



2014-15 WELLNESS PLAN QUALIFICATIONS

The following confidential programs are available to all those enrolled in any of the four State medical plans. However, to qualify for enrollment into the Wellness Health Plan, BOTH the enrolled employee AND covered spouse (if applicable) must complete all 3 STEPS (wellness program, one biometric screening option and online Health Assessment) on an annual basis.

STEP 1: ENROLL AND COMPLETE A WELLNESS PROGRAM EACH YEAR

To qualify for enrollment into the Wellness Plan for the following plan year (2014-15), enroll and begin your choice of at least one of the following confidential wellness programs anytime before December 27, 2013:

o NEW!!! Personalized Lifestyle Programs

Choose from one of five self-directed digital health coaching programs that provide you a personal plan, on-going guidance and plenty of resources – similar to having your very own virtual coach! Program options include: 1) *Balance* - manage weight, 2) *Breathe* - quit smoking, 3) *Move* - increase physical activity, 4) *Nourish* - improve nutrition, and/or 5) *Relax* - manage stress.

Wellness Plan criteria: Enroll in at least one Personalized Lifestyle Program option at www.wellnessoptions.nebraska.gov by December 27, 2013 and complete the enrollment consultation, 30 day and 90 day check-in evaluations before March 28, 2014.

o Cardio Log

One of the best ways to maintain or improve your health is to engage in physical activity each day. Based on feedback, you can now record a greater variety of physical activities whether it's sports, fitness classes, cardiovascular, strength training, flexibility workouts and more.

Wellness Plan criteria: Log a minimum of 50 completed workouts from April 1, 2013 thru March 28, 2014 within Cardio Log on the 'Health Home' page at www.wellnessoptions.nebraska.gov. You must begin logging your workouts online before December 27, 2013. A qualifying workout must be a minimum of 30 minutes per day. (*Qualifying workout examples include: one 30-minute entry per day OR two 15-minute entries per day OR three 10-minute entries per day.*)

o Walk This Way

Whether you are currently inactive or active, boost your activity level by wearing a pedometer and tracking your steps online.

Wellness Plan criteria: New and previous Walk This Way participants must enroll online before December 27, 2013 at www.wellnessoptions.nebraska.gov and log a minimum of 800,000 steps online before March 28, 2014.

o EMPOWERED Coaching™: Lifestyle Management

Work with a coach to support and guide you in making lifestyle changes by selecting among 13 different focus areas related to physical activity, healthy eating, stress management and smoking cessation. Participants can enroll at the time of your Health Advisor call OR by calling 1-866-956-4285 Option 2 OR by going to www.wellnessoptions.nebraska.gov ('My Coach' left toolbar selection).

Wellness Plan criteria: New and previous EMPOWERED participants must enroll before December 27, 2013 and complete three (3) or more phone calls with your coach before March 28, 2014.

o EMPOWERED Coaching™: Condition Management

Individuals with a chronic condition (Heart or Respiratory Conditions, Diabetes, Depression, Back Pain) can work with a coach, in conjunction with your physician, to help manage your health, feel better and enjoy the best quality of life.

Wellness Plan criteria: Participants must enroll before December 27, 2013 by calling 1-866-956-4285 Option 2 and complete three (3) or more phone calls with your coach before March 28, 2014.

STEP 2: COMPLETE AN ANNUAL BIOMETRIC SCREENING during each corresponding timeframe (starting April 1, 2014) which includes 3 confidential options.

STEP 3: COMPLETE YOUR ANNUAL ONLINE HEALTH ASSESSMENT (April 1 - May 30, 2014) which includes 82 confidential questions regarding your lifestyle choices.

(over)

Qualify for Enrollment into the 2014-15 Wellness Health Plan*

3 STEP Requirements*	When Should I Get Started?	Wellness Program	Completion Criteria	How Do I Enroll?
STEP 1	April 1, 2013 thru Dec 27, 2013 Choose and enroll in your choice of at least one wellness program each year.	NEW!!! Personalized Lifestyle Management Programs	Complete the enrollment consultation, 30 day and 90 day check-in evaluations before March 28, 2014.	Enroll in at least one Personalized Lifestyle Management Program option at (left toolbar selection)
		Cardio Log	Log a minimum of 50 qualifying workouts (≥ 30 min per day) online by March 28, 2014	Log your workouts within the Cardio Log on the 'Health Home' page
		Walk This Way	Enroll and log a minimum of 800,000 steps online before March 28, 2014	New and previous participants enroll at 'Walk This Way' (left toolbar selection)
		EMPOWERED Coaching: Lifestyle Management	Enroll and complete 3 or more phone calls with your coach before March 28, 2014	New and previous participants can enroll at the time of your Health Advisor call OR by calling 1-866-956-4285 Option 2 OR by going to 'My Coach' (left toolbar selection)
		EMPOWERED Coaching: Condition Management	Enroll and complete 3 or more phone calls with your coach before March 28, 2014	Enroll by calling 1-866-956-4285 Option 2
STEP 2	April 1 - May 30, 2014	Biometric Screening	Complete one of the three annual biometric screening options. Note the timeframes for each option.	Go to 'Biometric Screenings' (left toolbar selection)
STEP 3	April 1 - May 30, 2014	Online Insight Health Assessment	Complete the annual Online Insight Health Assessment (90 questions)	Go to 'Health Assessment' (left toolbar selection)

***BOTH the enrolled employee AND covered spouse must complete all 3 STEPS (wellness program, one biometric screening option and online Health Assessment) on an annual basis to qualify for enrollment into the Wellness Health Plan.**

For more information on all [wellnessoptions](http://www.wellnessoptions.com) programs, Wellness Health Plan requirements and more, visit the [wellnessoptions](http://www.wellnessoptions.com) website at www.wellnessoptions.nebraska.gov or call 1-866-956-4285.



NOTE: Participation is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.