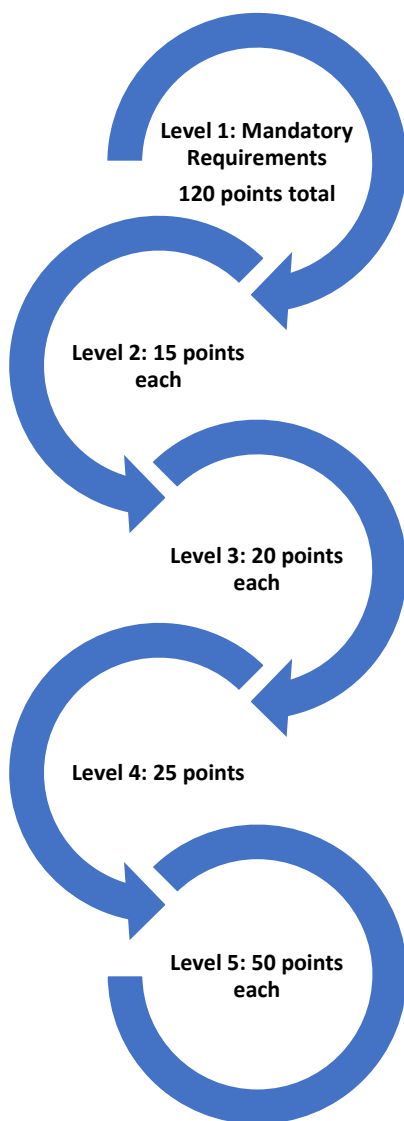


## NEW! 2022 SMH Wellness Program

SMH is excited to bring you our BRAND NEW 2022 Employee Wellness Program. Employees who complete activities, including mandatory requirements, will be eligible to earn up to \$300 per year. Each activity has a point value which is listed below (1 point = \$1). Start by completing the base requirements on or after January 1, 2022. You will need your new Blue Cross Blue Shield of Louisiana member ID number to get started.



- Sign Up For and Link Your Online BCBSLA Member Account
  - Complete Wellness Assessment on Wellness Portal
  - Log Tobacco Attestation on Wellness Portal
- 
- Dental Visit (maximum 2 per yer)
  - Eye Exam
  - Donate Blood at an SMH or Ochsner Blood Bank
  - Onsite/virtual events (maximum 4 per year)
- 
- Complete a Company Challenge (maximum 2 per year)
  - Participate in a Community Event
  - Learning Modules - within wellness portal (maximum 2 per year) or led by SMH Benefits/insurance partner (maximum 4 per year)
- 
- Engaged with the Ochsner Digital Medicine Program (points awarded monthly. Please refer to Digital Medicine compliance guidelines for engagement rules.)
- 
- Biometric Screening
  - Wellness Exam with Physician (see table on page 3 for eligible wellness exams)

### **What is the value of the rewards that employees can earn?**

The value of the rewards is based on the type of activity you complete in the figure on page 1. The maximum number of points that you can earn is 300 points per year.

### **How often are rewards paid out?**

Rewards are paid out quarterly through SMH Payroll.

*Please note that our wellness program uses rewards to encourage participation, and rewards are taxable.*

### **What resources are available to help me quit tobacco use?**

There are several programs to help you stop using tobacco – and the best part, most are available at no cost to you. Our medical plans pay 100% of the cost of preventive / routine counseling for tobacco cessation as well as eligible prescriptions.

- 1) Ochsner Smoking Cessation Clinics
  - <https://www.ochsner.org/services/smoking-cessation-clinic>
  - For more information, contact [tobaccofree@ochsner.org](mailto:tobaccofree@ochsner.org) or [wellnessinstitute@ochsner.org](mailto:wellnessinstitute@ochsner.org) or by phone: 504-842-7490 or 1-844-371-5806.
- 2) Membership in the Scott Class, Smoking Cessation Trust
  - <https://www.smokingcessationtrust.org>
  - Must be a current Louisiana resident and started smoking prior to September 1, 1988
  - Receive at no cost: cessation medications, individual/group cessation counseling, telephone quit – line support, and/or intensive cessation support services
  - Program sponsor must complete the Scott Class Tobacco Cessation Trust Attestation, which is available under HR Forms on the Benefits portal or on the BCBSLA portal
- 3) Freedom From Smoking® Online Course
  - <http://www.ffsonline.org> - Three Month Premium Membership
  - Online program with modules, each containing several lessons to help you quit
  - The cost of the program is \$99.00, which can be paid for using your FSA or HSA
  - Certificate of Completion will be provided upon completion of course
- 4) Quit With Us LA
  - <http://www.quitwithusla.org> or call 1-800-Quit-Now
  - Free phone-based tobacco cessation program sponsored by The Louisiana Campaign for Tobacco-Free Living
  - Assigned a Quit Coach to who will help you develop an individualized quit plan
  - Request a Certificate of Completion from your Quit Coach

5) Mississippi State Department of Health

- <https://www.quitnow.net>
- Coach Support 1-866-784-8454
- Partner with a coach to create a unique Quit Plan, plus get personalized guidance and support each step of the way.
- Mississippi Quit Line: 1-800-784-8669 (1-800-QUIT-NOW)
- [Quitlinems.com](http://Quitlinems.com) gives you a personalized quit plan and feedback from a professional counselor based on information about you and your tobacco use.
- Once you register with the online counseling and provide some basic information, you'll complete a quit plan and set a quit date. Your plan includes three sessions with a counselor who works with you while you prepare to quit, and after.

