

## New Wellness Initiatives for 2018

The Trustees of the Health and Welfare Plan are pleased to announce a new wellness program for 2018, with challenges, incentives, and workshops throughout the year! To get started, you will need to go to <https://bluecrossma.ahearthyme.com/dt/v2/bcbsmaindex.asp>, click on “Click here to sign up,” and register.

If you have your annual well visit, or any dental cleanings, between January 1 and October 15, each visit will qualify you for entry into a raffle to win one of ten \$50 gift cards, redeemable at most major retailers. Further, if you are 35 or older and receive a mammogram, or 50 or older and receive a colonoscopy, by October 15, you will be entered into a separate raffle to win one of ten \$50 gift cards. Finally, if you register for telehealth in March 2018 via the American Well website or app – and remember, telehealth visits are no cost to you as of January 1, 2018 – you will be entered into yet another raffle to win one of ten \$50 gift cards!

There are two separate challenges in 2018 through the A Healthy Me website: a Nutrition Challenge in January and February (enrollment begins January 8) and a Steps Challenge in April and May (enrollment begins April 2). Participation in the Nutrition Challenge will qualify you for another raffle to win one of ten \$50 gift cards. All Steps Challenge participants who log an average of 7,000 steps per day will be entered into a raffle for one of ten \$100 gift cards; the two challengers with the highest total steps will receive an Apple Watch! And if you take a Health Assessment on the website during the month of February, you will receive a Fitbit Zip to use in the Steps Challenge (if you didn't already receive one last year).

Finally, don't forget to take advantage of online workshops – the “Take a Break” and “Mindful Living” workshops for stress management will be offered in June and July, and the “Breathe Easy” smoking cessation workshop will be offered in August and September. Participation in each workshop will qualify you for entry into another raffle for one of ten \$50 gift cards.

If you have any questions about these new wellness initiatives for 2018, please contact the Funds Office at 508-533-1400 and select option 5.