

Be Well SHBP Microsite Text

Contents

The following provides a list of the different pages that make up the BeWellSHBP.com website. Please use “control + Click” on any page to jump to that page in this document.

- 1. Home Page 3
- 2. Privacy Statement 5
- 3. Who Is Healthways 6
- 4. Program Overview 7
- 5. Incentives 8
- 6. Eligibility 11
- 7. Well-Being Assessment 12
- 8. Well-Being Connect 14
- 9. Biometric Screenings 16
- 10. Phone Coaching..... 19
- 11. Online Resources..... 21
- 12. Tobacco Cessation 23
- 13. Preventive Care 25
- 14. Healthy Families..... 26
- 15. FAQs - Top Questions 29
- 16. FAQs – Incentives..... 32
- 17. FAQs – Biometrics 34
- 18. FAQs – Coaching..... 37
- 19. FAQs – WBA..... 39
- 20. Get In Touch 41
- 21. [Form] Submit A Question..... 43
- 22. [Form] Provide Feedback..... 44
- 23. [Form] Request a Presentation 45
- 24. Appeals –to be posted until 2/1/17..... 46
- 25. Appeals –to be posted 2/1/17 48
- 26. Onsite Support 50
- 27. Resources for Providers..... 52
- 28. Supporting the Provider 53
- 29. Supporting Biometrics 54
- 30. Supporting Tobacco Cessation 56

31. Supporting the WBA.....	57
32. Ambassadors	58
33. Ambassador FAQs.....	59
34. Ambassador Application	61
35. Ambassador Nomination.....	62
36. Ambassador Login	63
37. What's New (password protected)	64
38. Toolkit (password protected).....	65
39. Screening Support Materials (password protected).....	66
40. Health Education Library (password protected).....	68
41. Resource Webpage	70

What if your life could be better than you ever imagined?

And what if it could start here? Now. Welcome to your *Be Well SHBP* well-being program website. Come in. Click around. See how simple it is to connect to all the tools and resources to help you meet your well-being goals. We want you to have the best well-being experience you've ever had. One that actually helps make reaching a goal fun so you can live fully and enjoy more of the good things that are meaningful to you. Like more hearty laughs with friends. Playing with your kids. Earning a paycheck. Celebrating birthdays. Living healthier and happier. Longer. Help yourself to all of it. And visit often to see what's new. Start your journey today by taking your Well-Being Assessment.

[Complete your WBA now](#)

[Program Overview Brochure.](#)

View a guided tour the features of Well-Being Connect

(WBC video)



Video shows a demo site and some images may vary from the *Be Well SHBP* Well-Being Connect.

(WBA How-To video)



How to take your WBA

Give yourself the gift of health.

Take a short survey and receive a personal well-being plan with recommendations and actionable steps to become your best self.

[Take my WBA](#)

[Learn more](#)

(QuitNet video)



QuitNet Overview

Become tobacco free.

Every attempt to quit tobacco is worth the effort. It takes planning, support and sometimes, all the willpower you've got. But quitting for good is absolutely possible.

[QuitNet can help](#)

(Right column) -----

GET STARTED

- Take My Well-Being Assessment
- Schedule a Biometric Screening
- Download a 2017 Physician Screening Form
- Start Coaching
- Learn About Incentives

Well-Being Connect.

Use Well-Being Connect as your personalized online solution for getting healthy physically, emotionally, and socially. This convenient, powerful website offers you a variety of tools and resources to improve or maintain your health and well-being.

[Log in](#)

Privacy Statement

Your privacy is protected.

And it's important to us. We make sure that your personal information remains safe and confidential in accordance with federal and state laws. Please understand that any time Healthways may reach out to you by phone and a spouse or family member answers, we can't discuss the program until we have first spoken with you. After you've identified yourself, you may give us permission to talk to other members of your family if you choose. This process allows us to safeguard your medical and insurance information, as required by the Health Insurance Portability and Accountability Act (HIPAA). Healthways is not a telemarketing service and does not sell any of your information to anyone.

Who Is Healthways

Who is Healthways?

The *Be Well SHBP* program is administered by Healthways. Our team of global well-being experts have spent over 30 years inspiring almost 40 million people worldwide to achieve their highest level of well-being and create a healthier world, one person at a time. How do they do it? When you have a specific goal, Healthways' caring health professionals understand what you're going through to reach it. It's not always easy. But their support can make it a little better so you never have to go it alone. Healthways uses proven health support techniques and quality medical information to meet you where you are and help you get to where you want to go. Any health information you share with a Healthways professional is confidential and protected by law.

Program Overview

Make the most of your well-being program.

The *Be Well SHBP* well-being program, administered by Healthways, encourages – and rewards – your efforts to improve your health and well-being.

[View the 2017 program overview flyer](#)

Click on the links below to learn more about the different features of each program, who is eligible and how to earn incentives for participation.

- Program Incentives
- Program Eligibility
- Well-Being Assessment (WBA)
- Biometric Screening
- Well-Being Connect online portal
- Well-Being Coaching
- [Online Resources](#)
- Tobacco Cessation
- Preventive Care
- Healthy Families

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Take the first step.

Start your Healthways Well-Being Assessment now. It takes less than 20 minutes and you are on your way to earning rewards.

[Log in take your WBA](#)

Quick Links

- [Program Overview Brochure](#)
- [View Program FAQs](#)
- [Download a 2017 Physician Screening Form](#)
- [Submit a Question](#)
- [Privacy Statement](#)

Incentives

Get rewarded.

You and your covered spouse can each earn **480* well-being incentive credits** when you complete certain well-being actions. As you earn credits, the State Health Benefit Plan (SHBP) deposits them into the accounts below to help you offset eligible medical expenses:

Blue Cross and Blue Shield of Georgia MyIncentive Account (MIA)

- Health Maintenance Organization (HMO)

Blue Cross and Blue Shield of Georgia HRA

- Health Reimbursement Arrangement (HRA)

UnitedHealthcare Health Incentive Account (HIA)

- Health Maintenance Organization (HMO)

- High Deductible Health Plan (HDHP)

- [How well-being incentive credits work flyer](#)

To earn your well-being incentive credits, complete the following steps between Jan. 1, 2017, and Dec. 15, 2017.

1. Take a Well-Being Assessment™ (WBA)

[Complete your Healthways WBA](#) that takes less than 20 minutes to complete. The WBA is a quick confidential survey, designed by health experts, that assesses life and environmental factors that impact your well-being. It takes a look at your physical, social and emotional health based on how you answer your questions. At the end, you'll get your 2017 well-being score and report so you know where your well-being stands.

WBA + Biometric Screening = 240 well-being incentive credits

WBA + Phone Coaching or Online Tracking = 240 well-being incentive credits

2. Get a Biometric Screening

A biometric screening is a quick and easy check-up that helps evaluate your health and may pinpoint health issues before they become detrimental. A health care professional collects your height and weight measurements, waist measurement and blood pressure. They will also take a blood sample to measure cholesterol, glucose and triglycerides. You have two options:

- Attend a SHBP-sponsored screening event
- or -
- Visit your personal physician – [Download a 2017 Physician Screening Form](#) and take to your doctor to complete. Deadline to submit a 2017 Physician Screening Form is December 15, 2017.

WBA + Biometric Screening = 240 well-being incentive credits

3. Take action

Complete your WBA, then use the tools appropriate for you. You can earn up to an additional 240 well-being incentive credits.

GET A WELL-BEING COACH

Give phone coaching a try. Healthways well-being coaches are health care professionals who will meet with you over the phone for quick 10-15 minute sessions every four to six weeks to offer guidance and encouragement. Earn 60 well-being incentive credits for completing one coaching call in a calendar month. (You can do this four times in the plan year to earn up to 240 credits.)

**WBA + one coaching call in a calendar month
= 60 well-being incentive credits**

USE ONLINE TRACKERS

Keeps tabs on your healthy habits in the Well-Being Connect portal. Record your exercise, steps, weight, food servings and more with online trackers. Use the same tracker five times within a calendar month to earn 40 well-being incentive credits. (You can do this six times in the calendar year to earn up to 240 credits.)

**WBA + same tracker five times in a calendar month
= 40 well-being incentive credits**

(page footnote)

- *The 2017 incentives do not apply to Kaiser Permanente or the Medicare Advantage Options.
- For detailed information on all SHBP plans, review the Summary Plan Description at <http://dch.georgia.gov/shbp-plan-documents>

(Right column) -----

Take the first step

Start your Well-Being Assessment now. It takes less than 20 minutes and you are on your way to earning rewards.

Log in take your WBA

View program overview flyer

[Learn how credits work flyer](#)

Visit the FAQ page for answers to questions like:

- What happens during a Biometric screening?
- When will my 2016 Well-Being Incentive Credits rollover?
- What are the Healthways well-being coach credentials?

Eligibility

Who's eligible?

Are you making the most of the *Be Well SHBP* program? Check the chart below to make sure you are using all the tools and resources available to help you on your well-being journey.

Be Well SHBP Resources*	BCBSGa or UnitedHealthcare Member	BCBSGa or UnitedHealthcare Spouse	BCBSGa or UnitedHealthcare Dependent 18+
Incentives	x	x	
Well-Being Assessment (WBA)	x	x	x
Well-Being Plan	x	x	x
Well-Being Connect	x	x	x
Biometric Screenings	x	x	
Physician Screening Form	x	x	
Telephonic Coaching	x	x	x
Online Coaching	x	x	x
QuitNet Tobacco Cessation Program	x	x	x
Well-Being Connect Mobile App	x	x	x
Wellness Challenges and Activities	x	x	x

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- *The *Be Well SHBP* program does not apply to Kaiser Permanente or the Medicare Advantage Options.

Well-Being Assessment

Do more for your well-being.

Take the Healthways Well-Being Assessment™ (WBA).

When you feel good, everything can seem a little better. And because your well-being can change quickly, your *Be Well SHBP* program connects you to the Healthways Well-Being Assessment™ (WBA) to help you see where you are. It's a simple, confidential questionnaire that looks at your lifestyle habits and current health to see what may be helping or hurting your overall well-being. Simply answer a few focused questions and get instant feedback in your Well-Being Report, including suggested ways to take your well-being right where it should be. Up. Happy. It's all about helping the "total you" – body, emotions, spirit, your work life and lifestyle – stay balanced.

WBA + Biometric Screening

= 240 well-being incentive credits

WBA + Phone Coaching or Online Tracking = 240 well-being incentive credits

Create Your Well-Being Plan

After completing the Well-Being Assessment, you will create a personalized summary of your overall well-being that offers actionable steps you can take to improve your well-being. Each plan is specific to you with recommendations and focus areas to keep you motivated and on track. For example, you may receive fitness, nutrition, and stress management plans that promote healthy behaviors to help you reach your healthy best.

