



## 2023 Live Healthy New Enrollee Program 7/1/23 - 12/31/23

Now is the time to focus on your health and fitness goals. With Healthy Blue Rewards, you can take advantage of online tools, financial rewards, and challenges to help you stay motivated. Go to [CapBlueCross.com/HealthyRewards](https://CapBlueCross.com/HealthyRewards) to learn more.

**Start your health journey today!** There are two ways to register for your program:



### Online

If you have Capital Blue Cross coverage, log into your secure account at [CapBlueCross.com](https://CapBlueCross.com). Click *Wellness*, then *Healthy Blue Rewards*.

If you need to register, select *Login*, and then *Register* and follow the prompts.



### Mobile

From your mobile device, go to the App Store (iOS) or Google Play (Android) and search **AlwaysOn® Wellness**.

Download the app, enter the requested information, and follow the prompts.

### Questions?

Call Member Services at the number on the back of your ID card (TTY: 711).

**Capital** 

Healthy Blue Rewards

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HEW-330 (09/29/22)

# 2023 Live Healthy Program for New Enrollees through Healthy Blue Rewards

We want to help new Associates like you make healthy lifestyle choices and are happy to reward you for your efforts.

## Do you want to earn a discount on your health insurance?

Ollie's Bargain Outlet's Live Healthy program is voluntary. All new full-time Associates signed up for Capital Blue Cross' medical plan can earn points toward a biweekly health insurance discount! The program is completely private, and Ollie's will never see the information you share. Stay motivated, get active, take on the challenge to wellness with personalized programs so you can be your healthiest you.

## Why participate in the program?

New Associates can earn points toward a biweekly health insurance discount. Complete 3 activities to earn points. Insurance discounts will be applied to bi-weekly paychecks as of the date the program is completed.

## How to earn points

New Associates must **complete all 3 activities within 90 days** of your medical plan effective date, to earn points toward a discount on your insurance.

1. Complete the Health Assessment.
2. Complete a preventive exam with your health care provider or print and send the Physician Form Annual Physical to [benefits@ollies.us](mailto:benefits@ollies.us).
3. Certify that you are tobacco free on the health assessment or complete the Quitting Tobacco self-guided program if you are a tobacco user. Please allow 6-weeks to complete a self-guided program.

## How to access Healthy Blue Rewards

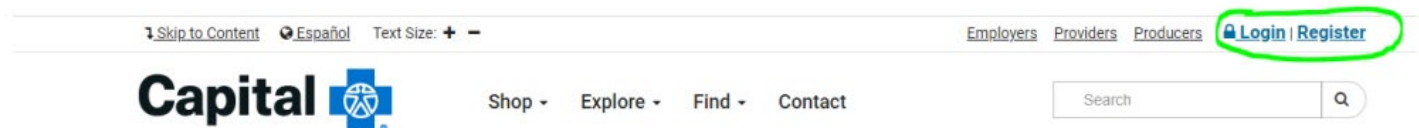
- Register for a secure account at [CapitalBlueCross.com](https://CapitalBlueCross.com), select **Login**, then **Register**, and following the prompts.
- Select **Member** from the list of customer types.
- Read and accept the Terms and Conditions.
- Complete your member ID and contact information.
- Setup your username, password, and security challenge questions.
- Confirm your account information and print the confirmation screen for your records.

