

# **Attention Blue Shield Members!!**

## **Wellness has some positive changes to announce!**



**Wellness Rewards have increased from \$50 to \$100!!!**

Blue Shield has unveiled a new Wellness Portal: Wellvolution

If you are a Blue Shield member go to [www.mywellvolution.com](http://www.mywellvolution.com) and register for the new site beginning February 18, 2014.

***Important:*** For those who have already received a \$50 incentive you must register by April 30<sup>th</sup> to get your additional \$50 reward!

If you have already received \$50 – All you need to do is register for Wellvolution by April 30<sup>th</sup> AND redeem your additional \$50 reward during the month of June 2014!

If you haven't completed your Well-being Assessment or Biometrics – there is still time to earn \$100!

Complete both activities between **February 18, 2014 and April 30, 2014** in order to redeem your reward during the month of June 2014!

blue  of california

***If you haven't received a reward, read on for important information on how to get your reward!***



# As a County of San Bernardino employee and Blue Shield member, you can earn \$100 for completing three simple activities.

**1. Register and set up an online account for Wellvolution** – Visit [www.mywellvolution.com](http://www.mywellvolution.com)

**2. Complete a biometric screening – Available by appointment only!**

- Employees are invited to attend a biometric screening event on County regular time, with supervisor's prior approval.
- To view a list of the events, including dates and locations, please visit [http://www.sbcounty.gov/hr/pdf\\_documents/Wellness/BlueShieldBiometric-Events.pdf](http://www.sbcounty.gov/hr/pdf_documents/Wellness/BlueShieldBiometric-Events.pdf) or [http://countyline/hr/pdf\\_documents/Wellness/BlueShieldBiometric-Events.pdf](http://countyline/hr/pdf_documents/Wellness/BlueShieldBiometric-Events.pdf)
- Conveniently schedule a Biometric Appointment online now at: [www.summithealth.com/cosb14](http://www.summithealth.com/cosb14)

**3. Take a confidential Well-being Assessment** – Visit [www.mywellvolution.com](http://www.mywellvolution.com)

Complete a Well-being Assessment by going to Wellvolution at [www.mywellvolution.com](http://www.mywellvolution.com) and click on Well-being Assessment. Complete the online questionnaire using your biometric screening results and information about your personal medical history and lifestyle.

***Can't attend a Biometric Event? Read on! There are options available for you!***

(Note: Due to internet access limitations, some departments may have restricted access to external sites on County computers.)

# Can't attend a Biometric Event?

## Use the Physician Fax Form!

If you are unable to attend a scheduled biometric screening event, you may also visit your Physician and have them complete the "Health Care Provider Biometric Screening Form" and fax it to (248) 864-4409. The form is available for download here:

[http://countyline/hr/pdf\\_documents/Wellness/BiometricScreeningForm.pdf](http://countyline/hr/pdf_documents/Wellness/BiometricScreeningForm.pdf) and  
[http://www.sbcounty.gov/hr/pdf\\_documents/Wellness/BiometricScreeningForm.pdf](http://www.sbcounty.gov/hr/pdf_documents/Wellness/BiometricScreeningForm.pdf)

---

Complete 2013-14 Wellness Campaign details and information can be found on the My Health Matters! website at [http://www.sbcounty.gov/hr/Benefits\\_MyHlth.aspx](http://www.sbcounty.gov/hr/Benefits_MyHlth.aspx) and <http://countyline/hr/benefits/mywellness/home.asp>

For more information contact the Employee Benefits and Services Division via email at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or by phone at (909) 387-5787.

**Reward Eligibility:** All incentives are subject to fund availability. Employees who are enrolled as a subscriber in a County-sponsored medical plan may be eligible for incentives. Dependents may participate in My Health Matters!, but are not eligible for incentives. Employees who opt-out of insurance or who waive their health coverage to a county spouse or parent are not eligible for rewards.