

Slidell Memorial Hospital

2023 Wellness Program



JOIN US IN GETTING HEALTHIER TOGETHER!

Employees and spouses or domestic partners on the health plan who complete wellness activities before November 30, 2023 can earn up to \$300 each.

DON'T MISS OUT!

Log wellness activities for points in our wellness portal at bluewellnessla.com. Simply check off each activity and enter a few details. Each quarter you complete wellness activities, you'll be awarded the incentive earned (up to \$300 per year) through our new FORMA wellness account. See pg. 2 for a list of activities.

1 wellness point = \$1

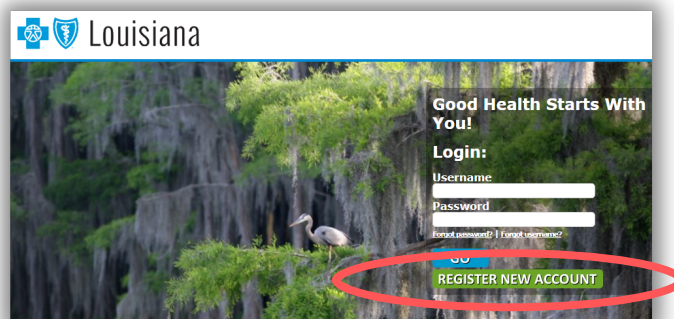
IF YOU'VE YET TO REGISTER FOR A BCBS WELLNESS ACCOUNT, CREATE ONE TODAY! This is different than the BCBS Member Account. If you have already created a wellness account, please do not create a duplicate account.

Visit bluewellnessla.com and click **Register New Account** and complete all required fields.

SMH EMPLOYEES: Enter **78T06ERC** on the Registration Page as the Location Code.

SPOUSES/PARTNERS: Enter **78T06ERCS** on the Registration Page as the Location Code.

If you have registered a wellness account and need assistance with your username or password, email wellnessinfo@bcbsla.com.



[WWW.BLUEWELLNESSLA.COM](https://www.bluewellnessla.com)

75
points each

- **ANNUAL WELLNESS VISIT WITH A PCP**
- **PREVENTIVE SCREENING (MAX OF 1)**

Mammogram, PSA, Colonoscopy/Cologuard/FIT Kit, PAP, HIV, Hep C, Chlamydia, Well Woman Exam, Skin Cancer Screening.

50
points each

- **ONLINE PERSONAL HEALTH ASSESSMENT**
- **DENTAL VISIT (MAX OF 2)**
- **VISION EXAM**
- **ONSITE HEALTH SCREENING**

Event dates will be shared when available.

25
points each

- **OCHSNER DIGITAL MEDICINE PROGRAM (MAX OF 4)**

Call 1-866-273-0548 to enroll.

- **OCHSNER HEALTHY BACK PROGRAM**

Call 1-877-889-2976 to enroll. Must complete 20 visits.

- **TOBACCO FREE ATTESTATION OR COMPLETE A TOBACCO CESSATION COURSE**

Contact Ochsner's smoking cessation services at 1-504-842-7490 or tobaccofree@ochsner.org to enroll.

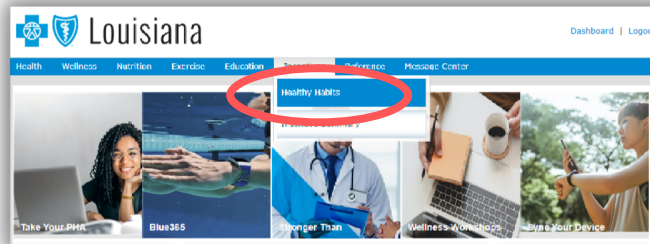
15
points each

- **DONATE BLOOD AT SMH OR OCHSNER BANK**
- **ATTEND A WELLNESS WEBINAR (MAX OF 4)**
- **COMPLETE A HEALTH CHALLENGE (MAX OF 2)**
- **ENROLL OR ACTIVELY ENGAGE IN BCBSLA MEMBER ACCOUNT AT BCBSLA.COM**
- **COMMUNITY EVENT (MAX OF 4)**
- **VISIT WITH A NUTRITIONIST (MAX OF 2)**

Call 1-985-280-1564 to schedule an appointment.

How to log a wellness activity:

Click Incentives in the top navigation, then Healthy Habits. Click the check box next to each completed activity and enter any details.



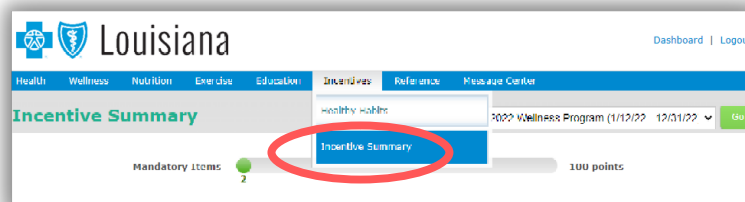
How to complete your Personal Health Assessment (PHA):

Click Take Your PHA in the top left-hand corner of the moving widgets. Click Continue.



How to view your incentive status:

Click Incentives in the top navigation. Click Incentive Summary to view the wellness activities you've completed to be eligible for the \$300 incentive paid quarterly through FORMA.



Questions? Email benefits@slidellmemorial.org or call 1-985-280-1533.

If you do not meet or you are unable to achieve the standards for the reward under this program, call 1-985-280-1533 and we will work with you in light of your health status to develop another way to qualify for the reward.

Slidell Memorial Hospital's wellness program is designed to improve your wellbeing and provide you with resources to better understand future health risks. Your confidentiality is important. Your personal health information will never be shared with your employer.