



# On the Road to Better Health

## 2018/2019 NEW INCENTIVE

*Two ways to earn in the new plan year!*

To be eligible, you must complete the required activities by **July 4, 2019**.



## Incentive 1

**Earn \$119** by completing your Personal Health Assessment (PHA), your biometric screening, and choosing between cash or a fitness device voucher.

**Personal Health Assessment:** The PHA is an online, private\* questionnaire about your health and lifestyle that takes about 15 minutes to complete. It is available on [www.Healthyroads.com](http://www.Healthyroads.com). Once you're logged on, you can find the PHA on the landing page rotating graphic or by visiting the "Scorecard" tab.

**Biometric Screening:** Take the Healthyroads® Health Care Provider Form (found on your Healthyroads.com homepage) to your physician during your next annual physical or preventive screening.\*\* Part II of the form should be completed and submitted by your doctor directly to Healthyroads by July 4, 2019.

(Note: If the form is illegible or missing data values, it will be returned to you to complete and re-submit by the deadline.)

**Complete Incentive 1:** Once your PHA and biometric screening are completed, you can complete Incentive 1 by selecting a \$119 cash reward or a \$119 fitness device voucher. Log in to your Healthyroads.com account and click Incentives > Plan Summary > "Click here to finalize your incentive!" Follow the instructions on the pop-up box to choose \$119 cash or a \$119 fitness device voucher.

## Incentive 2

**Earn up to \$480** by achieving monthly activity goals via the Healthyroads Connected!® program between the months of January and July 2019.

You can earn up to \$80 based on your steps, workouts, or gym visits each month for a total of \$480 for the length of the program. Register your wearable fitness device or app on Healthyroads.com, or use the Healthyroads CheckIn!® app to track your workouts at one of 41,000+ fitness centers and select YMCAs nationwide. Some gyms will auto-report your visit.

**Here's how you can earn:**

<b>100,000 Movement Merits (Bronze)</b>	\$40/month
<b>175,000 Movement Merits (Silver)</b>	\$60/month
<b>225,000 Movement Merits (Gold)</b>	\$80/month
1 step = 1 Movement Merit	30-minute workout = 5,000 Movement Merits
	1 gym check-in = 10,000 Movement Merits

Visit the Connected! page on your Healthyroads account for more details!

**NOTE:** You may still participate, but you will not receive payout for Incentive 2 until Incentive 1 is completed. Healthyroads Connected! rewards will be paid out quarterly.

**Log on to Healthyroads.com to get started**

### Questions?

Email [service@healthyroads.com](mailto:service@healthyroads.com) or call 877.330.2746.

Note: Healthyroads is a Riverside Sheriff Association Benefit Trust program only, and it is not associated with any other programs from Riverside County or your medical plan.

\* No individually identifiable medical information will be provided to the RSA Benefit Trust—it will only receive the participation information necessary to administer the incentives described here.

\*\*Please note that this screening may be included as part of your no-cost share, in-network preventive care visit, but it's a good idea to confirm with your health care provider if you will be charged. You are responsible for any charges incurred from your health care provider as a result of requesting that they complete this form.

Healthyroads is a well-being program operated by American Specialty Health Management, Inc. (ASH Management). ASH Management may use and/or provide participation information to your plan sponsor/employer or its contracted entities that administer your plan for incentive fulfillment purposes. ASH Management may also use this information to provide you with other services on behalf of your plan sponsor/employer. Your participation serves as your consent for ASH Management to use and/or provide this information as stated above.

The RSA Benefit Trust is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to members and enrolled spouses. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Brown Insurance Services and they will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

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