

On the Road Better Health

New this year! Earn \$350 for completing your Personal Health Assessment, biometric screening, and 5 online classes. You can earn an additional RSA-sponsored \$120 voucher to use at The Wellness Outlet online store for completing 4 coaching sessions!

1 Update! Your total incentive has increased for 2018.

Members and spouses enrolled in an RSA Benefit Trust medical plan can earn up to a total of \$700 for signing up for the Healthyroads® program and completing their Personal Health Assessment (PHA), biometric screening and 5 online classes between September 4, 2017 and July 4, 2018. (Note: If you completed either of the incentives last year, you are still eligible to earn incentives this year.)

- 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. Once you're logged on, you can find the PHA on the landing page rotating graphic or by visiting the "Scorecard" tab.
- 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, 2018. (Note: If the form is illegible or missing data values it will be returned to you to complete and re-submit by the deadline.)
- The online classes can be found on Healthyroads.com under the "Health Resources" tab. Choose from over 300 classes on topics such as stress management, sleep improvement and pain management. View at least 5 classes and complete the corresponding quiz in order to be eligible for your full incentive.

2 A professional, telephonic health coach is waiting to talk with you, at no cost!

We want you to have the tools you need to change or continue on your road to better health; the Healthyroads Coaching® program can help. Whether your goal is to manage your weight, quit smoking, exercise more or stress less, a dedicated coach can give you the motivation and information you need to change your everyday habits over the course of time.

Healthyroads Coaching is offered over the phone by trained health coaches who have a variety of backgrounds in health-related fields, and include personal trainers, nutritionists, counselors, and dietitians.

RSA will provide an incentive for those eligible members who complete 4 or more coaching sessions. Upon completion of 4 sessions, RSA will send you an email with a voucher code worth \$120 to use at The Wellness Outlet. The Wellness Outlet is an online store where you can choose from a variety of different activity trackers and other wellness devices.

Your first coaching session can be scheduled on Healthyroads.com or by calling Healthyroads at **877.330.2746**, Monday through Friday, 5 a.m. – 6 p.m. Pacific Time.

You must complete your PHA, biometric screening, and online classes to be eligible for the RSA-sponsored \$120 voucher.

Log on to Healthyroads.com to get started.

Questions? Email 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, a well-being program operated by American Specialty Health Management, Inc., may use and/or provide participation information to the RSA Benefit Trust or its contracted entities that administer your plan for incentive fulfillment purposes. Healthyroads 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 Healthyroads 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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