Earn Rewards

You and your covered spouse can each earn up to 480 well-being incentive credits just by participating in the *Be Well SHBP* Program. Click [here](#) to learn more about rewards. And when you are ready to start earning, your first step is to take your WBA. [Click here to log in to Well-Being Connect](#) and start your WBA now.

Key Dates

To qualify for well-being incentives, you must complete the WBA between January 1, 2017 and December 15, 2017.

Videos

 How to Take Your WBA	 How to retrieve your username	 How to reset my password
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(Right column) -----

Get Started

Start your WBA now!

WBA + Biometric Screening

= 240 well-being incentive credits

WBA + Phone Coaching or Online Tracking = 240 well-being incentive credits

Quick Links

How to take your WBA guide (link to pdf)

WBA overview flyer (link to pdf)

WBA FAQs (link to pdf)

Privacy statement (links to page)

Well-Being Connect

Tell me more about Well-Being Connect™.

Healthways provides [Well-Being Connect](#),™ a guided online website that provides you personalized resources designed to inspire improved health and well-being. This convenient, powerful website provides a variety of tools and resources to improve or maintain your health and well-being.

Well-Being Connect™ Overview



FEATURES

- Evaluate your overall lifestyle, health, and well-being using a confidential questionnaire called the Healthways Well-Being Assessment™ (WBA).
- Get a customized Well-Being Plan targeted to help you meet your personal well-being goals.
- Get a self-guided online coaching experience when you choose three Focus Areas that match your health priorities, or those suggested in your WBA report along with the recommended trackers, articles and other tools.
- Access articles, videos, recipes, and more to support your health and well-being goals.
- Find motivational tips and tools to keep you on track.
- Record daily behaviors and see progress for weight, exercise, medication, tobacco use, healthy eating and more using online trackers. Share your experiences within the Well-Being Connect
- Join chatter sessions, update group activities, share personal stories, tips and successes—even share on Facebook.
- See [incentives](#) earned through the *Be Well SHBP* program.

[Download Well-Being Connect Resources and Tools Flyer](#)

EARN REWARDS

Remember, you and your covered spouse are eligible to receive well-being incentive credits when you complete the Well-Being Assessment and record online activities. For more information on well-being incentive credits, [click here](#). Or [login to the Well-Being Connect portal](#) and get started earning.

WBA + same tracker five times in a calendar month = **40 well-being incentive credits**

(You can do this six times in the calendar year to earn up to 240 credits.)

Well-Being Connect Mobile App

Download this mobile app to help you stay connected to your Well-Being Connect resources on-the-go. Works with iPhone®, iPod® Touch and Android™ platforms.

(Button): [Google Play](#) (Button): [iTunes](#)

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Get Started:

Click the button below to go to the Well-Being Connect portal and begin using your online tools.

Log in to Well-Being Connect

WBA + same tracker five times in a calendar month = **40 well-being incentive credits**
(You can do this six times in the calendar year to earn up to 240 credits.)

More Info?

Call or email Healthways

888-616-6411

BeWellSHBP.service@healthways.com

Quick Links

[Video: How to take your WBA](#)

[Video: How to reset your password in Well-Being Connect](#)

[Well-Being Connect Resources and Tools Flyer](#)

Biometric Screenings

Know your numbers; extend your life.

Participate in a biometric screening or see your physician.

A few simple numbers can determine a lot about your health and well-being. To make positive lifestyle changes, you need to know where to start. During your screening, a health professional will collect measurements, including height, weight, blood pressure and waist circumference. A sample of your blood will be collected to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle-related health complications. The biometric screening does not test for illicit drugs, HIV/AIDS, or hepatitis. The results are not shared with your employer.

WBA + Biometric Screening
= 240 well-being incentive credits

How you benefit:

- You get a personalized report highlighting your results from the screening.
- You get a detailed explanation of what your numbers may mean and the healthy target ranges.
- You learn about areas for improvement and recommendations, if needed.

Two ways to complete a screening.

1. At a SHBP-sponsored onsite screening event.

Schedule an onsite screening appointment

<< pop-up posted until 1/17/17 >>

SHBP-sponsored screenings events are currently being scheduled. Screenings will occur February through September 2017. The scheduling tool will open on January 17, 2017. Please check back January 17 to schedule your appointment.

SHBP-sponsored onsite biometric screenings are held at different worksite locations throughout the State of Georgia. To locate a screening event or to schedule an appointment, click the links below. You can schedule your screening appointment **up to 10 business days before** the event date.

- [Biometric Screenings by Region \(links to pdf\)](#)
- [Biometric Screenings by Event Date \(links to pdf\)](#)

<<Posted the day after the last screening. The above will be removed and only the text below will be offered>

All SHBP-sponsored onsite biometric screening events for 2017 have ended.

2. With your physician.

Download your 2017 Physician Screening Form here

The 2017 Physician Screening Form is a form that your physician can complete with biometric results from your next wellness visit or annual physical exam. Download a 2017 Physician Screening Form by clicking the link on this page and print a copy to take with you to your doctor's appointment. Make sure to follow the directions and mail your completed form to the return address listed or fax to the number as listed on the form.

Key Dates.

Onsite screening events will be offered throughout the State of Georgia between **February** and **September 2017**. All signed physician forms must be dated and received prior by **December 15, 2017** to qualify towards the well-being incentive credits.

Earn Rewards.

You and your covered spouse are eligible to receive 240 well-being incentive credits once you complete your screening and complete your Healthways Well-Being Assessment™. For more information about your incentives, [click here](#).

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Get Started

Schedule a SHBP-sponsored onsite screening appointment

Download your 2017 Physician Screening Form

WBA + Biometric Screening
= 240 well-being incentive credits

Questions

Call or email Healthways with Questions

888-616-6411

BeWellSHBP.service@healthways.com

Learn More

Understanding what the Biometric Screening measures and why (PDF)

Privacy Statement [Link to Privacy page]

Preparing for your Screening (PDF)

Biometric Overview Flyer (PDF)

Biometric Screening FAQs (PDF)

Phone Coaching

Get a Healthways Well-Being coach.

Give phone coaching a try. Healthways well-being coaches are health care professionals who will meet with you over the phone for quick 10-15 minute sessions every four-six weeks to offer guidance and encouragement. Earn 60 well-being incentive credits for completing one coaching call in a calendar month. (You can do this four times in the plan year to earn up to 240 credits.)

WBA + one coaching call in a calendar month= **60 well-being incentive credits**

Find healthy answers and encouragement. Eat better.

Lose weight. Stress less. Quit tobacco. Get active. Feel happier.

Most of us would really like the chance to change something about our lifestyle. And, sometimes, just having extra support from someone who knows what you're going through can be reassuring. Whether you're setting goals to lose weight, stop smoking, or manage stress, a Healthways well-being coach can help.

How you benefit:

- Your coaching team includes exercise physiologists, health educators, registered dietitians, and other health care professionals
- You get personal one-on-one guidance
- Get guidance in setting realistic goals and strategies for gaining more control over your health
- Get referrals to other services that might be helpful, such as diet, exercise, and nutrition
- You earn well-being incentive credits for participation in just two calls

Call 888-616-6411 to enroll

Download the brochure to learn more

What about Health Coaching from my Health Plan?

You can participate in the Healthways Well-Being Coaching program **in addition** to Health Coaching offered through Blue Cross and Blue Shield of Georgia or UnitedHealthcare. Healthways well-being coaching focuses on lifestyle changes, while your Health Plan Coaching provides you the option to coach with a Nurse to help you manage a chronic health condition. Only Healthways Well-Being Coaching helps you earn 240 well-being incentive credits.

Maximize Your Rewards.

Participation in the Healthways phone coaching and completion of your 2017 Healthways Well-Being Assessment earn you 240 well-being incentive credits. Be sure to also [complete the biometric screening](#)

to earn another 240 well-being incentive credits for a total of 480. Don't forget, your covered spouse is also eligible to earn these same incentives. That's 960 well-being incentive credits per household.

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Get Started

To get more information or to enroll in phone coaching now, call Healthways.
888-616-6411

Prefer a self-guided coaching program?

[Learn more about using online trackers](#) (link to online resource web page) to set your own path while still earning your 2017 incentives.

Quick Links

Coaching Brochure
Coaching FAQ
Online Resources
Privacy Statement

Online Resources

Track your journey.

Keep tabs on your healthy habits using trackers in the Healthways [Well-Being Connect](#) online portal. Record your exercise, steps, weight, food servings and more with online trackers. To start using the online trackers, you will first need to complete your Healthways Well-Being Assessment™ and create your Well-Being Plan. You will choose three Focus Areas that match your health priorities, or you can select those suggested in your Well-Being Assessment. This takes less than 20 minutes to complete. [Login now to begin using the online tools.](#)

WBA + same tracker five times in a calendar month = **40 well-being incentive credits**
(You can do this six times in the calendar year to earn up to 240 credits.)

Trackers that qualify:

- steps
- weight
- exercise
- servings
- food
- tobacco usage
- medication adherence
- personal goal

These aren't trackers but they count just like the trackers above to earn your well-being incentive credits:

- Entries in your journal
- Completing Well-Being Plan action items.

Get a reminder.

Tracker offers the option to set up a reminder email to help you remember to track. You choose how often and when.

Start using trackers

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Get Started:

Click the button below to go to the Well-Being Connect portal and begin using your online trackers.

Log in to Well-Being Connect

WBA + same tracker five times in a calendar month = **40 well-being incentive credits**
(You can do this six times in the calendar year to earn up to 240 credits.)

Discover all the Well-Being Connect tools and resources.

[Watch the Video](#)

[View the flyer](#)

Tobacco Cessation (all new)

Don't quit alone. You have supporters.

Quitting tobacco can be easier than you would think; with QuitNet® to guide and support you. QuitNet lets you choose the support that works best for you. You can choose to participate in the online version of QuitNet or through the phone coaching QuitNet. Or you may choose a combination of the two to help you quit. It's confidential, voluntary and costs you nothing to sign up.

Online QuitNet:

- Set a quit date to mark milestones and track your progress.
- Create a personal profile to connect with other members.
- Take the daily pledge to stay quit.
- Download the Quit Guide.
- Share your feelings, and give and receive encouragement.
- Send and receive private messages with other members and expert coaches.
- Calculate the savings you'll gain when you quit, and more.

Phone coaching QuitNet:

- Made up of a series of five (5) required telephonic calls with a well-being coach including a quit date call and post quit date calls.
- It takes 6-8 weeks to complete the calls.
- If at any time you backtrack and need to restart the program, you can set a new quit date and try again.
- Enroll in the coaching program as many times as you like or feel you need.

How you benefit:

- You get support that fits your specific needs through personal coaching from an expert who understands what you're going through.
- You choose how you get support and how often, over the phone or online.
- Learn strategies for dealing with cravings and avoiding weight gain.
- **Participation can qualify you to have the monthly tobacco surcharge removed.**

Since 1997, QuitNet has helped members save almost \$1.5 billion and 120,000 years of life by quitting tobacco.

