



Healthy Actions for Employees—It Pays to Be Healthy

Introducing Healthy Actions¹ from Blue Cross Blue Shield of Massachusetts—an easy way for you to get motivated about getting and staying healthy—and earn up to \$300. Now is a great time to be healthy. If you're currently making healthy choices or have decided it's time to change your lifestyle, why not get rewarded for it?

How It Works

When you have Healthy Actions, within two weeks of your health plan's effective date², you'll get a welcome letter in the mail that will include how to register for Healthy Actions and the following steps:

- Complete a short online health assessment
- Ask your doctor to fill out a Clinician Health Review form. Note: You may need to schedule a physical (remember, certain preventive care is available at no additional cost to you). If you are already up-to-date with your preventive screenings and have recently had a physical, you can ask your doctor to fill out the form without a new visit
- Fax the form to **1-855-232-9157**, or mail to Healthy Actions c/o IncentiSoft Solutions, One International Place, 20445 Emerald Parkway Drive SW, Suite 400, Cleveland, OH 44135

Receive a \$300 Visa debit card within two to three weeks after you've submitted your results, if your doctor determines that you have met the program requirements.³

If Your Doctor Determines You Need to Improve Your Health

After submitting your Clinician Health Review form, you'll still get a \$100 Visa debit card and your doctor will set a goal(s)⁴ for you to meet (for example, quit smoking) before the end of your plan year. Work with your doctor to set an appropriate time frame for you to reach your health goal.

You'll get an additional \$200 (\$300 total) if you achieve your goal and have your doctor fill out another Clinician Health Review form. Just make sure to submit the form to IncentiSoft Solutions before the end of your plan year.⁵

Learn More

Watch the Healthy Actions online tutorial now at www.healthy-actions.com.

1. The Healthy Actions program is available to you only if you are an employee enrolled under a group contract with coverage in a qualifying Blue Cross Blue Shield of Massachusetts plan design and your employer currently offers this program, or if you are a subscriber enrolled directly in a qualifying plan design and you purchased the program.
2. If you are enrolled under a group contract and become eligible for, and enroll in, medical coverage seven months or more after the start of your plan year, then you will not be eligible to participate in the Healthy Actions program during the current plan year and will need to wait until the following group plan year.
3. If you bought a qualifying Blue Cross plan and the Healthy Actions program on your own, meaning not through an employer, then how you earn your \$300 reward is different. Please refer to your program welcome letter and Evidence of Coverage insert for your specific requirements.
4. At the time when your goal is set, if your doctor sets an outcome-based goal (for example, to lose fifteen pounds), you may request a reasonable alternative that is participation-based (for example, to engage in a walking program or maintain a food diary).
5. The second visit and any lab services may be considered diagnostic. If it is, you would be responsible for any copayment, coinsurance, or deductible. If your visit requires lab tests, you should allow enough time to get your results and submit your Clinician Health Review form.