OR

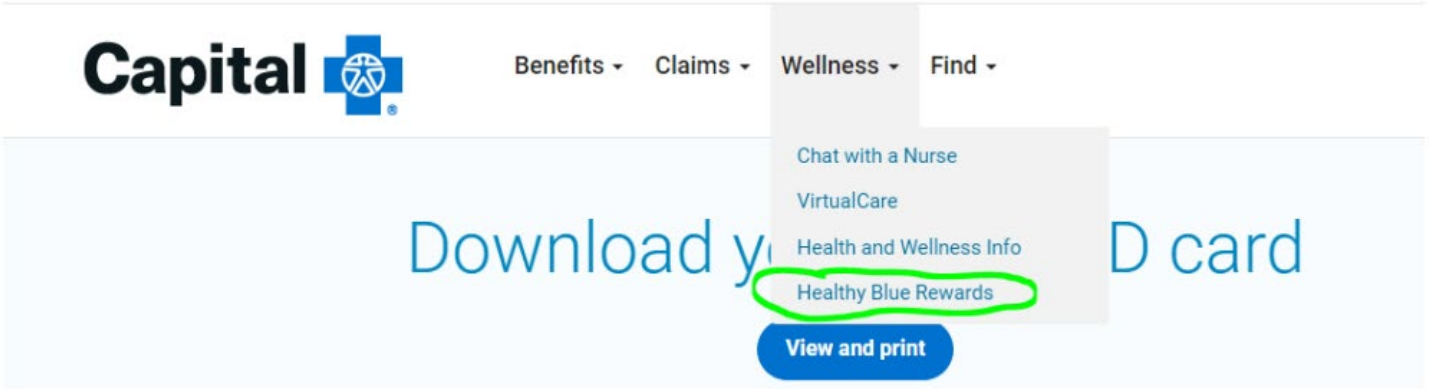


### Step 1

Create your secure account at [CapBlueCross.com/new-year](https://CapBlueCross.com/new-year) or by scanning the QR code above.



Once your account is set up, log into your secure account at [CapitalBlueCross.com](https://CapitalBlueCross.com), click **Wellness**, then **Healthy Blue Rewards** to access the Healthy Blue Rewards portal.



Download the AlwaysOn® Wellness app to access Healthy Blue Rewards with a mobile device. Enter the requested information and follow the prompts to set up your account.

## Get started earning points with these activities.

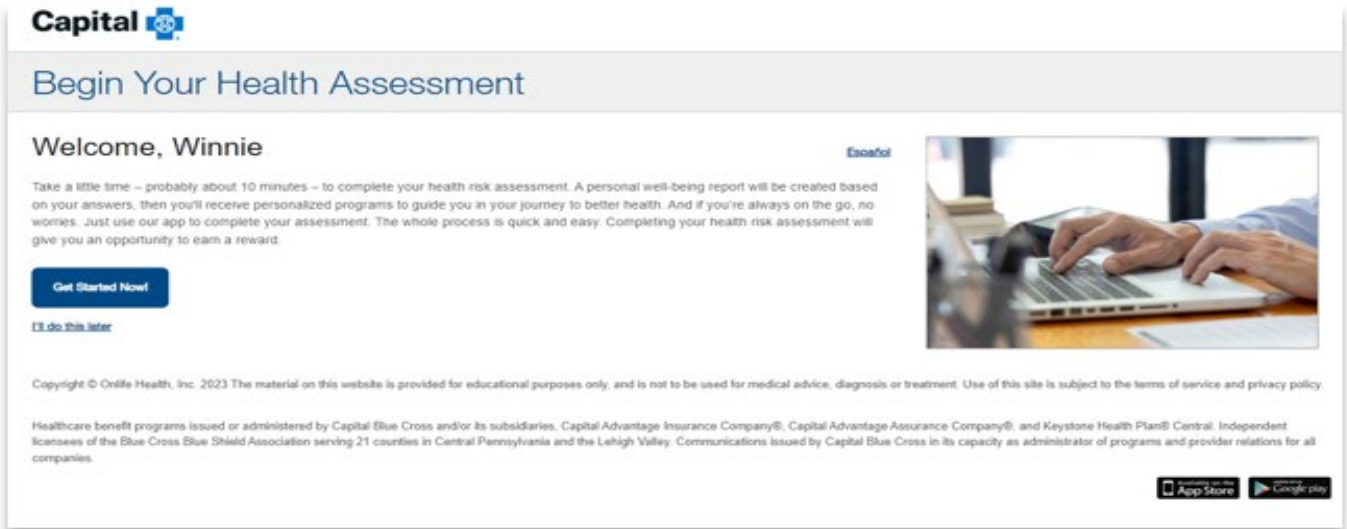
Activities must be completed within 90 days of your medical plan effective date.