(footnote)

<p>(small image of QuitNet Flyer)</p> <p>How to enroll in QuitNet Online(Link to PDF)</p>	 <p>QuitNet Online Overview</p>
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Get Started.

To Join QuitNet online

Follow these steps

To enroll in QuitNet Phone Coaching

Call Healthways at 888-616-6411

Quick Links

[QuitNet Overview Flyer](#)

[QuitNet FAQs](#)

[QuitNet Online How to Enroll](#)

[QuitNet Online Video](#)

[Tobacco Surcharge Removal Requirements](#)

Preventive Care

What preventive care do you need?

You know that saying, “an ounce of prevention is worth a pound of cure”? It’s true. Nothing beats staying in control of your health. In fact, the best time to see your doctor is when nothing hurts. Health impacts your entire life, including your ability to earn a living, care for your family and interact with friends. That’s why your preventive care is so important.

WHAT’S RIGHT FOR ME?

How often and what kind of preventive care you need depends on your age, gender, current health and family history. After you take your Well-Being Assessment, your Well-Being Report will provide a full breakout of the preventive screenings appropriate for you and when to get them. For an overview of all the recommended screenings and how often to get them, download a Preventive Care Checklist to take with you the next time you see your doctor.

WHAT WILL I PAY?

Preventive care is covered at 100% as long as it is provided through an in-network provider and properly coded as preventive care. To learn more, call your Medical Claims Administrator’s Member Services phone number on back of your member ID card for details on coverage or visit their website. To learn more about vaccines, please see the Centers for Disease Control and Prevention (CDC) website: cdc.gov.

Note: These checklists are for informational purposes only and are not meant to take the place of medical care or advice. Screening frequencies are based on individuals who undergo regular screenings and whose results are normal. If you have had a medical problem in the past, screenings will likely need to be more frequent and should be discussed with your doctor.

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Preventive Care Checklist

Download a Preventive Care Checklist to take with you the next time you see your Doctor.

- [BCBSGa Preventive Care Flyer](#)
- [UnitedHealthcare Preventive Care Flyer](#)

Get Your Personal Plan.

Take your Well-Being Assessment (WBA) now to receive your personalized Preventive Care Schedule as part of your Well-Being Report.

Take My WBA

Healthy Families

Creating a healthy lifestyle for your family.

As parents and caregivers, you play an important role in making healthy choices for your family but also teaching kids to make healthy choices for themselves. *Be Well SHBP* focuses on improving family well-being and reducing childhood obesity by providing resources and tools for parents, children and schools. By taking advantage of the *Be Well SHBP* tools and resources, you are taking the first step to making the healthy choice, the easy choice for you and your family.

There are three important areas to focus on when making healthy choices for you and your family.

- Eating more fruits and vegetables
- Increasing physical activity
- Reducing screen time

WHAT CAN I DO TO GET STARTED?

Getting started shouldn't feel overwhelming. Start with something manageable and small. Take a kid for a hike or bowling. Add one healthy vegetable to lunch each day. Volunteer for committees to help create safe parks and playgrounds. Ask your school to provide 30 minutes of physical activity each day for kids while at school or to build a school garden to teach kids about fresh fruits and vegetables. Buy and serve healthy meals for you and your family. Go for a walk. Don't worry about getting it perfect; just taking action is the most important part.

TOOLS AND RESOURCES FOR PARENTS.

Family Centered Well-Being Coaching with Registered Dietitians

Healthways well-being coaches are trained to support family-centered coaching by tailoring each session to focus on helping family members achieve a healthy weight, address picky eating, planning healthy dinners and more. Learn how you and your family can increase activity, eat more fruits and vegetables and reduce sedentary time (and how to make it fun for kids). If appropriate, your coach can refer you to a Healthways Registered Dietitian.

To enroll in well-being coaching, call Healthways at 888-616-6411.

[Download Well-Being Coaching Brochure.](#)

TOOLS AND RESOURCES FOR KIDS.

Health in Motion online resource tool

Be Well SHBP offers an online interactive tool designed for children ages 10 through 18 (generally grades 6-12), which focuses on promoting healthy lifestyles and behaviors that are known to prevent obesity. The program is

designed to help youth adopt three specific behaviors: increasing physical activity, eating more fruits and vegetables and reducing screen time. It is a great way to reinforce what you are learning on your coaching calls.

Download the Health in Motion Brochure.

Brochure includes a FAQ section and step-by-step enrollment guide.

Family Wellness Guide

Health In Motion also provides a family well-being guide to accompany the online program. This short guide, available as a [PDF](#), offers parents:

- Information on critical behaviors for promoting energy balance and preventing obesity among children including physical activity, fruit and vegetable consumption, and limited screen time.
- Guidance on assessing how ready their child is to meet national guidelines for these behaviors.
- Tips for encouraging healthy lifestyles at home.

Use the guide in connection with the online Health In Motion tool or just by itself.

Download the Health in Motion Family Guide.

TOOLS AND RESOURCES FOR SCHOOLS.

Schools play a critical role in a child's health. By focusing on healthy foods and physical activity in schools we are helping to reverse the childhood obesity epidemic and provide children a strong foundation for health and learning. Here are a few ideas to help you and your school get started.

Walking School Bus: A Walking School Bus is a group of students who walk to school accompanied by one or more adults. Starting a Walking School Bus is fairly simple and involves contacting interested students, locating a route, identifying adult supervisors and finalizing the logistics.

School Garden: School garden programs offer multiple opportunities for students to gain knowledge and skills regarding food systems and to realize the connections between food and environment, to promote healthy eating.

Physical Activity for all Students: Adopt and enforce a policy that requires 30 minutes of physical activity per day in elementary schools and 45 minutes of physical activity per day in middle and high schools.

Update Your School Wellness Policy – Make sure your school wellness policy is working to make the healthy choice, the easy choice in your school environment. Get involved.

Download the Healthy Schools Flyer.

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GET STARTED

Use the links below to enroll or keep moving with Health In Motion.

How to Enroll in Health in Motion.

Returning User Login for Health In Motion.

Quick links.

- [Healthy Schools Flyer](#)
- [Well-Being Coaching Brochure and FAQs](#)
- [Health In Motion Family Guide](#)
- [Health In Motion Overview and FAQs](#)

FAQs - Top Questions

Get answers to your frequently asked questions.

If you don't find the answer to your question here, give us a call or email us. [Click here](#) for our contact information. (link to the Get In Touch page)

- Biometric Screening FAQ (link to page)
- Incentive FAQ (link to page)
- Phone Coaching FAQ (link to page)
- Well-Being Assessment FAQ (link to page)

Answers to the top questions member service receives:

(use accordion format online to expand and collapse answers)

Q. WHAT ARE THE INCENTIVE REQUIREMENTS?

A. [Click here](#) to see an easy to read incentive chart, but here are the highlights:

- Each SHBP member and covered spouse are eligible to earn 480 well-being incentive credits for the year. That's a family total of 960.
- WBA + Biometric Screening = 240 well-being incentive credits
- WBA + one coaching call per calendar month = 60 well-being incentive credits
- WBA + use the same tracker in [Well-Being Connect](#) five times in a calendar month = 40 well-being incentive credits
- Actions must be completed between January 1, 2017 and December 15, 2017 to earn the 2017 well-being incentive credits

Q: How do well-being incentive credits save me money?

Depending on the health plan option you selected, the well-being incentive credits you earn work a little differently. But all well-being incentive credits can be used to offset eligible health care expenses.

EARN	DEPOSIT	SAVE
Complete the healthy actions outlined here between January 1, 2017 and December 15, 2017 and earn up to 480 well-being incentive credits (up to 960 per household).	SHBP will automatically deposit your well-being incentive credits monthly into the account associated with your health plan: <ul style="list-style-type: none">- BCBSGa HRA- BCBSGa MyIncentive Account (MIA)- UnitedHealthcare Health Incentive Account (HIA)	Your well-being incentive credits work like funds in that account helping you to offset medical and pharmacy expenses throughout the year like co-pays, co-insurance and deductibles.

[Click here to see how they work with your health plan.](#)

Q: WHEN WILL I RECEIVE MY CREDITS?

- A. As you earn well-being incentive credits, Healthways notifies your healthcare provider. Within 30 days, your healthcare provider will deposit your incentive into your BCBSGa MyIncentive Account (MIA),

BCBSGa Health Reimbursement Arrangement (HRA) or your UnitedHealthcare Health Incentive Account (HIA). [Login to Well-Being Connect](#) and visit the Rewards Center to see your progress towards earning well-being incentive credits. Contact your health plan directly to confirm the balance available for use.

Q: Why don't I see my 2016 well-being incentive credit rollover in my account?

- A. Your unused well-being incentive credits will rollover in April 2017. This allows 2016 well-being incentive credits to be used to pay your out-of-pocket expenses for 2016 claims filed after December 31, 2016. For additional information, please see the 2017 SHBP Decision Guide.

Q. How do I obtain and/or submit my 2017 Physician Screening Form?

- A. Members **must** use the Healthways 2017 Physician Screening Form available for download from this site. When you download your form, it will be pre-populated with your specific member information to ensure you will receive credit for your completed biometrics. Only this pre-populated 2017 Physician Screening Form will be accepted.

[Download your 2017 Physician Screening Form here](#)

Q: HOW DO I GET HELP WITH CHRONIC CONDITIONS (SUCH AS ASTHMA, HEART DISEASE, DIABETES, ETC) OR HELP WITH MY MEDICATIONS?

- A: Chronic conditions and help with medications will be administered through BCBSGa or UnitedHealthcare. To be eligible for co-pay waiver/co-insurance waiver program, you will be required to complete the Healthways WBA. Express Scripts is your medication resource.

Q: WILL I BE PENALIZED IN ANY WAY FOR MY BIOMETRIC SCREENING RESULTS?

- A. You will not be penalized. No matter the outcome of the screening, members will still be able to decide if they wish to take action by participating in either the health coaching pathway or the online resources.

Q: CAN I GET CREDIT FOR LAB WORK DONE IN LATE 2016 IF I USE A 2017 PHYSICIAN SCREENING FORM?

- A. All lab work must be completed beginning January 1, 2017 through December 15, 2017 and submitted between January 1, 2017 and December 15, 2017 on the 2017 Physician Screening Form to qualify for 2017 well-being incentive credits.

Q: I COMPLETED MY WELLNESS INCENTIVES IN 2016; DO I ALSO HAVE TO DO THEM IN 2017 TO RECEIVE THE INCENTIVE?

- A. In order to receive your well-being incentive credits in 2017, the wellness activities must be completed between January 1, 2017 and December 15, 2017 year. Incentive actions completed in 2016 do not count towards earning the 2017 incentives.

Q: WHO ARE MY 2017 VENDORS AND WHAT DO THEY DO?

