



EARN REWARDS WITH the Healthyroads Wellness® Program

{ Benefits to Help You and Your
Family Achieve Better Health }



 Healthyroads

Welcome to the next phase of the Healthyroads Wellness Program!

I strongly believe that the everyday choices we make can help us live healthier and happier— both on the job and at home. Because we care about our member's health and well-being, the RSA Benefit Trust will continue offering exciting new online tools and resources as part of your overall benefits package.

With the new Healthyroads® program, you can:

1. Determine your current health status by taking an online personal health assessment
2. Set reasonable goals for losing weight, exercising more, lowering your blood pressure, or managing stress
3. Track your progress and set new goals using interactive tools
4. Earn significant financial rewards for participating in your health and exercising

Encourage your fellow deputies to commit to better health. After all, what better teamwork and support network could you have than the people you see every day?

I will be setting new exercise goals for myself in 2019. By incorporating physical exercise into my daily routine, I will be doing my part to help keep our insurance costs down while at the same time putting hundreds of dollars of incentive cash in my pocket. I hope you'll join me so you too can take advantage of the cash incentives!

You'll see posters and fliers throughout the various work locations promoting this program. If you have questions about the program feel free to contact the benefits department or the Trust Administrator, Brown Insurance Services.

Join us in good health,

Ron Furtado
Chairman
RSA Benefit Trust





TRAVELING YOUR HEALTHY ROAD:

INVEST IN YOUR HEALTH WITH OUR WELLNESS INCENTIVE PROGRAM



Participation in the wellness incentive program is completely voluntary, but we encourage all eligible RSA members and their enrolled spouses/domestic partners to take advantage of the program so that they can receive valuable information on their health status and risk factors—as well as have access to wellness-related resources. Plus, you'll be making efforts that will pay off—both literally and figuratively!



NEW INCENTIVES!

2018 - 2019

You can earn incentives by successfully participating in certain activities. The requirements are below, but each is also explained in more detail, along with the timing to be sure you can plan ahead and invest in your success. If your spouse or domestic partner is covered under our medical plans, he or she can also complete the activities and earn the incentive.



To be eligible for an incentive, 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.

INCENTIVE 2

Earn up to \$480 by achieving monthly activity goals via the Healthyroads Connected!® program. You can participate in the program any time after January 1, 2019. Healthyroads Connected! incentives will be paid quarterly.

NOTE: You will not receive payout for Incentive 2 until Incentive 1 is completed.





LOCATE YOUR COMPASS: GET IN THE KNOW WITH A PHA



Complete your online Personal Health Assessment
by July 4, 2019!



Takes
15 Minutes

We are all at different points on a journey to better health. Some of us are just starting out. Others may be considered healthy, but perhaps we could use some encouragement to keep going. Wherever you are, it is important to keep traveling your path and learning more!

With the Healthyroads Personal Health Assessment (PHA), you can identify potential health issues related to daily nutrition, fitness, and lifestyle habits and see how to improve your health.

The PHA consists of a series of questions about your health-related activities and behaviors. After completing the voluntary questionnaire, you'll get scores around different areas of your health.



Follow these easy steps to complete your PHA:

1. Go to **Healthyroads.com**.
2. If you are not currently registered, create an account.
 - Enter your first name and last name, exactly as it appears on your paycheck, and date of birth.
 - Agree to the Terms and Conditions and click Next.
 - Create a unique username and password that is at least 8 characters in length, including one upper case, one lower case, one numeric, and one special character.
 - If you encounter any difficulties during the registration process, please call **877.330.2746** for assistance.
3. On your Healthyroads home page, look for the PHA link. Allow about 15 minutes to complete it.
4. Once finished, you'll be able to view a complete, yet easy-to-read summary of the results from your initial PHA using the **Scorecard** feature. It's personalized and specific to you . . . to help you be the healthiest you can be.

You can also begin using Healthyroads.com tools to reach your goals!



Fulfilling this requirement by **July 4, 2019**, earns just 1 out of 3 credits needed in order to meet Incentive 1. You will also need to complete a biometric screening and choose between cash or fitness voucher in order to earn **\$119**.





GET YOUR BEARINGS WITH A BIOMETRIC SCREENING


**Doctor
Appointment
Required**



Complete your biometric screening by July 4, 2019!

