

# SCHOOLCARE *Bulletin*

Health Benefit Plans of the New Hampshire School Health Care Coalition

**November 2009**

## New Changes to Wellness Programs



Starting in January of 2010, SCHOOLCARE will be expanding our wellness programs and will make significant changes to the way the programs are administered. SCHOOLCARE has teamed up with Planned Action Toward Health, or "PATH" based in Vermont, to provide dynamic, research-based and fun programs in addition to our existing offerings.

**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. **Good For You!** Includes the programs you are familiar with such as Keeping Fit and Health Education reimbursement, as well as some new and exciting ones.

## Web-Based Programs and Tracking

Beginning January 1, 2010, you will no longer use paper log sheets to track your workouts. SCHOOLCARE will launch a secure member portal via the SchoolCare website. By creating your own log-in and password, you will be able to enter the portal and participate in SCHOOLCARE'S **Good For You!** programs.

Once logged into the SCHOOLCARE **Good For You!** website, you will arrive at your **Dashboard**. The Dashboard is your home base from which you can navigate to participate in your wellness activities.

**Keeping Fit and Keeping Fit Self-Paced** program participants will track their own workouts on-line through the **Good For You!** website.

## Good For You! Dashboard



Self-Paced participants and Health clubs and gyms will no longer be required to send in log sheets at the end of each month.

Beginning January 1, 2010, all Keeping Fit participants will track their workouts in the PATH Community. Once logged in, on the dashboard, participants will click on the PATH Community. Participants will update their workouts on their own Progress Log by entering them. NOTE: If you are already participating, your previous months' progress will be automatically transferred to the online system for January 1.

### More Keeping Fit News:

Starting January 1, all Keeping Fit participants must complete 12 activities each month. Both gym-based and self-paced participants will be required to do so.

Also starting January 1, **BOTH** a subscriber and covered spouse can participate in the Keeping Fit program. This change results in an additional \$125 after six consecutive months of workouts! So, if both participate in Keeping Fit, it's a total of \$500 annually for staying active!

## Entering Your Progress

Entering your progress in the PATH Community is easy, and it gives you an up-to-date record of what you have accomplished and the amount of calories you burned. In the Community, you can also create a team with colleagues or friends and compare your results to other groups.

### Progress Screen

The screenshot shows the 'Good For You!' website interface. At the top, there's a navigation bar with 'DASHBOARD', 'MY PROFILE', 'COOL TOOLS', and 'CONTACT US'. Below that, the 'PATH Community' logo is visible. The main content area features a 'Progress Log' section with buttons for 'Enter Your Progress', 'Progress Log', and 'Join a Team!'. A 'CALORIE CALCULATOR' form is present, allowing users to select an activity, enter weight and time, and calculate calories. Below the form is a table with columns for Type, Week #, Activity Date, Progress (cals), Notes, and Action. The table contains four rows of activity data.

Type	Week #	Activity Date	Progress (cals)	Notes	Action
COMM		09/09/2009	176	Walking: Slight Grade 3.5 mph	edit   delete
COMM		04/29/2009	643	Bicycling - Vigorous (13 mph)	edit   delete
COMM		04/26/2009	3,817	Stacking wood	edit   delete
COMM		04/27/2009	43	Walking: Flat Ground 3 mph	edit   delete

Health Education class reimbursement participants will submit pre-authorization requests electronically through the web portal by clicking on the Health Education button on the Dashboard. From here you will submit an electronic form through the website.

The screenshot shows the 'Good For You!' website dashboard. The page includes a 'Welcome to the PATH Demo Site' message, a 'My Info' section with user details, and a 'Frequently Asked Questions' section. At the bottom, there are three main activity tiles: 'PATH Community', 'CALENDAR PUZZLER', and 'AN OLYMPIC CHALLENGE'. A fourth tile, 'Health Education Classes', is circled in black at the bottom left of the dashboard area.

Once the Health Education request is submitted, you can track the status of the request, and your reimbursement on the website. Up to \$300 per year is available for reimbursement of pre-authorized classes.

## 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 to challenge your wellness awareness, and online fitness tools.

The graphic features a calendar icon with a pencil, next to the text 'CALENDAR PUZZLER' in large, bold letters. Below it, it says 'Take this month's calendar crossword puzzle and earn PATHpoints.'

## PATH Adventure

One of the most exciting new features is the annual PATH Adventure. For 8 weeks each year, participants can follow the course of an adventure based on a real life one. Past adventures have featured a wildlife safari, the Olympics, trekking the Himalayas and the Pony Express. By tracking your own workouts, you progress through the adventure and learn history and facts of the real adventure. SchoolCare is piloting the Adventure in a handful of districts for 2010, and will offer it state-wide in 2011.

## Wellness Points Rewards

SCHOOLCARE is committed to your good health and wellness. Good For You! programs provide cash incentives and reimbursement for your wellness activities. Each activity is worth points. Each point is worth a dollar, either as reimbursement or cash reward. The more you do, the more you can earn. Individuals can receive up to \$800 in points per plan year (July – June), while couples can get up to \$1200.

Activities such as the Adventure, taking the online health risk assessment (HRA) at [www.myCIGNA.com](http://www.myCIGNA.com), participating in a wellness seminar, or participating in CIGNA's Well Aware program can earn you reward points.

SchoolCare looks forward to working with you on the PATH to wellness!