- A: **Healthways:** Provides members with comprehensive well-being resources and incentive programs for BCBSGa and UnitedHealthcare. Healthways administers the 2017 action-based health incentives that will allow SHBP members and covered spouses to earn their well-being incentive credits by completing their WBA and biometric and participating in Well-Being Coaching and/or online tracking of activities in Well-Being Connect.

Blue Cross and Blue Shield of Georgia: medical claims administrator

UnitedHealthCare: medical claims administrator

Express Scripts: pharmacy benefit manager

SHBP Member Services: eligibility questions

Kaiser Permanente: medical/wellness/pharmacy administrator

Q: HOW MUCH DOES A BIOMETRIC SCREENING COST?

A: SHBP-sponsored onsite screenings are offered February through September 2017 at no additional cost to you.

Schedule a SHBP-sponsored onsite screening appointment

Biometric screenings provided by an in-network provider during your 2017 annual wellness visit and properly coded as preventive are considered a preventive service and are offered to SHBP members at no additional cost once per plan year. Get your [2017 Physician Screening Form here](#). We encourage you to print your 2017 Physician Screening Form, which is specific to you, at least 7 days prior to your office visit.

Q; I am pregnant. What do I need to know about getting the Biometrics Screening?

A: [Click here](#) to view the incentive appeals process

Video Tutorials

 How to Take Your WBA	 How to reset my password	 What is Well-Being Connect?
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Couldn't find your answer?

Call or email Healthways. Or submit your question on this page. ([link the submit your question](#))

888-616-6411

BeWellSHBP.service@healthways.com

Quick links.

- [FAQs – Top Questions](#)
- [FAQs – Biometrics](#)
- [FAQs – Incentives](#)
- [FAQs – Coaching](#)
- [FAQs – WBA](#)

FAQs – Incentives

(use accordion format online to expand and collapse answers)

Q: HOW DO WELL-BEING INCENTIVE CREDITS SAVE ME MONEY?

- A. Depending on the health plan option you selected, the well-being incentive credits you earn work a little differently. But all well-being incentive credits can be used to offset eligible medical and pharmacy expenses.

EARN

Complete the healthy actions outlined here between January 1, 2017 and December 15, 2017 and earn up to 480 well-being incentive credits (up to 960 per household).

DEPOSIT

SHBP will automatically deposit your well-being incentive credits monthly into the account associated with your health plan:

- BCBSGa HRA
- BCBSGa MyIncentive Account (MIA)
- UnitedHealthcare Health Incentive Account (HIA)

SAVE

Your well-being incentive credits work like funds in that account helping you to offset medical and pharmacy expenses throughout the year like co-pays, co-insurance and deductibles.

[Click here to see how they work with your health plan.](#)

Q: What incentives can I earn by participating in *Be Well SHBP*?

- A. [Click here](#) to see an easy to read incentive chart, but here are the highlights:
- Each SHBP member and covered spouse are eligible to earn 480 well-being incentive credits for the year. That's a family total of 960.
 - WBA + Biometric Screening = 240 well-being incentive credits
 - WBA + one coaching call per calendar month = 60 well-being incentive credits
 - WBA + use the same tracker in Well-Being Connect five times in a calendar month = 40 well-being incentive credits
 - Actions must be completed between January 1, 2017 and December 15, 2017 to earn the 2017 well-being incentive credits.

Q: WHERE CAN I SEE WHAT WELL-BEING INCENTIVE CREDITS I HAVE EARNED?

- A. [Login to Well-Being Connect](#) and visit the Rewards Center. On this webpage, you can see the rewards that are being offered, a list of ways to earn well-being incentive credits, your progress toward earning well-being incentive credits and your reward history.

Q: WHEN WILL I RECEIVE MY CREDITS?

- B. As you earn well-being incentive credits, Healthways notifies the State Health Benefit Plan (SHBP). Within 30 days, SHBP will deposit your well-being incentive credits into your BCBSGa MyIncentive Account (MIA), BCBSGa Health Reimbursement Arrangement (HRA) or your UnitedHealthcare Health Incentive Account (HIA). [Login to Well-Being Connect](#) and visit the Rewards Center to see your progress towards earning well-being incentive credits. Contact your health plan directly to confirm the balance available for use.

Q: WHO DO I CALL IF I HAVE A QUESTION ABOUT CREDITS?

- A. For questions about how to **EARN** well-being Incentive credits, call Healthways. For questions about the amount of well-being incentive credits available for use in your BCBSGa MyIncentive Account (MIA),

BCBSGa Health Reimbursement Arrangement (HRA) or your UnitedHealthcare Health Incentive Account (HIA), contact your health plan directly. [Click here for contact information](#).

Q: CAN MY SPOUSE EARN CREDITS TOO?

- A. All SHBP covered spouses are eligible to earn up to 480 well-being incentive credits. That is a family total of 960 well-being incentive credits. Covered dependents are not eligible for incentives.

Q: WHEN WILL MY UNUSED 2016 CREDITS ROLLOVER TO MY 2017 PLAN?

- A. SHBP members who earned 2016 well-being incentive credits, should anticipate seeing their 2016 rollover well-being incentive credits to appear in their health plan incentive account in April 2017.

Q: I completed my wellness incentives in 2016; do I also have to do them in 2017 to receive the incentive?

- A. In order to receive your well-being incentive credits in 2017, the wellness activities must be between January 1, 2017 and December 15, 2017. Incentive actions completed in 2016 do not count towards earning the 2017 incentives.

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Couldn't find your answer?

Call or email Healthways. Or submit your question on this page. (link the submit your question)

888-616-6411

BeWellSHBP.service@healthways.com

Quick links.

- [FAQs – Top 10](#)
- [FAQs – Biometrics](#)
- [FAQs – Incentives](#)
- [FAQs – Coaching](#)
- [FAQs – WBA](#)

FAQs – Biometrics

(use accordion format online to expand and collapse answers)

Q: HOW CAN I PARTICIPATE IN A BIOMETRIC SCREENING?

A. There are two ways to participate in a screening:

Option 1: AT A SHBP-SPONSORED ONSITE SCREENING:

Screenings will be conducted conveniently and privately at authorized SHBP worksite locations throughout the state February 2017, through September 2017. You can schedule your screening appointment **up to 10 business days before** the event date.

Schedule a SHBP-sponsored onsite screening appointment

Option 2: WORK WITH YOUR PHYSICIAN:

If you prefer, you may also work directly with your Physician. To download the 2017 Physician Screening Form, [click here](#) and follow the instructions on the form.

Download your Physician Screening Form here

Q: WHAT HAPPENS DURING THE SHBP-SPONSORED ONSITE SCREENING?

A: During the screening, a health professional will collect measurements, including height and weight. A sample of your blood will be collected to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle-related health complications. The screening does not test for illicit drugs, HIV/AIDS or hepatitis.

- You will get a personalized report highlighting your screening results
- You get a detailed explanation of what your numbers may mean and the healthy target ranges
- You will learn about areas for improvement and recommendations if needed

Q: WHY SHOULD I PARTICIPATE?

A. Because some risk factors may have no symptoms, you could be at risk without even knowing it. A biometric screening will help you to understand the current state of your well-being so you can take the necessary steps to improve it. All SHBP members and covered spouses covered by a non-Medicare Advantage BCBSGa or UnitedHealthcare who complete a screening and complete their 2017 Healthways Well-Being Assessment™ (WBA) are eligible to earn 240 well-being incentive credits. You must complete your WBA before well-being incentive credits will be awarded. Dependents are not eligible to participate in the biometric screening portion of the *Be Well SHBP* well-being program and will not be eligible for the incentive.

Q: HOW MUCH DOES IT COST?

A. There is no cost to SHBP members or covered spouses for participating in a SHBP-sponsored onsite screening or for a screening through their physician as long as the screening is completed as part of a preventive visit with an in-network physician and properly coded as preventive. If you have your screening completed at the same time you receive other medical services or treatments (for example, a sick visit), you may have to pay co-insurance/co-pay.

Q: WHO ADMINISTERS THE SHBP-SPONSORED ONSITE SCREENING?

- A. The screening is administered by Healthways. Healthways protects the confidentiality of your information in compliance with the requirements of the Health Insurance Portability and Accountability Act (HIPAA) of 1996 and applicable state laws.

Q: HOW DO I SIGN UP FOR A SHBP-SPONSORED ONSITE SCREENING?

- A. [Click here](#) to locate a SHBP-sponsored onsite screening or to schedule an appointment. Note: You must schedule your screening appointment at least 10 business days before the event date. If a location has multiple dates within the same week, the appointment cutoff is determined by the location's first screening date. After the 10-day appointment cutoff, that location will no longer appear in the Facility/Location drop down list. No additional appointments can be added.

Q: HOW DO I PREPARE FOR THE SCREENING?

A: Here are some things to keep in mind as you prepare for your screening:

- Although not required, we recommend fasting for at least nine (9) hours; this includes all food and drinks except for water. Failure to properly fast may result in inaccurate blood test results. (If you have a health condition, such as diabetes or pregnancy, or any other medical concerns, consult a doctor before fasting)
- Drink plenty of water, which makes it easier to give a sample of your blood
- Continue taking medication as prescribed the day of your screening*
- Arrive five minutes early to register and allow about 15 minutes to complete the process

*Follow your doctor's instructions for taking your medications, including taking them with food if necessary.

Q: I DON'T SEE MY BIOMETRICS RESULTS POSTED IN WELL-BEING CONNECT?

A: It can take between 2-4 weeks before you will see your results populated within the Well-Being Connect website and in your Well-Being Plan. If you used a 2017 Physician Screening Form it is also dependent on when your physician's office faxes the results to Healthways.

Q: I AM A KAISER PERMANENTE (KP) MEMBER. CAN I PARTICIPATE IN A SCREENING?

A. You are NOT eligible to participate in 2017 SHBP-sponsored onsite screenings provided by Healthways and their screening vendor, Hooper Holmes. KP is offering screenings separately. The KP screenings will be strictly for KP members. All *Be Well SHBP* programs, resources and incentives administered by Healthways are only available to non-Medicare Advantage BCBSGa and UnitedHealthcare members. For questions, contact KP member services at 855-512-5997 or visit www.my.kp.org/shbp.

Q: WILL I BE PENALIZED FOR MY BIOMETRIC SCREENING RESULTS?

- A. You will not be penalized. No matter the outcome of the screening, you will still be able to decide if you wish to take action.

Q: HOW DO I OBTAIN AND/OR SUBMIT MY 2017 PHYSICIAN SCREENING FORM?

- A. Click the button below to download a 2017 Physician Screening Form and follow the instructions on the form for submission.

[Download your physician form here](#)

Q: CAN I GET CREDIT FOR LAB WORK DONE IN LATE 2016 IF MY PHYSICIAN USES A 2017 PHYSICIAN SCREENING FORM?