BODY MASS INDEX (BMI) – BMI looks at your weight in relation to your height to find out if you weigh more than is healthy for you. Many health problems are linked to being overweight or obese. **The normal range is between 18.5 and 25.**

CHOLESTEROL – Cholesterol is a fatty substance that is made by the body. Cholesterol is made in the liver and is also found in animal-based foods you eat. Plant-based foods do not have cholesterol. You need some cholesterol to help build cells, produce hormones, and support nerve function. Cholesterol is a problem only when levels in the blood get too high. Then the cholesterol starts to form waxy plaque. This can clog your arteries and cause heart disease. **A total cholesterol level of less than 200 mg/dL is desirable.**

GLUCOSE – This is the level of blood sugar in your bloodstream. Diabetes is a health problem in which blood sugar (glucose) is too high. This occurs because people with diabetes have a hard time moving glucose into their cells where it can be used as energy. Over time, high blood glucose levels can increase your risk of developing diabetes complications including heart attack, stroke, and kidney failure, among others. **Normal levels for a fasting blood glucose test are between 70 and 99 mg/dL.**

BLOOD PRESSURE – Blood pressure measures the force of blood against the blood vessel walls. A healthy blood pressure level is important. High blood pressure can lead to many health problems including hardened arteries, stroke, congestive heart failure, kidney failure, and heart attack. The good news is that there are many things you can do to help keep your blood pressure normal. **A normal blood pressure is below 120/80 mmHg.**



Knowing your numbers is the first step to knowing your risk areas and creating an action plan with your health care providers to decrease your risk.



Your biometric screening appointment must be on or before **July 4, 2019**. Fulfilling this requirement earns just 1 out of 3 credits needed in order to meet Incentive 1. You will also need to complete a PHA and choose between cash or fitness voucher in order to earn **\$119**.



Get a biometric screening through your doctor's office using a Healthyroads Health Care Provider Form found on the Healthyroads.com homepage. Submit your completed form to Healthyroads.



CHOOSE YOUR INCENTIVE

BY JULY 4, 2019



Takes
5 Minutes

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.

1. Log in to your Healthyroads.com account and click Incentives > Plan Summary > “Click here to finalize your incentive!”
2. You will see a pop up box that states “Please choose ‘Yes’ from the drop down below and then type in if you want to receive \$119 cash or a \$119 fitness device voucher.”
3. After you choose “Yes,” type “Cash” if you would prefer to receive the \$119 incentive in cash (check mailed direct to you). Type “Voucher” if you would prefer to receive a \$119 voucher for the The Wellness Outlet online store, where you can purchase a fitness device of your choosing (voucher will be sent to you via email—make sure RSA has your current email address on file).





Earn up
to \$480

INTRODUCING THE HEALTHYROADS CONNECTED! PROGRAM



Incentive 2: Between the months of January and July, you can connect your fitness tracking device to Healthyroads and earn money based on your activity!

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.

1. WEARABLE FITNESS DEVICES AND APPS*

Register your device on Healthyroads.com and grant permission for data such as your daily step count or workouts longer than 30 minutes to be automatically transferred to your Healthyroads account.

2. HEALTHYROADS CHECKIN!® APP

If you prefer to work out at the gym, the Healthyroads CheckIn! app can track your workouts at one of 41,000+ fitness centers and select YMCAs nationwide. Some gyms will auto-report your visit. See Healthyroads for details.

Here's how you can earn:

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

How you get active is up to you!

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.

**The Healthyroads program does not cover the cost of wearable fitness devices/apps.*



PIT STOP AT HEALTHYROADS.COM

The Healthyroads website provides a comprehensive set of wellness tools to help you reach your goals. **They include:**



ONLINE CLASSES

These self-guided coaching classes allow participants to study a variety of health improvement topics.

HEALTH INFORMATION

Get helpful health information through the well-being library, which includes evidence-based, fully referenced articles and videos on fitness, nutrition, stress management, and other personal health improvement topics.

FUN BLOG CONTENT

Discover health tips and recipes, learn about current issues in an experts' corner, and find other fun facts on www.healthyroadsblog.com.

DAILY WELL-BEING EMAIL AND TEXT REMINDERS

Register for a daily well-being email or text reminder, offered Monday through Friday, and choose from a variety of topics.

INCENTIVES

View a summary of your incentives activity, history, and rewards available.

PERSONAL SCORECARD

Receive scores around different areas of your health to help you identify potential health issues related to daily nutrition, fitness, and lifestyle habits so you can see how to improve your well-being.

CHALLENGES

Take on your fellow coworkers in a healthy competition using Healthyroads.com to track your progress. Or, just motivate yourself to get healthier by completing a daily challenge emailed to you around a topic of your choosing.

Don't Forget!

You also have access to Healthyroads Coaching® programs to help you manage your weight, quit smoking, exercise more, or stress less. To enroll, go to the Health Resources section on Healthyroads and follow the prompts.





A LIFELONG JOURNEY

Use these tools to take stock in your health and continue on your path today, tomorrow, and forever. The way to a healthier you is at your fingertips! Log on to [Healthyroads.com](https://www.healthyroads.com) or call 877.330.2746 and travel to health today.



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.

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.

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