep everyone informed about the changes to the wellness programs. Visit www.schoolcare.org for the latest news and updates!