- A. No. All 2017 participants are required to complete a biometric screening in 2017 to earn 2017 well-being incentive credits. The screening must be completed and submitted to Healthways between January 1 and December 15, 2017.

Q: IS THERE A DEADLINE?

- A. SHBP-sponsored onsite screenings will be offered throughout Georgia between February 2017 and September 2017. [Check for locations near you](#). All 2017 Physician Screening Forms must be signed, dated and submitted to Healthways by December 15, 2017, to qualify towards the incentive.

(Right column) -----

Couldn't find your answer?

Call or email Healthways. Or submit your question on this page. ([link the submit your question](#))

888-616-6411

BeWellSHBP.service@healthways.com

Quick links.

- [FAQs – Top Questions](#)
- [FAQs – Biometrics](#)
- [FAQs – Incentives](#)
- [FAQs – Coaching](#)
- [FAQs – WBA](#)

FAQs – Coaching

(use accordion format online to expand and collapse answers)

Q: WHAT IS HEALTHWAYS WELL-BEING COACHING?

- A. Through convenient phone-based sessions, Healthways Well-Being Coaching helps you find opportunities to improve your well-being every day. Your Healthways Well-Being Coach will guide you through healthy behavior changes by building on your strengths. The program is confidential, voluntary, and offered to you as part of your plan benefits at no additional cost. You decide if you want to participate and how involved you want to be. All calls are scheduled at your convenience and on your time line.

With help from your Healthways Well-Being Coach you will:

- Better understand and reduce your health risks
- Receive encouragement to make long-term lifestyle changes
- Get answers to your health questions
- Find support to gain more control over your health
- Take small steps to improve your health
- Have access to online tracking tools and educational materials

Q: WHO CAN PARTICIPATE?

- A. Healthways Well-Being Coaching is available to all SHBP members, covered spouses and dependents 18 or older covered under non-Medicare Advantage BCBSGa or UnitedHealthcare. Dependents 18 or older are not eligible for the incentives. Kaiser Permanente members are not eligible to participate in Healthways coaching.

Q: WHO ARE THE HEALTHWAYS COACHES?

- A. The Healthways coaching team consists of experienced health professionals with degrees in various fields including:
- Registered Dietitians (RDs)
 - Public Health Education
 - Exercise Science
 - Fitness Management
 - Psychology
 - Nutrition

Q: WHY SHOULD I PARTICIPATE?

- A. Your health and well-being are important, but sometimes you need a little help to make them a priority. Coaching helps you to better manage any lifestyle habits that could possibly affect your health and the quality of your life. With continued support, a Well-Being Coach will keep you moving along the path to better health. **All SHBP members and covered spouses covered under non-Medicare Advantage BCBSGa or UnitedHealthcare who participate in telephonic coaching are eligible for the 240 well-being incentive credits.** Dependents 18 or older are not eligible for the incentive. You must complete your Healthways Well-Being Assessment™ before any well-being incentive credits will be awarded.

Q: HOW MUCH DOES IT COST?

- A. The program is confidential, voluntary, and offered at no additional cost to you since it is part of your plan benefits.

Q: IS MY HEALTH INFORMATION PROTECTED?

- A. Your privacy is ensured, in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996. **On each phone call, you will be asked to verify your full name, address and date of birth to ensure Healthways is speaking with the correct member.**

Q: WHAT ABOUT HEALTH COACHING FROM MY HEALTH PLAN?

- A. You can participate in the Healthways Well-Being Coaching program **in addition** to any Health Coaching you may do through BCBSGa or UnitedHealthcare. Healthways well-being coaching focuses on lifestyle changes, while your Health Plan coaching program is available to help you manage chronic health conditions. Only Healthways Well-Being Coaching helps you earn 240 well-being incentive credits.

(Right column) -----

Couldn't find your answer?

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888-616-6411

BeWellSHBP.service@healthways.com

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- [FAQs – Incentives](#)
- [FAQs – Coaching](#)
- [FAQs – WBA](#)

FAQs – WBA

(use accordion format online to expand and collapse answers)

Q: WHAT IS THE WELL-BEING ASSESSMENT?

- A. The Healthways Well-Being Assessment™ (WBA) is a confidential questionnaire that guides you through a series of questions to evaluate your physical, emotional and social health and how your lifestyle habits affect your overall well-being. It takes approximately 20 minutes to complete. The answers you provide will not be shared with your employer or SHBP.

Q: WHAT IS A WELL-BEING PLAN?

- A. The Well-Being Plan is a personalized summary of your overall well-being. It offers actionable steps, personalized recommendations and focus areas to keep you motivated and on track. Additionally, you can create fitness, nutrition, and weight and stress management plans to promote healthy behaviors and help you reach your goals.

Q: HOW DO I GET STARTED?

- A. Log in to BeWellSHBP.com, click the “Take My Well-Being Assessment” button and follow the instructions. Review your Well-Being Report and set up your Well-Being Plan. Use the personalized online tools and support to achieve your well-being goals.

Q: WHY SHOULD I PARTICIPATE?

- A. Your well-being is important. With the right information, you can be better prepared to address any health risks that could possibly affect the quality of your life. The Well-Being Assessment will help you to understand the state of your well-being so that you can take the necessary steps to improve it. All SHBP members and covered spouses covered under non-Medicare Advantage BCBSGa or UnitedHealthcare who complete their Well-Being Assessment™ (WBA) and a screening (onsite or using a 2017 Physicians Screening Form) will earn 240 well-being incentive credits. You must complete your WBA before any incentive credits will be awarded. Dependents 18 or older are not eligible for the incentive.

Q: WHAT IF I DON'T HAVE ACCESS TO A COMPUTER TO COMPLETE MY WELL-BEING ASSESSMENT?

- A. Contact Healthways for an alternative method to complete your survey.
Email: BeWellSHBP.Service@healthways.com
Phone: 888-616-6411
Monday thru Friday — 8:00 a.m. – 8:00 p.m. (ET)

Q: WHO CAN PARTICIPATE?

- A. The WBA is available to all SHBP members, covered spouses and dependents 18 or older covered under non-Medicare Advantage BCBSGa or UnitedHealthcare (non-Medicare Advantage). Dependents 18 or older, Kaiser Permanente, and Medicare Advantage members are not eligible for incentives.

Q: HOW MUCH DOES IT COST?

- A. The program is confidential, voluntary, and offered at no additional cost to you.

Q: IS MY HEALTH INFORMATION PROTECTED?

- A. Your privacy is ensured in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996.

(Right column) -----

Couldn't find your answer?

Call or email Healthways. Or submit your question on this page. (link the submit your question)
888-616-6411

BeWellSHBP.service@healthways.com

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- [FAQs – Incentives](#)
- [FAQs – Coaching](#)
- [FAQs – WBA](#)

Get In Touch

Get in touch with us.

Have a question? Did you check the (link) frequently asked questions page? If your answer wasn't there give us a call or email us and we can help.

Healthways Customer Service

BeWellSHBP.Service@healthways.com

888-616-6411

Monday thru Friday — 8:00am - 8:00pm (ET)

www.BeWellSHBP.com

SHBP Customer Service

800-610-1863

Member Services: Monday thru Friday, 8:30 a.m. to 5:00 p.m. ET

www.mySHBPga.adp.com

Blue Cross and Blue Shield of Georgia Customer Service

855-641-4862

Member Services: Monday thru Friday, 8:00 a.m. to 8:00 p.m. ET

www.bcbsga.com/shbp

UnitedHealthcare Customer Service

888-364-6352

Member Services: Monday thru Friday, 8:00 a.m. to 8:00 p.m. ET

www.welcometouhc.com/shbp

Express Scripts

877-841-5227

Member Services: 24 hours a day/7 days per week

www.express-scripts.com/georgiaSHBP

Kaiser Permanente

855-512-5997

Member Services: 24 hours a day/7 days per week

www.my.kp.org/shbp

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Quick Links

- 2017 Program Overview Brochure (link to PDF)
- Check the FAQ page [links to FAQ page]

- [Submit a Question \[links to form\]](#)
- [Submit Feedback \[links to form\]](#)

[Form] Submit A Question

Let us help.

We can answer any questions about the *Be Well SHBP* program incentives and more. But before you click submit, remember this form is not secure so don't share any personal health information.

Your first name

Your last name

Your email

Subject

Your message

Send

(form response) -----

We got it. Your question has been submitted. We'll be in touch with an answer and/or additional help within 24 hrs.

[Form] Provide Feedback

Tell us about it.

We want to hear your thoughts, opinions, compliments and complaints. Your input helps us know what we're doing right and where we can improve. While you are at it, give us a score. But, remember not to share any personal health information as this form isn't a HIPAA secure link.

Your first name (required)

Your last name (required)

Comment (required)

Email (required)

Score this site

Love it I Like it Needs Improvement Haven't tried it yet

Would you like to be contacted about your feedback?

Yes No

(Button to read) Comment

(form response) -----

We got it. Thanks for taking the time to tell us what you think! We appreciate it.

[Form] Request a Presentation

Request an onsite presentation.

Would your location like to learn more about *Be Well SHBP* or a specific health and well-being topic? Let us help. With advanced planning, we will deliver an onsite presentation to your members at any company location(s) you choose.

[Click here to view a list of available presentations with program description.](#)

Event Guidelines.

- Must submit request for an event at least one month in advance
- Webinar: 20 registered for event one week in advance
- Onsite Presentation: 15 people who have expressed interest in attending
- Webinars may be recorded and made available on the *Be Well SHBP* website
- All event requests are subject to schedule availability of the Healthways Health Promotion Specialists

Topic you would like to address (check one):

- List of approved presentations will show here and will be added throughout the year

Approximate number of participants:

Your first name (required)

Your last name (required)

Your title (required)

Your email address (required)

Your phone number (required)

Employment location

Preferred presentation date(s)

[button] Submit

(form response) -----

We got it. A Healthways [Health Promotion Specialist](#) will get in touch with you soon to discuss the details of your request. We look forward to speaking with you.

[Click here to locate the Health Promotion Specialist in your area.](#)

Appeals –to be posted until 2017 language is updated

All the information you need for a 2016 Well-Being Incentive Credits appeal.

Blue Cross and Blue Shield of Georgia and UnitedHealthcare (non-Medicare Advantage) plan option members and covered spouses who wish to appeal a 2016 well-being incentive credits distribution for well-being activities completed in 2016, please use the forms below for instructions and submission.

DEADLINE

The 2016 Well-Being Incentive Credits Appeal, along with the requested documents, may be filed beginning **February 15, 2016** and must be received by January 31, 2017. Well-Being Incentive Credits Appeals submitted after this date and time will be denied.

