



**BESTHealth**

# Be at your BEST to earn REWARDS!



*Program Year 5  
July 1, 2022 - June 30, 2023*

As a member of the BestHealth Wellbeing Program, you have the opportunity to earn up to \$300 in rewards for working toward a healthier lifestyle and to avoid an \$80/month tobacco surcharge on your medical insurance plan. To learn how to become a member, please see the back for details.

***In order to receive rewards and avoid the tobacco surcharge:***

- 1) You must complete the Health Risk Questionnaire on the inHealth Wellbeing App or web portal.***
- 2) Make an appointment with your primary care provider for your biometric screening between July 1 and November 11, 2022 .***

**How to Earn Rewards Up to \$300 (See back of flyer for more information)**

***You must currently be enrolled on the Baptist BCBS insurance plan in order to redeem your rewards.***

Complete an annual wellness visit with a Primary Care Provider (PCP)	\$100 gift card
Demonstrate a Body Mass Index (BMI) between 18.5-24.9	\$100 gift card
Demonstrate a blood glucose of 99 or less	\$50 gift card
Demonstrate a blood pressure of 119/79 or less	\$50 gift card

## **How to Avoid the \$80 Monthly Tobacco Surcharge:**

If you plan to enroll in the Blue Cross Blue Shield medical insurance plan for benefits year 2023 and want to avoid the \$80/month tobacco surcharge, you must complete a Health Risk Assessment Questionnaire, biometric screening, and a tobacco/nicotine status test with a Primary Care Provider between July 1, 2022 – November 11, 2022 (primary holder only; not spouse or dependents). A tobacco/nicotine-only test will not be accepted.

If you test positive or self-attest for tobacco/nicotine and want to avoid the \$80/month tobacco surcharge, you must complete the virtual 6-week BestHealth Tobacco Cessation Course between July 1, 2022 – November 11, 2022. **The Blue Cross Blue Shield Online Tobacco Cessation Course is NOT an option.** Numerous virtual 6-week courses are available, and you can enroll by going to <https://hipaa.jotform.com/BaptistBestHealth/TobaccoCessationSignUp>.

**Enroll Now---Space is limited.**

The virtual 6-week BestHealth Tobacco Cessation Course includes the following requirements:

- An initial 1:1 phone session with a Wellbeing Specialist
- 4 – 30 minute virtual group sessions with a Wellbeing Specialist
- A follow-up 1:1 phone session with a Wellbeing Specialist

**For more information or need help enrolling, email the BestHealth Wellbeing department @ [Besthealth@bmhcc.org](mailto:Besthealth@bmhcc.org) or call us at 901-227-2378 (BEST).**

***Funded by a grant from the Baptist Memorial Health Care Foundation.***

To become a member of the BestHealth Wellbeing Program, you must first be eligible to participate. **Eligibility requires that you are currently enrolled in the Blue Cross Blue Shield medical insurance plan.** If you are eligible, you must complete steps 1-3 to have the opportunity to earn up to \$300 in rewards and to avoid an \$80/month tobacco surcharge if you test negative on the tobacco/nicotine test.

### Step 1: Create Online Account or Login to the inHealth Wellbeing Mobile App or Web Portal

#### For a New Member: Create Account

- Download the inHealth Wellbeing mobile app or visit the web portal @ <https://portal.inhealth4change.com>
- Once on the inHealth Wellbeing site, click on Create Account.
- For the **company ID, type BMHCC**
- Complete all information under My Account and accept Terms of Service

#### \*Tips:

- Password: 8-15 characters, contain at least one number and one special character (! @ # \$ % ^ & \*)
- Use the **last 6 digits of your social security number**
- No Physician? Enter, "NA"

#### For a Current Participant: Login to Account

- Login to the inHealth Wellbeing app or web portal @ <https://portal.inhealth4change.com>
- Forget your email address to log in? Please email [besthealth@bmhcc.org](mailto:besthealth@bmhcc.org) or call 901-227-2378
- Forget password? Click "Forgot Password" to have a temporary password sent to the email address associated with your account

### Step 2: Complete "My Health Risk Questionnaire" on inHealth Wellbeing Mobile App or Web Portal

**You must complete this step each program year to have your screening results entered for rewards and to avoid the tobacco surcharge.**

- Click on My Health Risk Questionnaire.
- Complete the My Health Risk Questionnaire, enter your initials, and click on Submit.
- Confirm questionnaire is complete by returning to the Health Risk tab to view the completion date under My Health Risk Questionnaire.

### Step 3: Schedule and Complete Biometric Screening with your Primary Care Provider (PCP)

- Schedule your biometric screening with your provider. Deadline is November 11, 2022 to avoid the tobacco surcharge.
- BMG Providers: When scheduling appointment and at your visit, let your provider know you need a BestHealth screening.
- Non-BMG Providers: Please print a biometric screening form found on the inHealth app/web portal or BestHealth Sharepoint site. Have the Provider's office fax the completed form to BestHealth.
- If you don't have a PCP and would like assistance in locating one, email the BestHealth Wellbeing department @ [Besthealth@bmhcc.org](mailto:Besthealth@bmhcc.org) or call us at 901-227-2378 (BEST).

#### Biometric Screening Details:

- The biometric screening must include all the following measurements: height, weight, waist circumference, BMI, pulse, blood pressure, glucose, cholesterol (total, HDL, LDL), triglycerides, and a tobacco/nicotine test.
- For best results, we recommend you fast 6 hours prior to screening and take medications as prescribed.
- If you had blood glucose, cholesterol and triglyceride levels tested within 180 days of your screening, you may use those results.

#### How to Earn Rewards Not Achieved During Annual Wellness Visit:

Participate in our complimentary programs such as *Go Healthy!* weight management, diabetes education or prevention, or one-on-one health coaching with a BestHealth Wellbeing Specialist.

#### Rewards Information:

Please confirm your biometric screening was submitted by ensuring there is a green check mark next to biometric screening on the rewards tab or portal. Rewards will be redeemable after October 15, 2022. If you screen after October 14, please allow 7 - 10 days to receive awards.

**You must currently be enrolled on the Baptist BCBS insurance plan in order to redeem your rewards.**

For all program details listed above, email the BestHealth Wellbeing department @ [Besthealth@bmhcc.org](mailto:Besthealth@bmhcc.org) or call us at 901-227-2378 (BEST).

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