

Lakeland Regional Health System

myHealth Program Summary

Action Year 2015 for Benefit Year 2016

Who is eligible to participate in the myHealth program?

All associates and spouses covered under the Lakeland medical benefit plan¹ are eligible to participate. Lakeland is committed to helping you achieve your best health. The incentive for participating in the myHealth wellness program is available to all associates covered under the Lakeland medical benefit plan.

What are the program requirements to earn the 2016 program reward?

1. **Meet the 2015 biometrics targets** (see 2015 Health Target table) with **current biometrics**². Biometrics include B/P measurement, Height/Weight/BMI and an HA1C.
 - a. On-site Biometric health screens will be held in March, April and May 2015³.
 - or- Submit PCP Wellness Visit Form with your biometrics by May 31, 2015.
 - or- If your biometrics were done on or after October 1, 2014 and you had no actionable or urgent values, then you may elect to use those biometrics. If you are eligible, you will receive an email from myHealth by March 2, 2015.
 - b. Complete any required alternate satisfaction activities by October 31, 2015.
2. **Have an active myChart account** by May 31, 2015.
3. **Be tobacco free** – Complete Tobacco Attestation that you have been tobacco free for at least 180 days (6 months). All benefit eligible associates will need to complete the attestation in October, 2015. This will be sent via e-mail.

2015 Health Target Table

Health Screen	Health Target	Health Risk	Actionable	Urgent Value
Blood Pressure	< 140/90	≥ 140/90	≥ 160/100	≥ 180/110
BMI	18.5 - 30.0	< 18.5 or ≥ 30.0	≥ 35.0	≥ 40.0
HA1C – not previously diagnosed as diabetic	< 6.0%	≥ 6.0 – 6.3 %	≥ 6.4 – 7.4 %	≥ 7.5%
HA1C –diagnosed as diabetic	< 6.5%	≥ 6.5 – 7.5%	≥ 7.5 – 8.4 %	≥ 8.5 %

If you are unable to meet the health standards for the reward under this wellness program, you may qualify for an opportunity to earn the same reward by completing an Alternate Satisfaction Activity (ASA, see below). If you are unable to complete the activity below, please contact us at Lakeland Care, 269-927-5154 and we will work with you to find a wellness activity with the same incentive that is right for you, in light of your health status.

Alternate Satisfaction Activities must be completed by October 31, 2015 to qualify for the wellness incentive in January 2016.

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Alternate Satisfaction for Biometrics (HA1C, B/P, BMI) and Tobacco Use

Alternate Satisfaction for BMI

Actionable	Participate in and complete either myHealthier Lifestyles series 1 or 2 ⁴ , -or- LEAN ⁵ at the Comprehensive Weight Loss Center (see below)
Urgent	Meet with a Health Coach ⁶ ; develop a plan to address your health risk. Review plan with your doctor -and- Participate in and complete myHealthier Lifestyles series 1 or 2, -or- LEAN at the Comprehensive Weight Loss Center

Alternate Satisfaction for HA1C

Actionable	Meet with a Health Coach; develop a plan to address your health risk. Review plan with your doctor -and- Meet with a Diabetes educator ⁷ -or- participate in and complete myCare diabetes management program ⁸
Urgent	Meet with a Health Coach; develop a plan to address your health risk. Review plan with your doctor -and- Participate in and complete diabetes education -or- myCare diabetes management program

Alternate Satisfaction for B/P

Actionable	Participate in and complete myHealthier Lifestyles series 1 or 2
Urgent	Meet with a Health Coach; develop a plan to address your health risk. Review plan with your doctor

Alternate Satisfaction for Tobacco Use

Tobacco use in previous 6 months	Complete "Smoke Free Life" tobacco cessation program before 10-31-15
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1. Both associate and spouse covered under the medical benefit must complete ALL of the program requirements for the associate to earn the incentive.
2. Biometrics must have been done after 10-01-2014. Bio-metrics impacting the program incentive include: HA1C, B/P and BMI.
3. The health screen schedule dates and locations will be announced via email.
4. myHealthier Lifestyles is a health management program emphasizing good nutrition, exercise, healthy habits, and a supportive environment. This is offered at no cost to myHealth participants.
5. LEAN - Lifestyle Enhancement through Activity and Nutrition is a Medical Weight Loss Program offered by Lakeland Comprehensive Weight Loss Center, Niles. There will be a nominal cost to attend LEAN. Please call 269-687-4673 for more information.
6. To schedule an appointment with a Health Coach, please call 269-982-9330.
7. For more information about meeting with a diabetes educator, please call 269-556-2868.
8. You may sign up for the myCare diabetes management program on NetLearning.

Revised 4/13/15