LEVEL 1 – WELL-BEING INCENTIVE CREDITS APPEALS

To file a 2016 Well-Being Incentive Credits Appeal, complete all applicable sections on the [Level 1 – 2016 Well-Being Incentive Credits Appeal form](#), sign and date the form and submit according to the instructions on the form. If the 2015 Incentive Action in question was not satisfied due to circumstances beyond your control, you should explain why in the space provided on the 2016 Well-Being Incentive Credits Appeal Form. Examples of “circumstances beyond your control” include, but are not limited to, the following: long term hospital stay and hospice stay. You should submit the form, along with the supporting documentation. An example of appropriate supporting documentation includes:

- A copy of the completed 2016 Physician Screening Form (if applicable).
- A copy of the completed screening consent form containing results as proof of the onsite screening at a SHBP-sponsored screening event
- A copy of the online Well-Being Assessment report confirming completion through BeWellSHBP.com.
- A copy of the rewards balance page screen showing activities completed through coaching or online pathway.

Level 1 well-being incentive credits appeal form

LEVEL 2 – FORMAL APPEAL

If your Level 1 – 2016 Well-Being Incentive Credits Appeal is denied, you may file a Formal Appeal, which must be postmarked within sixty (60) business days following the date of the 2016 Level 1 – Well-Being Incentive Credits Appeal decision. To file a Formal Appeal, you must complete the [Level 2- Well-Being Incentive Credits Appeal Form](#) and attach a copy of the 2016 Level 1- Appeal decision, along with any supporting documentation.

Level 2 well-being incentive credits appeal form

Generally, a decision by the Formal Appeal committee will be issued within thirty (30) business days following receipt. The written notice of the decision by the Committee is the final step in the administrative

proceedings and will exhaust all administrative remedies.

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Download Your Form

Level 1 well-being incentive credits appeal form

Level 2 well-being incentive credits appeal form

How to Submit:

Complete the required forms, sign and date and then submit using one of the following:

Email: BeWellSHBP.appeal@healthways.com

Fax: 615 –261-1418

Mail: Healthways

Attention: State Health Benefit Plan Appeal

701 Cool Springs Blvd.

Franklin, TN 37067

All the information you need for a 2017 Well-Being Incentive Credits appeal.

Non-Medicare Advantage Blue Cross and Blue Shield of Georgia and UnitedHealthcare plan option members and covered spouses who wish to appeal 2017 well-being incentive credits distribution for well-being activities completed in 2017, please use the forms below for instruction and submission.

DEADLINE

The 2017 Well-Being Incentive Credits Appeal, along with the requested documents, may be filed beginning **February 15, 2017** and must be received by **January 31, 2018**. Well-Being Incentive Credits Appeals submitted after this date and time will be denied.

LEVEL 1 – WELL-BEING INCENTIVE CREDITS APPEALS

To file a 2017 Well-Being Incentive Credits Appeal, complete all applicable sections on the [Level 1 – 2017 Well-Being Incentive Credits Appeal form](#), sign and date the form and submit according to the instructions on the form. If the 2017 Incentive Action in question was not satisfied due to circumstances beyond your control, you should explain why in the space provided on the 2017 Well-Being Incentive Credits Appeal Form. Examples of “circumstances beyond your control” include, but are not limited to, the following: long term hospital stay and hospice stay. You should submit the form, along with the supporting documentation. An example of appropriate supporting documentation includes:

- A copy of the completed 2017 Physician Screening Form (if applicable).
- A copy of the Know Your Numbers Form as proof of the onsite screening at a SHBP-sponsored screening event
- Print a copy of the online Well-Being Assessment® report confirming completion through BeWellSHBP.com.
- Print the rewards balance page screen showing activities completed through the coaching or online pathway.

Level 1 well-being incentive credits appeal form

LEVEL 2 – FORMAL APPEAL

If your Level 1 – 2017 Well-Being Incentive Credits Appeal is denied, you may file a Formal Appeal, which must be postmarked within fifteen (15) calendar days following the date of the 2017 Level 1 – Well-Being Incentive Credits Appeal decision. To file a Formal Appeal, you must complete the [Level 2- Well-Being Incentive Credits Appeal Form](#) and attach a copy of the 2017 Level 1- Appeal decision, along with any supporting documentation.

Level 2 well-being incentive credits appeal form

Generally, a decision by the Formal Appeal committee will be issued within thirty (30) calendar days following receipt. The written notice of the decision by the Committee is the final step in the administrative

proceedings and will exhaust all administrative remedies.

(Right column) -----

Download Your Form

Level 1 well-being incentive credits appeal form

Level 2 well-being incentive credits appeal form

How to Submit:

Complete the required forms, sign and date and then submit using one of the following:

Email: BeWellSHBP.appeal@healthways.com

Fax: 615 –261-1418

Mail: Healthways

Attention: State Health Benefit Plan Appeal

701 Cool Springs Blvd.

Franklin, TN 37067

Onsite Support

Your onsite Healthways team.

[Click here to request an onsite presentation.](#)

[Click here to learn about the services of the onsite support team](#)

Wanda Carter

Director Wellness Programs

Wanda is well versed in health education, health and wellness, training, research and health coaching. She has been an adjunct professor at the University of Phoenix, College of Health Professions and Ashford University, College of Health, Human Services, and Science for over 8 years. She has gained extensive knowledge in healthcare employed at the state, local and federal levels of government over the last 10 years, and with one of the largest private payers. She has thorough knowledge of current healthcare trends, outcomes, research, managed care, and health-related quality of life issues and proficient in NCQA/PCMH standards. She has been a Certified Health Education Specialist (CHES) for over 10 years, with a Master's in Public Health, and a Doctor of Health Science Degree. She continues to evaluate and research best practices to improve health and well-being. In her role as the Director of Onsite Wellness she will continue to research and make effective recommendation of the most current, evidence-based practices to improve the well-being of all Georgians and specifically State Health Benefit Plan members.

e: Wanda.Carter@Healthways.com

Andrew Ignaffo

Health Promotion Specialist

Andrew has been a health professional for over 8 years after receiving his Bachelor's in Kinesiology from William Paterson University with a minor and certificate in Health Education. Andrew started his journey as a health enthusiast working as an Exercise Physiologist in a Clinical Health and Rehabilitation facility to improve mobility and prevent injury. He later went on to become an onsite Wellness Coach for high-risk employees of an over the road freight company where he helped members improve their lifestyles through small behavior changes. In January of 2014, Andrew made the decision to move to the Healthways' headquarters in Nashville, TN to help support *Be Well SHBP*. Andrew looks forward to continuing his journey with both Healthways and the *Be Well SHBP* program as a Health Promotion Specialist in the state of Georgia.

e: Andrew.Ignaffo@Healthways.com

CARRIE OLIVER

Health Promotion Specialist

Carrie has a variety of experiences in health and wellness that have allowed her to know the field from several perspectives. While earning her bachelor's in Biomedical Engineering from Georgia Institute of Technology, she gained knowledge in both the research and clinical sides of healthcare. She continued to foster her passion for health and wellness as a HIV Counselor in Grady Memorial Hospital's Emergency Care Center. She later went on to earn her master's in Public Health from Emory University and a certification as a Certified Health Education Specialist. In 2013, she became the Special Projects Coordinator at the Southwest Georgia Area Health Education Center. In that role, she developed programming for K-12 and college students interested in health careers, coordinated Mental Health First

Aid trainings throughout the region, and developed a breast cancer awareness program for women in Terrell County.

e: Carrie.Oliver@healthways.com

CONYA GIBSON

Health Promotion Specialist

Conya is a native of Atlanta, GA and has worked in health and wellness for over 8 years. A graduate from Georgia State University, where she earned her **bachelor's** in Exercise Science and her personal training certification through ISSA in 2006, she has been an advocate for fitness her entire life participating in various sports including basketball and track and field. Over the years she has encouraged, supported, and provided guidance to help people achieve their overall health and wellness goals. As a health promotion specialist at Healthways she is devoted to helping people live healthier and more fulfilling lives.

e: Conya.Gibson@Healthways.com

(Right column) -----

Locate Your Area Specialist

Health Promotion Specialists are assigned by county. View the state map below, or click on the link to download a larger version.

(image of small map by county with HPS names)

[View Map Larger](#)

Resources for Providers

Helping Your Patients Meet Their Well-Being Goals.

We recognize the powerful influence you have to help your patients lead healthy happy lives. *Be Well SHBP* wants to help you support your patients well-being goals. Learn more:

Physician Screening Forms/Biometrics	Tobacco Cessation	Well-Being Assessment
We want to partner with you to measure and address key health indicators affectively. Click here to learn more about the physician screening form and the biometric screening process. Learn more. [links to biometrics/PSF page]	<i>Be Well SHBP</i> understands that tobacco cessation is imperative to improved overall well-being and wants to work with you to support your patients in a successful quit attempt. Learn more. (links to tobacco provider page)	A well-being assessment is a great place for your patients to start on their well-being journey. Click here to find out more about the Healthways Well-Being Assessment and Well-Being Assessment Report and Plan. (links to WBA provider page)

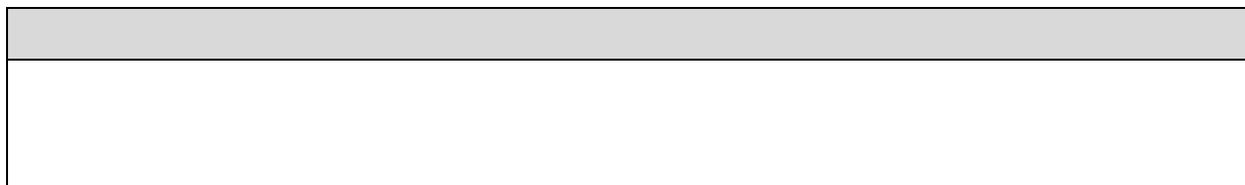
Be Well SHBP is a comprehensive well-being program, administered by Healthways, that is available to all non-Medicare Advantage BCBSGa and UnitedHealthcare State Health Benefit Plan (SHBP) members and covered spouses*. This is a valuable resource to help reinforce the important behavior change recommendations that you provide to your patients around healthy eating, exercise, stress management, medication adherence, tobacco cessation and much more. We want you to be aware of this program and support both you and your patients to fully utilize everything that it has to offer.

Members may ask providers to support their well-being actions by:

- Completing Physician Screening Forms
- [Reviewing results from SHBP-sponsored onsite screenings](#)
- [Reviewing a Member Well-Being Assessment Report](#)
- Provide nicotine replacement therapy (NRT) prescriptions

Beyond, supporting direct member request, we encourage you to advocate member engagement in the well-being resources available to them through *Be Well SHBP*.

Health Care Provider Overview Brochure



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Learn More

- Provider Resource Overview (links to overview provider page)
- Supporting Provider Screening Forms and Biometric Screenings (links to Bio/PSF provider page)
- Supporting Tobacco Cessation (links to tobacco provider page)
- Supporting The Well-Being Assessment (links to WBA provider page)
- Contact Your Local Representative (links to contact page)
- [Download Provider Brochure](#) (links to PDF of Flyer)

Supporting Biometrics

Two ways to complete.

