



The 2013-14 My Health Matters! Wellness Campaign begins September 4, 2013 and will run through November 30, 2013 for Blue Shield members.

Take your health to new heights and earn a \$50 Visa reward card for completing the My Health Matters! wellness incentive program activities. Start the new wellness incentive program and see how you shape up!

As a County of San Bernardino employee and Blue Shield member, you have access to a new wellness rewards program. Beginning September 4, 2013, you can earn \$50 for completing three simple activities.

1. Register and set up an online account for Healthy Lifestyle Rewards at blueshieldca.com/hlr
2. Complete a biometric screening – **Available by appointment only!**
 - a. Employees are invited to attend a biometric screening event on County regular time, with supervisor's prior approval.
 - b. Conveniently schedule a Biometric Appointment online now at: www.summithealth.com/cosb (Due to internet access limitations, some departments may have restricted access to this external site on County computers.)
 - c. To view a list of the events, including dates and locations, please visit http://countyline/hr/pdf_documents/Wellness/BlueShieldBiometric-Events.pdf or http://www.sbcounty.gov/hr/pdf_documents/Wellness/BlueShieldBiometric-Events.pdf
3. Take a confidential Wellness Assessment – **Visit blueshieldca.com/hlr**
 - a. Complete a Wellness Assessment by going to Healthy Lifestyle Rewards at blueshieldca.com/hlr and click on Wellness Assessment. Complete the online questionnaire using your biometric screening results and information about your personal medical history and lifestyle.

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 and
http://www.sbcounty.gov/hr/pdf_documents/Wellness/BiometricScreeningForm.pdf

Note: Blue Shield members who received rewards cards during last year's campaign will have their \$50 reward loaded onto that same card. If you have lost your card please contact Blue Shield's Cardholder Customer Service team at 877-855-7201 immediately to report a lost or stolen card, and to order a replacement card.

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 rewards. Employees who opt-out or waive their health coverage to a county spouse or parent are not eligible for rewards.

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 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 or by phone at (909) 387-5787.