### 1. Complete your health assessment to earn 400 points.

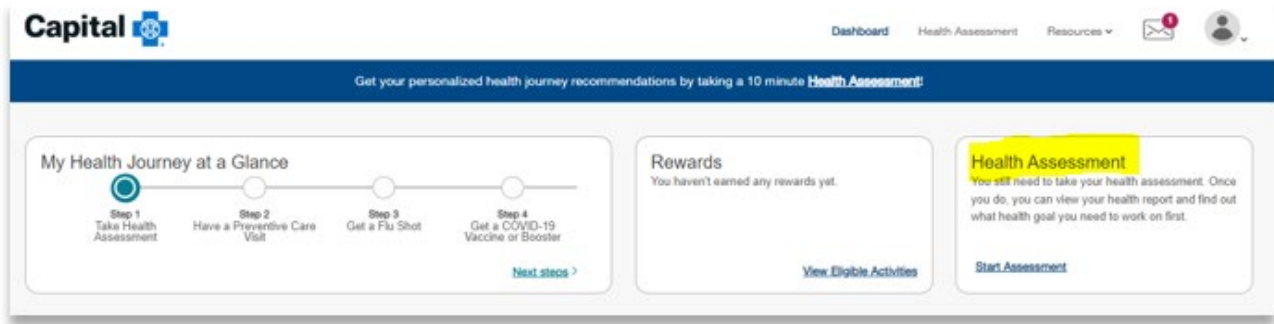
Complete the health assessment on the Capital Blue Cross website or through the AlwaysOn® Wellness app.

The quick, private health assessment will help you see where your health is strong and where you can improve. You'll also get personal recommendations and reports based on your health and wellness needs that include simple ways YOU can add healthy habits into your daily life.

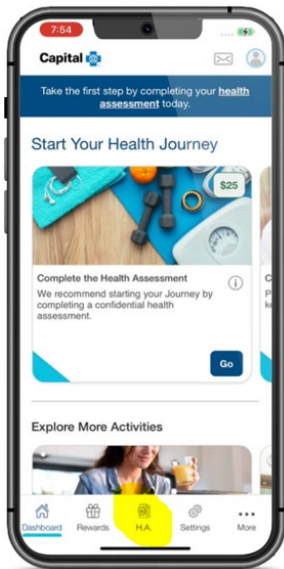
The Health Assessment will be the first activity you complete after logging into the portal the first time.



You can also open the health assessment on the Dashboard.



Or at the bottom of the app.



## 2. Complete a preventive exam with your health care provider to earn 600 points.

An ongoing relationship with a primary care physician (PCP) is very important to staying healthy. Make an appointment for your preventive exam or screening today.

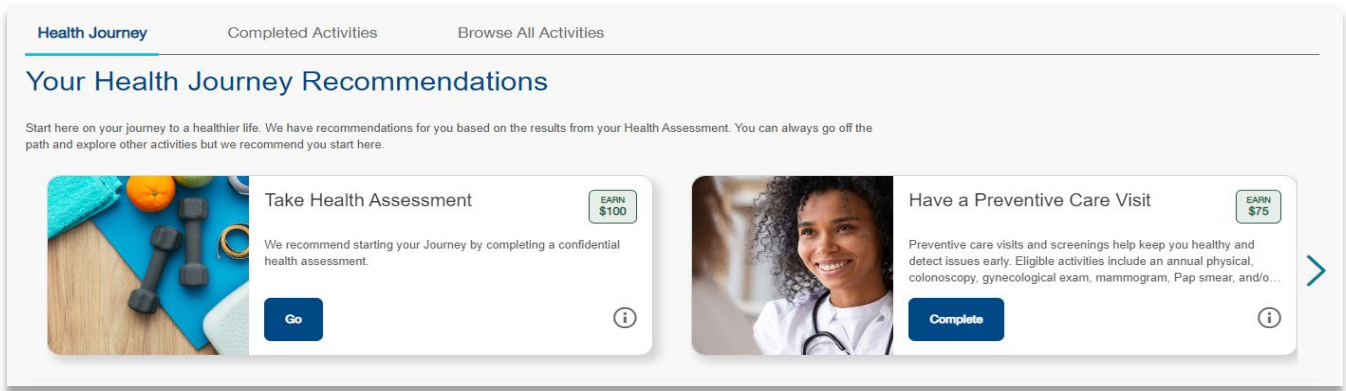
Any of these exams qualify as preventive: an annual physical, colonoscopy, gynecological exam, mammogram, Pap smear, and/or prostate-specific antigen (PSA) test for cancer screening.