Your patients enrolled in *Be Well SHBP* have access to biometric screenings. The biometric screening measurements include height, weight, waist circumference, blood pressure, total cholesterol, HDL, LDL, triglycerides and fasting glucose. Your patients enrolled in the *Be Well SHBP* program can complete their biometric screening in one of two ways: with you, their personal health care provider, or at a SHBP sponsored screening event administered by Healthways. To meet the *Be Well SHBP* well-being program requirements members only need to complete one biometric screening option, not both.

2017 Physician Screening Forms

Your patients may bring the 2017 Physician Screening Form in to your office to be completed. This form must be completed with biometric results from a 2017 exam. Below are some additional tips on the 2017 Physician Screening Form process.

To utilize the Physician Screening Form members will need to bring their personalized form into the provider office to be completed with biometric results from a 2017 wellness visit or annual physical exam.

- The 2017 Physician Screening Form must be downloaded by the member from the *Be Well SHBP* website or ordered from Healthways Member Services and will be prepopulated with member information: Name, Healthways Member ID number, Date of Birth and Gender
- Forms cannot be altered to be used for any other members
- The form must be signed by the health care provider in order to be processed
- Completed forms can be submitted in the following methods by either the member or the provider office:
 - By fax to Healthways secure fax at 615-349-9111
 - By mail to Digital Documents, PO Box 361290, Milpitas, CA 95036-1290.
 - Participants can scan, upload and submit the completed form through the online link located on the *Be Well SHBP* [website](#)
- Completion of this form is one piece of the process for members to earn 2017 well-being incentive credits. Combined with completion of the WBA, the member will earn 240 well-being incentive credits that can be used to offset eligible medical and pharmacy expenses.

See sample Physician Screening Form [\(links to back of provider flyer\)](#)

Onsite Biometrics

If your patients are screened at a SHBP-sponsored onsite biometric screening, they will receive a personalized report highlighting their results along with an explanation of the numbers and healthy target ranges. You can see a sample of the 'Know Your Numbers Flyer' that is provided to members at the completion of the SHBP-sponsored onsite biometric screening below.

Members are encouraged to follow-up with their personal health care provider for appropriate management of any results outside of normal range.

Understanding what the Biometric Screening Measures

(Right column) -----

Learn More

- Resource Overview (links to overview provider page)
- Supporting Provider Screening Forms and Biometric Screenings (links to Bio/PSF provider page)
- Supporting Tobacco Cessation (links to tobacco provider page)
- Supporting The Well-Being Assessment (links to WBA provider page)
- [Download Provider Brochure](#) (links to PDF of Flyer)

Supporting Tobacco Cessation

Helping them quit.

The Healthways tobacco cessation phone coaching program and QuitNet® online are available to your patients in the *Be Well SHBP* program to assist in the process to become tobacco free. Healthways coaches are trained to provide tobacco cessation support that fits an individual's specific needs including support leading up to and following individual's identified quit date. QuitNet® can be utilized through and alongside coaching and is the largest and most comprehensive online quit tobacco service.

All FDA approved prescription and Over-The-Counter (OTC) tobacco cessation therapies, including Nicotine Replacement Therapy (NRT), are available at no cost to SHBP members for two quit attempts per year for a 90-day treatment period.

Tobacco Cessation Telephonic Well-Being Coaching

Resources for quitting tobacco available to eligible members:

- Access to QuitNet® online network to those who have quit or are quitting
- Phone coaching sessions with a trained counselor
- E-mail tips offering motivation and encouragement
- Access to Nicotine Replacement Therapy coverage
- Tobacco cessation well-being plans
- Self-refer into coaching or online support via the Well-Being Connect at any time

Individuals identified for tobacco coaching will be directly contacted to enroll in the Healthways coaching program. Individuals not identified for coaching support may self-enroll by calling 888-616-6411.

(Right column) -----

Learn More

Resource Overview	(links to overview provider page)
Supporting Provider Screening Forms and Biometric Screenings	(links to Bio/PSF provider page)
Supporting Tobacco Cessation	(links to tobacco provider page)
Supporting The Well-Being Assessment	(links to WBA provider page)
Download Provider Brochure	(links to PDF of Flyer)

Supporting the WBA

A great place to start their well-being journey.

Your patients that are *Be Well SHBP* members have access to The Healthways Well-Being Assessment™ (WBA). This measures individual's overall well-being, giving insight to physical, emotional and social health. The WBA is a simple, confidential questionnaire that looks at individual lifestyle habits and current health to see what may be helping or hurting overall well-being.

After completing the WBA a personalized Well-Being Report is generated. This report includes suggested strategies and resources to improve well-being. Your patients may share portions of their Well-Being Assessment Report with you such as preventive health recommendations. This may provide an opportunity to address preventive health recommendations and lifestyle habits with your patients.

After completing the WBA, members are encouraged to create a Well-Being Plan. This is a personalized summary of their overall well-being including action steps to take to improve well-being. In this plan, members can customize focus areas based on personal priorities, the WBA results, and recommendations from their health care provider. This plan can provide tools and resources to help keep the member motivated and on track in these focus areas.

[Button] See a sample Well-Being Report (links to sample report)

(Right column) -----

Learn More

Resource Overview

(links to overview provider page)

Supporting Provider Screening Forms and Biometrics

(links to Bio/PSF provider page)

Supporting Tobacco Cessation

(links to tobacco provider page)

Supporting Well-Being Assessment

(links to WBA provider page)

[Download Provider Brochure](#)

(links to PDF of Flyer)

Ambassadors

Become a Well-Being Ambassador.

What would you say if someone told you that you could potentially influence 1,000 people or more? Powerful thought, isn't it? It's also possible.

As one of our Well-Being Ambassadors, your energy, experience and example can help start something positive with one person, then another, and another, motivating them to practice and master healthier habits in ways that are meaningful and fun.

Would you like to become a Well-Being Ambassador for the *Be Well SHBP* program? If so, apply [now](#), (links to application) and tell us why. We want to hear your story. We're not looking for perfection. You don't have to be an athlete, eat right all the time, or be at an ideal weight to join our team of Ambassadors. Instead, we want people from diverse backgrounds to lead the charge – people who are passionate about good health and well-being for themselves and others. We welcome those who are currently making healthy changes for themselves or who have reached even a small personal goal and are trying to maintain a healthier lifestyle.

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Interested?

That's great. The first step is to submit an application to become a Well-Being Ambassador.

[Submit Your Application](#)

Know someone who would make a great Ambassador?

[Nominate Them](#)

Quick Links.

- [Ambassador Application](#) (links to application page)
- [Ambassador FAQs](#) (links to Ambassador FAQ page)
- [See a list of the Current Ambassadors](#) (links to pdf)
- [Ambassador Flyer](#) (links to pdf)

Ambassador FAQs

Got questions about being an Ambassador?

We've got answers. If you don't see your question here, contact one of the [Healthways Health Promotion Specialists](#) (links to HPS page under get in touch section) and they will be glad to talk to you about the program. [Click here](#) (links to HPS page under get in touch section) to locate your area Health Promotion Specialist.

Q. What exactly is a Well-Being Ambassador?

A. Ambassadors are employee **volunteers** who are passionate about helping themselves and other co-workers to be well.

Q. Why would I want to be one?

A. There are many great benefits to being an Ambassador. You'll be instrumental in motivating and educating your employer and colleagues on the tools, resources, and initiatives available to help improve well-being and morale, creating a healthier work environment and improving productivity. You'll be a grassroots leader for the organization, and, perhaps most importantly, you'll learn about yourself, your colleagues, your workplace, and what it takes to truly be well.

Q. If I decide to become an Ambassador, what exactly will I be asked to do?

A. As an Ambassador, your primary responsibility will be to help promote SHBP well-being benefits and offerings through your networks. You'll do this by being a champion for special events, by modeling well-being as best you can, and by inspiring others to set and achieve their personal well-being goals.

Q. How much time will it take?

A. Ambassadors typically commit to one year of service and spend an average of 1-2 hours per month fulfilling the responsibilities of the role.

Q. Should I ask my manager first?

A. Definitely. Talk it over with your manager before accepting. Besides the obvious benefits of keeping your manager informed of your work activities, they would likely have some good ideas about how to be an effective Ambassador. And, since your manager is a key member of your network, informing them early and gaining their support will undoubtedly pay dividends later.

Q. Can I still be an Ambassador if I don't exercise regularly?

A. Absolutely! In fact, if you're just beginning your own well-being journey or working to adopt new, healthier lifestyle behaviors, your ability to empathize may make you more effective in the role.

Q. Is there an application process to be a Wellness Ambassador?

A. There is a short online form to complete stating your interest in being an Ambassador.

Q. What type of health experience (educational or work experience) is required for the Wellness Ambassador role?

A. No health experience is required for the role, just a passion for health and wellness, and an interest in helping to create a positive and healthy work environment.

Q. Is the role of the Well-Being Ambassador a paid position?

A. No, the role is completely voluntary.

(Right column) -----

More Questions?

Contact one of the Healthways Health Promotion Specialists and they will be glad to talk to you about the program.

Locate your Health Promotion Specialist.

Ambassador Application

Let's get you signed up.

If you're interested in becoming a Well-Being Ambassador, please complete the form below and a Healthways Health Promotion Specialist will contact you to orient you to the program and your role as an Ambassador. We look forward to working with you in creating a healthy and well workplace!

Thank you for your interest!

First name (required)

Last Name (required)

Title (required)

Work place (required)

County (required)

Address (required)

City (required)

State (required)

Zip (required)

Email (required)

Phone number (required)

Shift/hours your work

Why would you **like to be** an Ambassador?

You will receive approximately one email update per month from *Be Well SHBP*; about **how many employees** will you forward the email to? _____

___ Yes, I have received **permission** from my supervisor to be part of the Ambassador program.

___ Yes, I give permission for my name to be **listed** as an Ambassador on the Be WellSHBP.com website

___ Yes, I agree to the following:

- To commit to 1-2 hours per month for a year
- To commit for one full year
- To participate in a one-hour conference call every other month
- Communicate wellness updates to my workplace each month
- Host a *Be Well SHBP* event, presentation or onsite Health Promotion activity each quarter

If you have **questions**, please contact Wanda Carter, Healthways Wellness Director for *Be Well SHBP*, at Wanda.Carter@healthways.com or (615) 485-4196.

Submit

Ambassador Nomination

Point us in the right direction.

Do you know someone who is passionate about health and well-being? Do you know someone who enjoys helping others reach their health goals in a fun and engaging way? If so, becoming a Well-Being Ambassador might be the right role for them. If you're interested in nominating someone to become a Well-Being Ambassador, please complete the form below.

Name of nominee (required)

Nominee title (required)

Nominee location (required)

Nominee phone (required)

Nominee email (required)

Your name (required)

Your email (required)

Your phone (required)

Why would you **nominate** this person to be a Well-Being Ambassador?

