



Your Guide to the New *ahealthyme* Platform

The Archdiocese of Boston Benefits Department has created this Guide to help you navigate the new *ahealthyme* platform and understand the points system.

In order to be eligible to earn HRA or HSA dollars for participating in the RCAB Health Benefit Trust Wellness Program, you **must** be registered in the new *ahealthyme* platform starting July 1 or later (even if you have registered in the past). Registration is easy! Sign in to your MyBlue account at member.bluecrossma.com/login and click on *ahealthyme* under **My Care**. If you don't have a MyBlue account, you can register at wellness.ahealthyme.com. **Register for *ahealthyme* by September 1 and the RCAB Health Benefit Trust will deposit \$25 into your HealthEquity HRA or HSA!**

Access *ahealthyme* On Your Mobile Device

You can access *ahealthyme* either on your MyBlue mobile app or an app called Alaveda. Download **Alaveda** from the Apple or Google Play store and enter the code **Wellness**.

Value of Incentive Points

Under the new program, one point equals 10 HRA or HSA dollars.

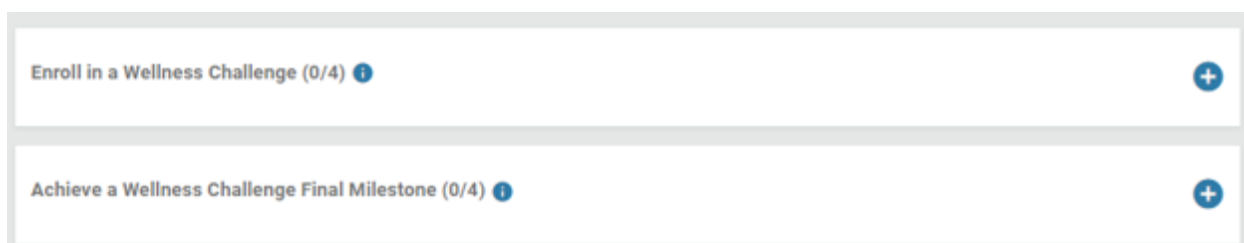
Program Rules and Points View Screen

On the *ahealthyme* Points View screen, a section on Program Rules displays “Minimum Points Required: 70.” Disregard this rule since employees and spouses are each eligible to earn the maximum number of HRA (1,000) and HSA (500) dollars for the current Plan Year. Please refer to the [RCAB Health Benefit Trust Wellness Program flyer](#) in your Open Enrollment booklet for a complete listing of ways you can earn points. Because the *ahealthyme* platform does not track points earned from participating in MoveSpring Challenges or for serving as a Wellness Champion, the section on Total Points Earned, Pending Points, and Points Balance may not offer a complete picture of the total points you have earned. The Benefits Department will manually track and award these additional points and upload them into HealthEquity.



Ahealthyme Versus MoveSpring Challenges

Although you see the option to participate and earn points for enrolling and completing a Challenge in the *ahealthyme* platform (see screenshot below), you can only earn HRA/HSA dollars for participating in the MoveSpring Challenges, which operate on a separate platform from *ahealthyme*. Please refer to the [MoveSpring Challenge flyer](#) in your Open Enrollment booklet for more information. If you still choose to participate in the *ahealthyme* Challenges, any points that appear on your screen do not count toward your HRA or HSA maximum and will not be deposited as HRA or HSA dollars into your HealthEquity account.



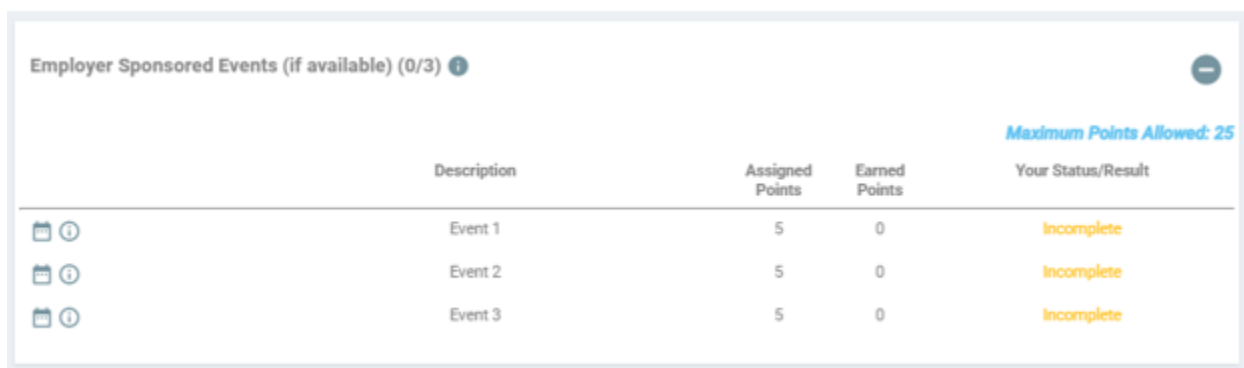
Employer Sponsored Events




Employees and spouses can earn points for participating in Employer Sponsored Events. Although not labeled, the following Events are incentivized:

Event 1 - Webinars (RCAB Benefits Department manually awards points)

Event 2 – Worksite or Family Event (RCAB Benefits Department manually awards points)

Event 3 - Health Coaching or Care Management (BCBS awards points after successful completion)



	Description	Assigned Points	Earned Points	Your Status/Result
	Event 1	5	0	Incomplete
	Event 2	5	0	Incomplete
	Event 3	5	0	Incomplete

Maximum Points Allowed: 25

Points for Attendance at Webinars or Worksite/Family Events

You may earn a maximum of 5 points (or \$50 HRA/HSA) for watching a total of three webinars (promoted in the monthly Benefits Department newsletters). That means that you won't see your HRA/HSA dollars deposited into your HealthEquity account until **after** you have watched your third webinar. You may earn a maximum of 5 points for attending two worksite benefits events or participating in two recreational family activities (or one of each). The Benefits Department will manually track these activities and award the points **after** your second activity.

For any questions about incentive points, please contact Lisha Bethel, Wellness Program Manager, at lbethel@rcab.org or the Benefits Department at benefits@rcab.org.