**Make sure to let your physician know that you are getting your annual preventive exam as part of an employer wellness program and to bill your visit with a preventive exam code.**

Preventive Care is covered 100% by Capital Blue Cross. That's \$0 out of your pocket when you see an in-network provider! To find a doctor, visit [MyCare Finder](#) or log into your secure account at [CapitalBlueCross.com](#) and choose Find > Doctors

You'll earn points for having a preventive exam after your claim has been processed. Please allow up to six weeks or longer for processing. You can also complete the *Physician Form Annual Visit* to report your preventive exam. This form can be downloaded and printed from the Healthy Blue Reward Platform and sent to [benefits@ollies.us](mailto:benefits@ollies.us).

If you already had a physical/preventive exam in 2023, download and print the *Physician Form Annual Visit form* from the Healthy Blue Reward platform, take it to your provider's office to obtain a signature and then send it to [benefits@ollies.us](mailto:benefits@ollies.us).



Screenshot is for demonstration purposes only and does not reflect Ollie's incentive amount.

3. Report that you are tobacco free in the health assessment to earn 250 points.

OR

If you are a tobacco user, complete the Quitting Tobacco Self-Guided Program to earn 250 points. Please allow 6-weeks to complete a self-guided program.

The Quitting Tobacco self-guided program will appear in "My Health Journey at a Glance" (below) and into "Your Health Journey Recommendations" (above) if you report you are a tobacco user. You can open the program by clicking on the related step or tile.



Example screenshot only.

Keep these important dates and deadlines in mind.

| Wellness Activities   | Goal   | Timeline                                       | Reward <sup>1</sup> Amount |
|---|--|--|----------------------------|
| Complete the Health Assessment  | Complete   | Within 90 days of medical plan effective date. | 400 points                 |
| Complete a Preventive Exam or report your exam using the Physician Form Annual Physical | Complete <sup>3</sup>  | Within 90 days of medical plan effective date. | 600 points                 |
| Report that you are tobacco/nicotine free   | No tobacco use<br><br><b>OR</b><br><br>Complete <i>Quitting Tobacco</i> self-guided program <sup>2</sup> | Within 90 days of medical plan effective date. | 250 points                 |
|   |  |  | 1250 points                |

<sup>1</sup> Health Insurance discount of up to \$750 per year is paid biweekly in your paycheck and applied as of the date the program is completed.

<sup>2</sup> Self-guided programs (SGP) can take up to 6 weeks to complete and must be 100% completed within 90 days, to earn the points.

<sup>3</sup> Or, send a completed, signed Physician Form Annual Physical form to [benefits@ollies.us](mailto:benefits@ollies.us).

## Frequently Asked Questions

### **Do I have to participate?**

No. Participation is voluntary. However, if you do not take part you will miss your chance to save money on your health insurance.

### **How do I earn points toward the insurance discount?**

New Associates must complete all 3 requirements within 90 days of your medical plan effective date to earn points: complete the Health Assessment on the Healthy Blue Rewards platform, certify that you are tobacco-free or complete a Tobacco Cessation program if you are a tobacco user, and complete a preventive exam with your provider.

### **Where do I certify that I am tobacco free?**

Report that you are tobacco free in the health assessment while answering questions about your tobacco use. If you are a current tobacco user, complete the Quitting Tobacco self-guided program in the Healthy Blue Rewards platform to earn points.

### **I already had my annual physical/preventive exam in 2023. Must I schedule another appointment?**

No. Download and print the *Physician Form Annual Visit form* from the Healthy Blue Reward platform, take it to your provider's office to obtain a signature and then send it to [benefits@ollies.us](mailto:benefits@ollies.us).

### **How will I receive my results?**

The Healthy Blue Rewards dashboard will total the points you earned and report the activities you completed. A maximum of 1250 points is available.

### **Will my employer see my results?**

No. Your employer will receive only a summary of responses collected from all employees who complete a health assessment. This data does not show names. The summary is used to judge the value of the wellness program.

Your personal medical information will not be shown, except as necessary to respond to a request from you for a reasonable accommodation needed to take part in the wellness program, as necessary to support health plan or wellness program administration, or as permitted by law. Information stored electronically will be encrypted, and no information you provide as part of the wellness program may be used in making any employment decisions.