

**Make
the Moves
that Matter**
...for a long and healthy life



2015-16 Wellness Plan Qualifications

The following confidential programs are available to all those enrolled in any of the State of Nebraska health 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 on an annual basis.

1) Complete an annual Biometric Health Screening

Three confidential options available April 1 – May 31, 2014.

2) Complete an annual online Health Assessment

The confidential online questionnaire must be completed between April 1 – May 31, 2014.

3) Enroll and complete a Wellness Program

Enroll and begin your choice of at least one of the following confidential wellness programs between April 1 – November 20, 2014.

Personalized Lifestyle Program

- Self-directed digital coaching program
- Complete the enrollment consultation, 30-day and 90-day check-in surveys

Cardio Tracker

- Maintain or improve your health by being physically active
- Log 60 workouts of at least 30 minutes per day; one credit given per day

Walk This Way®

- Boost your activity level by wearing a pedometer and tracking your steps
- Log a minimum of 900,000 steps online

EMPOWERED Coaching™: Lifestyle Management

- Work with a coach to support and guide you in making lifestyle changes
- Complete 8 or more goals with your coach

EMPOWERED Coaching™: Condition Management

- Manage a chronic health condition with help from a health coach
- Complete 8 or more goals with your coach

Qualify for Enrollment into the 2015-16 Wellness Health Plan*

3 STEP Requirements*	When Should I Get Started?	Wellness Program	Completion Criteria	How Do I Enroll?
STEP 1	April 1 - May 31, 2014	Biometric Health Screening	Complete one of three annual biometric health screening options. Note the timeframes for each option.	Go to My Health, then 'Screenings' at the wellnessoptions website.
STEP 2	April 1 - May 31, 2014	Online Health Assessment	Complete the online Health Assessment.	Go to My Health, then 'Health Assessment' at the wellnessoptions website.
STEP 3	April 1, 2014 thru November 20, 2014 Choose and enroll in your choice of at least one wellness program.	Personalized Lifestyle Programs (PLP)	Complete the enrollment consultation, 30-day and 90-day check-in evaluations before March 31, 2015.	Enroll online at the wellnessoptions website.
		Cardio Tracker	Log a minimum of 60 qualifying workouts (≥ 30 min per day) online by March 31, 2015.	Log your workouts under "Cardio Tracker" on the wellnessoptions website.
		Walk This Way®	Log a minimum of 900,000 steps online before March 31, 2015.	New and previous participants enroll at the wellnessoptions website.
		EMPOWERED Coaching™: Lifestyle Management	Complete 8 or more goals with your coach before March 31, 2015.	New and previous participants can enroll at the time of your Health Advisor call, by calling (866) 956-4285 option 2, OR at the wellnessoptions website.
		EMPOWERED Coaching™: Condition Management	Complete 8 or more goals with your coach before March 31, 2015.	Enroll by calling (866) 956-4285 option 2.

***BOTH the enrolled employee AND covered spouse must complete all 3 STEPS on an annual basis to qualify for enrollment into the Wellness Health Plan.**

For more information on all wellnessoptions programs, requirements and more, visit www.wellnessoptions.nebraska.gov or call (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.