



BESTHealth

Be at your **BEST** to earn **REWARDS!**

*Program Year 4
July 1, 2021 - June 30, 2022*

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 incentives and avoid the tobacco surcharge, you must complete the Health Risk Questionnaire on the inHealth Wellbeing App or web portal and make an appointment with your primary care provider for your biometric screening.

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

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 2022 and want to avoid the \$80/month tobacco surcharge, you must complete a biometric screening and a tobacco/nicotine status test with a Primary Care Provider between July 1, 2021 – November 12, 2021 (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, 2021 – November 12, 2021. **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 AppointmentPlus @ <https://booknow.appointment-plus.com/d00x2x18/>.
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 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 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.

- If logged in on the inHealth Wellbeing mobile app, click on the menu bar in the upper left corner and click on Health Risk. If logged in on the inHealth Wellbeing web portal, click on the Health Risk on the left side menu.
- 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 12, 2021 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 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, 2021.

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 or call us at 901-227-2378 (BEST).

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