

# 2018 Support Programs

## Health You®

The following programs are offered to associates participating in the Advocate EPO or PPO medical plans and their covered spouse/partner. These programs are offered to support better health and provide participants the opportunity to earn the 2018 Healthe Rewards Credit. \*

<b>Healthe Weight Support Program Options</b>	<ul style="list-style-type: none"> <li>• Supports associates with a Body Mass Index (BMI) outside of Healthe Range (18.5 – 24.9), based on their Healthe Measures Screening results.</li> <li>• Participants can choose from several program options to help improve BMI.</li> <li>• Learn more about your options on your Healthe Rewards Page. All programs must complete the Whole Person Wellbeing Online Program and all components of the program by Nov. 30, 2018.</li> </ul>
<b>Healthe Measures Program</b>	<ul style="list-style-type: none"> <li>• Supports associates with a blood pressure, glucose, or cholesterol risk at their Healthe Measures Screening.</li> <li>• Participants must enroll in and complete the Healthe Measures Online Program, which includes online health courses. You must score an 80% or higher on the accompanying quizzes. Deadline to complete the Healthe Measures Online Program is Nov. 30, 2018.</li> </ul>
<b>Healthe Habits Program</b>	<ul style="list-style-type: none"> <li>• The Healthe Habits Program is a lifestyle change program that focuses on providing the motivation and support to establish and maintain the healthy habits of nutrition, activity, sleep and stress management. This program will connect you with your own intrinsic reason for change and support you throughout your health improvement journey. This program is delivered via video-conferencing and e-learning modules.</li> <li>• To be eligible for this program, participants must have a BMI over 24.9 and glucose of 100-125 at their Initial Screening. To earn a Healthe Rewards Credit, participants must enroll on their Healthe Rewards Page by Aug. 17, 2018. A 3-month minimum engagement is required to earn a credit in addition to completing the Whole Person Wellbeing Online Program by Nov. 30, 2018.</li> </ul>
<b>AdvocateCare Condition Management Program</b>	<ul style="list-style-type: none"> <li>• This free, confidential program supports participants who have chronic or complex health conditions.</li> <li>• Participants will work with a Care Manager over the phone to learn more about how to manage their condition and the available treatment options. The Care Manager will work with you and your primary care physician to align the appropriate resources for your condition.</li> <li>• To earn a Healthe Rewards Credit, participants must enroll in AdvocateCare by Aug. 17, 2018, complete a 3-month engagement and complete the Whole Person Wellbeing Online Program by Nov. 30, 2018.</li> </ul>

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<p><b>Healthy Beginnings Maternity Support Program (MATE)</b></p>	<ul style="list-style-type: none"> <li>• Designed to help expecting mothers and their babies get off to a healthy start by providing prenatal and postnatal health education and guidance from pregnancy to six weeks after delivery.</li> <li>• Eligible participants are invited into the program by a Care Manager and must enroll on their Healthe Rewards Page by Aug. 17, 2018. To earn a credit, participants must complete at least 3 months of engagement with a Care Manager and the Healthe Mom &amp; Baby Online Program by Nov. 30, 2018.</li> </ul>
<p><b>Inspira Health (formerly ICM3)</b></p>	<ul style="list-style-type: none"> <li>• Inspira is a holistic team approach to health care designed to help participants cope with multiple or continuing chronic health problems. The Inspira clinical team partners with participants to support healing and long-term health.</li> <li>• To be eligible for this program, participants must have a combination of complex chronic conditions. Eligible participants are contacted by a case manager with Inspira and must enroll on their Healthe Rewards Page by Aug. 17, 2018. A 3-month engagement is required to earn a Healthe Rewards Credit in addition to completing the Whole Person Wellbeing Online Program by Nov. 30, 2018.</li> </ul>
<p><b>Livongo</b></p>	<ul style="list-style-type: none"> <li>• Livongo is a digital health company that empowers people with diabetes to live a better life. By offering the right information, tools, and support, members receive real-time personalized insights and support to make diabetes management easier.</li> <li>• Eligible participants must enroll in Livongo on their Healthe Rewards Page by Aug. 17, 2018. Participants must also register with Livongo and activate their meter by Aug. 24. A 3-month engagement with a Livongo Certified Diabetes Educator is required to earn a Healthe Rewards Credit in addition to completion of the Whole Person Wellbeing Online Program by Nov. 30, 2018.</li> </ul>
<p><b>Healthe Mom &amp; Baby</b></p>	<ul style="list-style-type: none"> <li>• Female participants who are pregnant/post-partum or have a pregnancy-related condition are eligible to participate in and complete the Healthe Mom &amp; Baby program to earn their Healthe Rewards Credit.</li> <li>• Participants with an approved BMI waiver will earn the \$200 portion of their Healthe Rewards Credit, but must complete the Healthe Mom &amp; Baby Program to earn the additional \$600 credit. Deadline to enroll in the program is Aug. 17 and deadline to complete is Nov. 30, 2018.</li> </ul>

\*All support programs, except Healthe Measures, MATE and Healthe Mom & Baby, include a 4% BMI improvement goal or BMI within Healthe Range at a Follow-Up Screening to be eligible for the \$200 portion of the Healthe Rewards Credit.