

Good Health is Money in Your Pocket

How to Earn Rewards in the 2010 *Be Healthy* Program

For 2010, benefits-eligible employees can earn awards for completing the following:

Program Element	How to Participate	Benefit	Reward*
Complete Online Health Assessment —Complete the online Health Assessment during Annual Benefits Enrollment (October 29 – November 12, 2009) if you are a current employee or within 14 calendar days of your hire date if you are a new employee.	Log in to www.myTHR.org and select the <i>Be Healthy</i> link on the left side of the page. Then click on the Health Assessment link. The Health Assessment may be completed anytime, but only employees that complete during their enrollment period will receive the award.	This report helps you understand more about your personal health and health risks.	\$100
Get Biometrics/Lab Panel —Get a biometric screen at your entity's health fair or if you are enrolled in the Total Health Medical Plan, get a full lab panel through your doctor between January 1 and December 31, 2010.	Get a biometric screen at an entity health fair. OR for Total Health Medical Plan members, the following codes qualify for this reward: 80048, 80050, 80053, 80055, 80061, 82947, 82950, 82951, 82961, 82962	Biometrics tell you and your doctor about your current health, identify health risks, and provides important information for managing your health.	\$50
Complete a Lifestyle Management Program —Complete the program online or by phone between January 1 and December 31, 2010.	Log in to www.myTHR.org and select the <i>Be Healthy</i> link on the left side of the page. Then click on Online Health Coach. OR call 1-877-MyTHRLink (1-877-698-4754) and select option 4, prompt 3 and ask to enroll in a Wellness Coaching Program.	This program helps you evaluate your lifestyle, identify opportunities for improvement, and get support in making changes.	\$50
Complete a Stress Assessment —Complete a Stress Assessment by telephone between January 1 and December 31, 2010.	Call 1-877-MyTHRLink (1-877-698-4754) and select option 4, prompt 4 and ask to complete your Stress Assessment.	A coach can help you identify the things that cause stress and offer options to help manage stress.	\$50
Get a Preventive/Wellness Exam —Get a preventive/wellness exam through your doctor between January 1 and December 31, 2010. You must be enrolled in the Total Health Medical Plan to participate in this element.	For Total Health Medical Plan members, the following codes qualify for this reward: Age 18-39: New Patient 99385, est. patient 99395 Age 40-64: New Patient 99386, est. patient 99396 Age 65+: New Patient 99387, est. patient 99397	Your doctor may be able to identify your risk for future medical problems, screen for diseases, encourage a healthy lifestyle and update your vaccinations.	\$25
Complete an Online Back Health Assessment —Complete a Back Health Assessment online between January 1 and December 31, 2010.	Log in to www.myTHR.org and select <i>Be Healthy</i> link. Then select Healthy Back from the Helpful Links drop-down box in the upper-right corner. Since the Healthy Back program is administered by a separate vendor, you will need to register to complete the assessment.	The assessment helps you identify risks to your back and learn how to care for your back.	\$25

*One award per element per year

Based on age and gender, employees enrolled in the Total Health medical plan can earn gift cards for completing the following:

Cancer Screenings

Type of screening exam	Recommended first exam	Recommended follow-up exams	You pay under the Total Health Medical Plan	Reward
<i>Colorectal cancer—colonoscopy</i> This type of cancer can be very successfully treated when detected early. It involves cancer cells that grow in the colon, rectum, or both. According to the American Cancer Society, 90% of cases are in people over age 50.	Men and women starting at age 50	Every 10 years	\$100 copay	\$25
<i>Breast cancer—mammogram</i> This type of cancer is the second leading cause of death among American women. But most women who are diagnosed at an early stage survive and continue to live normal lives.	Women starting at age 40	Every year	Covered at 100% one time per year	\$25
<i>Prostate cancer—prostate exam or PSA test</i> One out of every six men will have this type of cancer. It usually begins as a tumor in the prostate gland, but it can spread. It is the second most common type of cancer among American men.	Men starting at age 50	Every year	Office visit copay applies if done in doctor's office	\$25

Maternity Support Program

If you enroll in the Maternity Support Program by your 16th week and actively participate through the sixth week after your baby is born, you will receive a \$100 gift card. Active participation means taking calls from the Maternity Support Program and EAP, as well as completing the post-partum assessment by the 6th week after the birth of your baby. For more information, call 1-(877) MyTHRLink (1-877-698-4754) and select prompt 2.

**If you have questions about the 2010 *Be Healthy THR* program, Web site or gift cards, call 1-877-MyTHRLink (1-877-698-4754) and select option 4, prompt 3.
Or send an email to BeHealthyTHR@texashealth.org.**