6) Physician Recommended Tobacco Cessation Program

- You have the option to quit with the help of a physician
- Please contact your doctor about the options available to you
- Physician must complete a Physician Attestation which is available under Forms on the Benefits portal or on the BCBSLA portal

If you complete one of the tobacco cessation programs above and submit proof of completion by March 31, 2022, your medical premiums will revert to the non-tobacco rate retroactive to January 1, 2022.

**What learning modules are eligible for the Level 2 reward?**

Learning modules will be announced periodically and will cover topics such as health, retirement, and student loans.

**What wellness exams are eligible for the Level 5 reward?**

In addition to your routine physical, the following screenings are eligible for rewards:

Screening Type	Age to Start
Mammography	40
Colonoscopy, Cologuard, or FIT kit	45
Pap Smear	21
Hep C	18 (one per lifetime)
HIV	18 (one per lifetime)
Chlamydia	18
Annual Exam	21
Well Woman Exam	21
Skin Cancer Screening	18

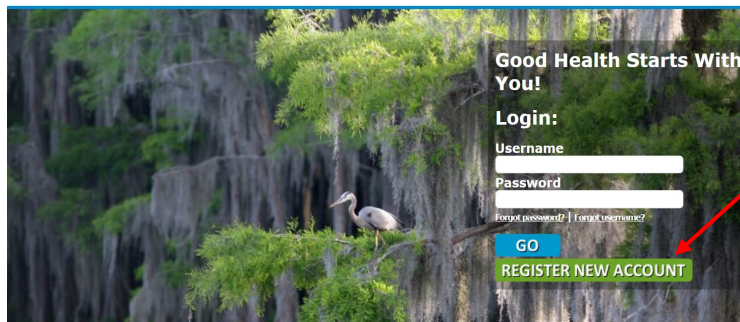
**Remember:** Wellness exams are also eligible for the wellness benefit under the AFLAC plans if you are enrolled.

**What is the deadline for completing activities?**

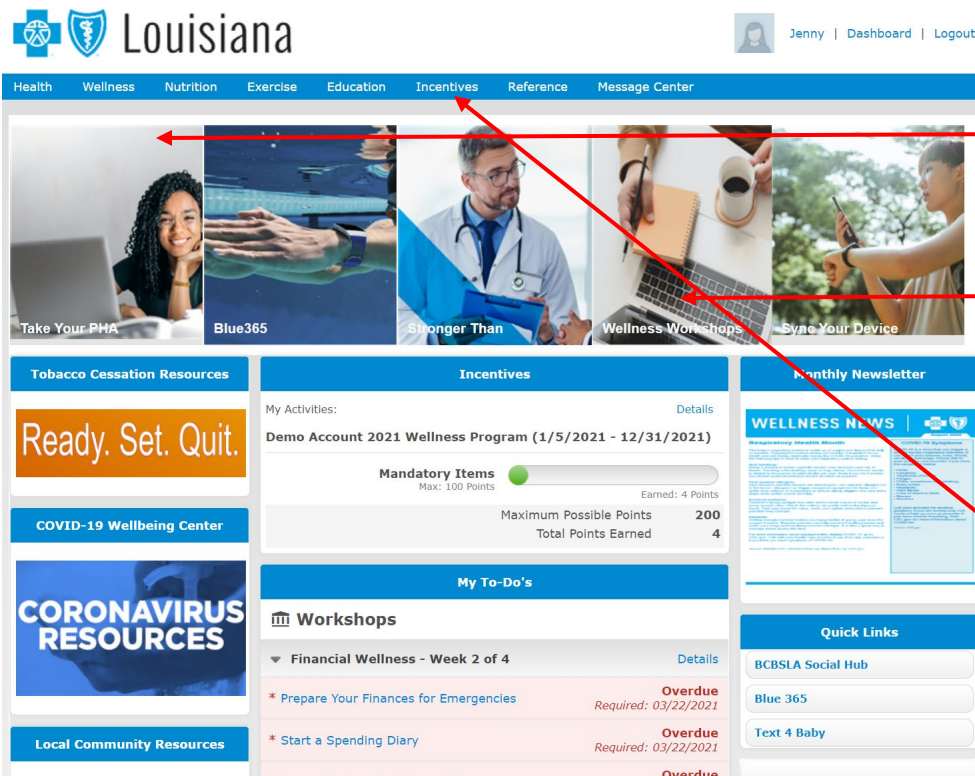
Please plan accordingly to have all activities completed between January 1, 2022 and November 30, 2022 and recorded in the Wellness Portal by December 1, 2022.

**What if I am unable to complete the activities?**

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, contact [benefits@slidellmemorial.org](mailto:benefits@slidellmemorial.org).



Log on to [www.bluewellnessla.com](http://www.bluewellnessla.com) and click "Register New Account". Create username and password. **Username: SMH Network Login** (first and last initial along with 5-digit badge ID)  
Enter location code: **78T06ERC**



**To take a Personal Health Assessment:**  
Click "Take your PHA" (incentive points will be given once PHA is completed)

**To take a Workshop:**  
Click "Wellness Workshops" to participate in a workshop (incentive points will be given once workshop is completed)

**To log all other activities:**  
Click "Incentives" tab then click "Healthy Habit" tab. Click "Complete" and give activity name and date of activity. Click "Update" then verify information to be accurate by clicking "OK".

**To track completed activities:  
Click "Incentives" tab then click "Incentive Summary"**