Submit

Ambassador Login

This content is password protected. To view it please enter your user name and password below:

User Name: _____

Password: _____

What's New (password protected)

Here's all the latest news, dates and resources.

(Page will provide an area to add call out to new Ambassador content or news as needed)

UPCOMING AMBASSADOR MEETING DATES

- We will offer two time slots for each meeting. Please attend the session that works best for your schedule. 12:00-12:30 ET or a 4:00-4:30 ET session. Check your email for the event invitation closer to the meeting date.

To join the online meeting [click here](#)

Phone: 1-877-394-9920

Password: 592 409 215

(lists upcoming meeting dates)

AMBASSADOR MEETING PRESENTATIONS

(links to previous meeting PowerPoint presentations)

(list of current support materials for current campaigns)

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Quick Link.

- Wellness Ambassador Guide
- Presentation Request Form
- Health Promotion Specialists Contact Info

Toolkit (password protected)

Tools to help support your role.

- Well-Being Ambassador Guidebook
- 2017 Program Overview Flyer
- [How well-being Incentive credits work Flyer](#)
- [Well-being Connect Tools and Resources](#)
- [QuitNet Poster](#)
- [QuitNet Table Tent](#)
- [QuitNet Tobacco Breakup poster](#)
- [Deskercise Cards](#)
- [Recipe Cards](#)

(Plus additional materials as created in 2016)

Past Ambassador Meeting Presentations

- Dec 2015 [Presentation Deck](#)
- Sep 2015 [Presentation Deck](#) [Recording](#) (30 Mins)
- May 2015 [Presentation Deck](#)
- Sep 2015 [Presentation Deck](#) [Recording](#) (30 Mins)
- Feb 2015 [Presentation Deck](#)
- Dec 2014 [Presentation Deck](#)
- Aug 2014 [Presentation Deck](#)
- Jun 2014 [Presentation Deck](#)

[Introduction Webinar](#) - Held May 13, 2014 -12:00-12:30 and June 3, 2014 -11:00-11:30

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Quick Links

- *Be Well SHBP* Program Overview Brochure
- Biometric Screening Handout
- Wellness Ambassador Guide
- Presentation Request Form
- Health Promotion Specialists Contact Info

Screening Support Materials (password protected)

A mirror of this page is offered for site coordinators who are not Wellness Ambassadors at: www.BeWellSHBP.com/screenings-support. The password is shbp.

Your one-stop shop for onsite screenings support.

We want to make it as easy as possible for you to make your SHBP-sponsored onsite biometric screening event a success. Below you will find materials to help you promote and prepare for your event, and even help you to direct traffic to the correct room.

- [Email templates](#) for communicating your event to members
- [Checklist](#) for the Day of your screening
- Frequently Asked Questions [Flyer](#)
- Copy of the Know You Numbers [Flyer](#) which will be distributed by Healthways at the screening
- Recommended Screening Layout
- Exit Screening [Surveys Here](#) Sign
- Screening Coordinators Training [PDF](#)
- Screening Handout Flyer [PDF](#)

Screening Posters

- Screening Poster [11 x 17](#)
- Screening Poster [11 x 17 Editable PDF](#)

Directional Arrows Signs – Color

- Left arrow – [color 8 1/2 x 11](#)
- Left arrow – [color 11 x 17](#)
- Right arrow – [color 8 1/2 x 11](#)
- Right arrow – [color 11 x 17](#)

Directional Arrows Signs – Black and White

- Left arrow – [b/w 8 1/2 x 11](#)
- Left arrow – [b/w 11 x 17](#)
- Right arrow – [b/w 8 1/2 x 11](#)
- Right arrow – [b/w 11 x 17](#)

Screening Room Door Signs – Color

- You Have Arrived – [color 8 1/2 x 11](#)
- You Have Arrived – [color 11 x 17](#)
- Biometric Screenings Here – [color 8 1/2 x 11](#)
- Biometric Screenings Here – [color 11 x 17](#)
- *Be Well SHBP* Biometric Screenings Here – [color 8 1/2 x 11](#)
- *Be Well SHBP* Biometric Screenings Here – [color 11 x 17](#)

Screening Room Door Signs – Black and White

- You Have Arrived – [b/w 8 1/2 x 11](#)
- You Have Arrived – [b/w 11 x 17](#)
- Biometric Screenings Here - [b/w 8 1/2 x 11](#)
- Biometric Screenings Here – [b/w 11 x 17](#)
- *Be Well SHBP* Biometric Screenings Here – [b/w 8 1/2 x 11](#)
- *Be Well SHBP* Biometric Screenings Here – [b/w 11 x 17](#)

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Need A Refresher?

Should you want a refresher of the onsite coordinator **training webinar**, we have you covered.

[Click to re-play training](#)

[Click to download](#)

Keeping you in the know.

Below are suggested online resources, including websites and other digital tools for your use. These might be useful for you to gain additional knowledge on a certain topic, help plan for upcoming events, or to recommend to a colleague searching for more information.

Breast Cancer

- [Susan G. Komen for the Cure](#)
- [American Cancer Society](#)
- [National Cancer Institute's Cancer Information Service](#)
- [Centers for Disease Control and Prevention](#)

Diabetes

- [American Diabetes Association](#)
- [American Diabetes Association: Recipes](#)
- [American Diabetes Association: Diabetes Risk Test](#)
- [Centers for Disease Control and Prevention](#)

Family Health

- [Centers for Disease Control and Prevention](#)
- [Let's Move: Healthy Families](#)
- [American Dietetic Association: Kids](#)

Fitness Website Resources

- [Map My Walk](#)
- [The President's Challenge](#)
- [American College of Sports Medicine](#)
- [American Heart Association](#)
- [American Council on Exercise](#)
- [US Dept. of Human and Health Services](#)

Healthy Meetings

- [American Cancer Society Meeting Well: A Tool for Planning Healthy Meetings and Events](#)

Heart Health

- [American Heart Association](#)
- [American Heart Association: Heart-healthy recipes](#)
- [National Heart, Lung, and Blood Institute](#)

Holiday Stress

- [Centers for Disease Control and Prevention: The 12 Ways to Health Holiday Song](#)
- [Centers for Disease Control and Prevention: Holiday Health and Safety Tip Sheet](#)

- [The Cleveland Clinic: Managing Holiday Stress](#)
- American Psychological Association: Making the Most of the Holiday Season

Mental Health Website Resources

- [Mental Health America](#)
- [The American Institute of Stress](#)
- [American Psychological Center](#)
- [National Institute of Mental Health](#)
- [Web MD – Stress Management Health Center](#)
- [National Suicide Prevention Lifeline](#)
- [Mayo Clinic](#)
- [Kid's Health](#)
- National Alliance for Mental Illness (NAMI)

Nutrition Website Resources

- [Choose my plate](#)
- [Fruits and Veggies Matter](#)
- [American Dietetic Association - Eat Right](#)
- [U.S. Food and Drug Administration](#)
- [Health at Work: How healthy is your diet? Questionnaire](#)
- [Health at Work: Setting up a Breakfast Bar](#)
- [Health at Work: Team Picnic](#)
- [Salt Tasting Activity](#)
- [Whole Grain Tasting Activity](#)
- [Eating Healthier and Feeling Better Using the Nutrition Facts Label](#)
- [Gluten and Food Labeling: FDA's Regulation of "Gluten-Free" Claims](#)
- [Video: Don't Let Your Food Take You By Surprise. Read the Label!](#)
- [Nutrition Facts Label Images for Download](#)

Sleep

- [Better Sleep Council](#)
- [National Sleep Foundation](#)
- [National Center for Sleep Disorder Research](#)
- [National Heart Lung and Blood Institute](#)

Summer Health and Safety

- [National Safety Council](#)
- [Fruits and Veggies More Matters](#)

Tobacco Cessation

- Department of Health and Human Services' agencies for tobacco cessation
- [American Lung Association](#)
- [Smokefree.gov](#)
- [The American Cancer Society Tobacco and Smoking Tool](#)
- [Great American Smokeout](#)
- [World No Tobacco Day](#)
- [U.S. Surgeon General](#)

Resource Webpage

Help Yourself.

Shortcut links to all the *Be Well SHBP* resources and tools.

Members

Program and Incentives

- PDF: 2017 Healthways well-being program overview flyer
- PDF: How well-being incentive credits work flyer
- PDF: January Home Mailer

Well-Being Assessment

- Link: Take your WBA
- PDF: WBA overview flyer
- PDF: How to take your WBA
- Video: How to take your WBA
- Video: Well-Being Connect Overview
- PDF: Well-Being Connect Resources and Tools

Biometrics

- Link: Download your 2017 Physician screening form
- Link: Schedule an appointment at a SHBP-sponsored onsite screening
- PDF: Preparing for your Screening
- PDF: Understanding what's measured and why
- PDF: Upcoming SHBP-sponsored onsite screening locations by County
- PDF: Upcoming SHBP-sponsored onsite screenings locations by Date

Well-Being Coaching

- PDF: Coaching overview flyer
- Video: QuitNet Tobacco Cessation Overview
- PDF: QuitNet Tobacco Cessation - Online How to Enroll

Families

- PDF: Health In Motion brochure
- PDF: Family wellness guide brochure
- PDF: How to Enroll in Health In Motion

School Leadership

Help us spread the word about the Healthways® well-being program with the plug and play communication tools offered here.

- PDF: Be Well SHBP Overview Article
- PDF: Lead Teacher to Teacher Email

Other School Leadership resources:

- PDF: Healthy Schools Flyer
- PDF: Walking School Bus Flyer
- PDF: List of Onsite Presentations Available
- PDF: Ambassador Flyer

Health Care Providers

Resources to help Providers support their patients' well-being journey goals.

- PDF: 2017 Healthways well-being program overview flyer
- PDF: Provider Overview Brochure
- Link: Supporting Biometrics
- Link: Sample Physician Screening Form with instructions
- Link: Supporting Tobacco Cessation
- Link: Supporting the WBA
- Link: Contact Your Local Healthways Provider Representative

Benefit/ HR Managers

- PDF: 2017 Healthways well-being program overview flyer
- PDF: How well-being incentive credits work flyer
- PDF: Tobacco Cessation Poster
- PDF: Tobacco Cessation Table Tent
- PDF: Upcoming SHBP-sponsored onsite screening locations by County
- PDF: Upcoming SHBP-sponsored onsite screenings locations by Date
- Email: Healthways Screening Events Manager with questions

Onsite Screening Coordinators

- Link: Screening Support Materials Portal
- Email: Healthways Screening Events Manager with questions

Ambassadors

- Link: Ambassador Portal Login
Contact your area Health Promotion Specialist with questions.
- Link: Application
- Link: Nomination
- PDF: Ambassador Flyer/FAQ