

## Momentum<sup>+</sup> 2018 4<sup>th</sup> Quarter Activities

Get rewarded for getting healthy! Employees who are Tufts Health Plan members can earn up to \$75 as payroll credit from Salve Regina University for participating in the Momentum<sup>+</sup> Wellness Program throughout the year in 2018! Start today by completing the following activities:



### Wellbeing Assessment (WBA) OR Annual Preventive Well Physical

Choose One

- Take your WBA to find out how healthy you are and how your lifestyle choices make a difference in how you live and feel!  
**15 credits & \$35** (*Only Tufts Health Plan members are eligible for payroll credit*)
- OR Have an Annual Preventive Well Physical to review your health with your Primary Care Physician  
**15 credits & \$35** (*Only Tufts Health Plan members are eligible for payroll credit*)

### Know Your Biometric Numbers

Get your biometric numbers (glucose, height/weight for BMI, total cholesterol, HDL, blood pressure) from your doctor, and enter them when you take your WBA.

**1 credit each**



### Condition Management

Condition Management programs help people with a chronic condition to manage and live with chronic diseases. Taking part in the program is voluntary and confidential. You will be contacted by an Enrollment Specialist who will talk with you about how you are managing your condition, and refer you to one of our nurses.

**10 credits**



### Online Seminars

Online Seminars allow you to learn more about a health topic in 15 minutes. A new seminar is released each month and is available 24/7. Topics included this quarter: Healthy Makeovers for Fall Favorites, Reduce Holiday Travel Stress and Keeping Your Resolutions.

**1 credit each/max of 4**





## Virtual Coaching

Reach your health goals, big or small, working at your own pace with a virtual coach online! Improve your diet, manage stress, get more active, and more!

**5 credits each/max of 20**



## Wellness Challenge

### Attitude of Gratitude Challenge (November 2018)

This challenge promotes gratitude and mindfulness. You will earn one point for each healthy activity you adopt that promotes personal growth. Some activities include: going above and beyond to help a colleague, friend or family member; or writing down one thing that you are grateful for each day.

**5 credits each/max of 20**



## Worksite Activity

Salve Regina University has chosen several wellness activities for you to choose from throughout the year. Check with Human Resources for qualified activities, and complete the Worksite Activity Affirmation form.

**3 credits each/max of 9**



## Lifestyle Coaching

Sometimes it is hard to reach long term health goals and easy to get discouraged along the way. Through taking your WBA, you may qualify to work one-on-one with a lifestyle coach on goals such as losing weight, eating better, getting more exercise, or dealing with stress. Over 6 months, you and your coach work as a team to meet your health goals.

You can still sign up for lifestyle coaching if you choose not to take the WBA by calling 866.201.7919.

**10 credits**

Complete the Annual Tobacco Free Affidavit and return to HR between October 15 and November 16, 2018 for a discount on your health insurance contribution in 2019!

The WBA is administered by Tufts Health Plan, and your personal health information will be kept confidential in accordance with the Health Insurance Portability and Accountability Act (HIPAA). All employees age 18 and over are eligible to participate.

Important Note: Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all similarly situated employees, regardless of health status. If you think you might be unable to meet a health contingent standard (i.e., a program that requires an individual to satisfy a standard related to a health factor to obtain a reward or requires an individual to undertake more than a similarly situated individual to obtain the same reward) under this wellness program, you might qualify for an