



FOCUSING ON YOU IN 2019

We want you to be healthy! To support you, Salve Regina University is again offering the Momentum+ Health Portal as a part of the employee Wellness program starting January 1, 2019. All employees are encouraged to participate. Employees enrolled in Tufts Health Plan are eligible to earn up to a \$75 payroll credit for participating.

INCENTIVE

Salve Regina University will award the incentives below to those who complete the program between January 1, 2019 and December 31, 2019.

- + All employees who are Tufts Health Plan members and complete their Wellbeing Assessment OR have an Annual Preventive Well Physical in 2019 will earn a \$35 payroll credit
- + All employees who are Tufts Health Plan members and earn a total of 25 credits on the health portal will earn an additional \$40 payroll credit
- + Complete the Annual Tobacco Affidavit between October 15, 2019 and November 15, 2019 and receive a discount on your health insurance in 2020!

GETTING STARTED

Step 1: Log into the Healthy You Online Portal

Tufts Health Plan Members

1. Go to mytuftshealthplan.com
2. If you have an account, log in.
3. If you don't have an account:
 - + Choose 'Register here,' and enter the requested information to create one.
 - + Log in.
4. Once you're in the secure member portal, click 'Start Living a Healthy Lifestyle' under 'Explore Health & Wellness Resources'

*If you need assistance, please call Member Services at 800.462.0224

Non-Plan Members

1. Go to tuftshealthplanwellness.com
2. If you have an account, log in.
3. If you don't have an account:
 - + Click "Sign Up" in the upper right corner.
 - + In the registration dropdown box select 'with a Keycode,' and click register.
 - + Enter your keycode: THPSRU16
 - + Click validate.

*If you need assistance logging in as a non-member, please call 866.201.7919, option 7.

Step 2: Try the activities that interest you, earn credits!

Select **Rewards > Credits** in the top menu bar of the landing page. For assistance navigating the portal, please call 866.201.7919, option 7.

Wellbeing Assessment or Well Physical

Complete this confidential questionnaire to get personalized feedback about your wellbeing. For best results, enter your biometric values (cholesterol, blood pressure, BMI, blood glucose, HDL) from a recent doctor's visit OR get your annual Well Visit (15 credits)

WBA 10 credits, Biometrics 1 credit each

Fitness Tracker Challenge

Participate in this individual challenge to get and stay active. Log your activity or sync a fitness tracker, and reach the goal. This challenge is offered 2x per year starting April and October 1st.

5 credits each/max of 10

Online Seminars

Learn about a new health topic by watching a 15-minute on-demand video. A new topic is released each month.

1 credit each/max of 4

Condition Management*

If you have a chronic condition this confidential, voluntary program may help you manage your symptoms and improve your quality of life. If you qualify an enrollment specialist will contact you.

5 credits per call/max of 15

**Available to Tufts Health Plan Members only*

Virtual Coaching

Reach your health goals 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

Employer Worksite Activity

Check with HR for a list of company-sponsored options that qualify for credit. Once you complete an activity, select the Employer Worksite Activity tile on the portal to fill out an affirmation form and receive credit.

4 credits each/max of 12

Individual Wellness Challenge

Earn credit for tracking healthy behaviors during this year's online challenges. Feb: Finding Financial Wellness; May: Mindfulness Matters; Aug: Well at Work; Nov: Habits for Happiness

5 credits each/max of 20

Online Conversations

Receive information on a variety of healthy living topics and health conditions. Obtain personalized advice and a printable action plan!

1 credit each/max of 4

Lifestyle Coaching*

Work one-on-one with a health coach via phone or web. Get help losing weight, eating better, getting more exercise, quitting tobacco, or dealing with stress by calling 866.201.7919.

Assessment 5 credits, 3 Calls 5 credits

**Available to Tufts Health Plan Members only*

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 opportunity to earn the same reward by different means. Furthermore, if you are disabled, we will work with you to provide a reasonable accommodation to help you meet any standards (whether health contingent or not) under this wellness program. Contact Claudia Cavallaro, in Salve Regina Human Resources at 401-341-2332 and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.