



## RCAB Health Benefit Trust Wellness Program

July 1, 2022 - June 30, 2023



Earn up to  
**\$1,000**

when you participate  
in healthy activities

HealthEquity

Reimbursement Account

4373 1900 0000 0000

VALID  
THRU 10/24  
LEE CARDHOLDER

DEBIT  
**VISA**

*Get Rewarded for Taking Charge of Your Health*  
**We're committed to supporting you on  
your journey to a healthier life!**

By completing wellness activities, you and your enrolled spouse can each earn up to \$1,000 per Plan Year into your HealthEquity Health Reimbursement Arrangement (HRA) account if enrolled in the Enhanced or Basic Plan. If enrolled in the RCAB High Deductible Health Plan (HDHP), you and your spouse can earn up to \$500 each into a HealthEquity Health Savings Account (HSA).

### Employees and Spouses Enrolled in the RCAB Health Plans Are Eligible to Participate!

The Roman Catholic Archdiocese of Boston (RCAB) Health Plans are committed to supporting you on your journey to a healthier you through the Blue Cross Blue Shield of Massachusetts *ahealthyme* Wellness Program and other programs sponsored by the RCAB Health Plans. Earn points by participating in activities listed in the chart on the following page. One point is equal to one HRA or HSA dollar. Any HRA dollars earned by enrollees in the

Enhanced and Basic Plans in prior Plan Years remain available so long as the employee is enrolled in one of the RCAB Health Plans.

For employees with HSA accounts, HSA funds are owned by the employee and fully vested. HSA funds roll over from year to year and can be used after an employee leaves employment or disenrolls from the RCAB HDHP.

# How to Earn Wellness Incentive Program Points

Sign in or create an account at [ahealthyme.com/login](https://ahealthyme.com/login) to start earning points. You won't earn points in the program if you don't register. Participation is voluntary.

WELLNESS COMPONENT	POINTS PER ACTIVITY	MAX OCCURRENCES	MAX POINTS	HOW TO EARN POINTS
Health Assessment	50	1	50	Points will appear upon completion of the Health Assessment.
Health Coaching or Care Management	250	1	250	<p>Health Coaching: Work with a Blue Cross Blue Shield of Massachusetts certified Wellness Coach who can provide one-on-one support to help you meet your personal health goal, such as improved fitness, weight loss, smoking cessation, healthier eating habits, and stress management.</p> <p>Care Management: Work with a nurse coach to meet one health improvement goal. Care management supports those with chronic or complex health conditions and associated co-morbidities. If eligible for the program, a nurse coach will reach out to you.</p> <p>You must connect with a coach between July 1, 2022 and March 1, 2023, and complete your goal by May 31, 2023, to earn points.</p>
Well Visit	250	1	250	<p>Earn points for preventive screenings, such as the following:</p> <ul style="list-style-type: none"> <li>▪ Adult Preventive Office Visit</li> <li>▪ Adult Cancer Screenings <ul style="list-style-type: none"> <li>• Colonoscopy</li> <li>• Mammogram</li> <li>• Pap</li> </ul> </li> <li>▪ Adult Vision Screening</li> <li>▪ Adult Hearing Screening</li> </ul> <p>Points for completion will appear after the provider has submitted the claim (can take up to 90 days). If you do not see incentive points following this time period, an online well-visit attestation is available for completion.</p>
Challenges	50	12	600	Participate in a variety of unique challenges through the WellRight platform designed to improve not only your physical but also your mental health. Register or access your account at <a href="https://catholicbenefits.wellright.com">catholicbenefits.wellright.com</a> .
Worksite or Family Event	25	6	150	Attend a variety of webinars on nutrition, emotional, and physical health or participate in a recreational family activity, such as hiking or biking. Monthly webinars are advertised in the Benefits Department's monthly newsletters and on the Benefits website at <a href="https://catholicbenefits.org">catholicbenefits.org</a> .
Cardio/Steps Logs in <i>ahealthyme</i>	2/log	25	50	Record 5,000 steps or 30 minutes of activity once a day in the <i>ahealthyme</i> portal to earn points.
Nutrition Logs in <i>ahealthyme</i>	5/log	10	50	Record a food item once a day in the <i>ahealthyme</i> portal to earn points.
Wellness Workshops in <i>ahealthyme</i>	25	2	50	Complete a workshop series in <i>ahealthyme</i> to earn points.
<i>Wellness Champion</i>	75	2	150	Promote wellness and serve as an information resource at your worksite regarding the RCAB Health Benefit Trust Wellness Program and the RCAB Health Plans. Points are awarded twice during the Plan Year based on satisfactory levels of engagement.

## Important Note:

Rewards for participating in the RCAB Health Benefit Trust Wellness Program are available to all similarly situated employees, regardless of health status. If you think you might not be able to meet a health contingent standard (i.e. a program that requires an individual to satisfy a standard related to a health factor to obtain a reward or requires an individual to undertake more than a similarly situated individual to obtain the same reward) under this Wellness Program, you might qualify for an opportunity to earn the same reward by different means. Furthermore, if you have a medical condition that makes any of the activities inadvisable or unreasonably difficult, we'll work with you to provide a reasonable accommodation to help you meet any standards (whether health contingent or not) under this Wellness Program. Contact Donna Ynaya Porter at the RCAB Benefits Department at 617-746-5641 or [dporter@rcab.org](mailto:dporter@rcab.org) and she will work with you (and if you wish, your doctor) to find a Wellness Program with the same reward that is more compatible with your health status. Recommendations from your personal physician may be considered. A more detailed notice of your rights relating to the Wellness Program is posted at [catholicbenefits.org/health/wellness.htm](https://catholicbenefits.org/health/wellness.htm).