

St. Martin Parish School Board

# Wellness incentive program overview



A UnitedHealthcare Company

St. Martin Parish School Board and UMR have teamed up to offer you opportunities to win rewards for making healthy lifestyle choices.

**All employees, spouses and retirees (not on Medicare) enrolled in the SMPSB group medical plan are eligible to be entered into drawings for reward cards for participating in any of these wellness programs:**

## 1. Annual Wellness & Screening

Visit your health care provider for an annual wellness exam and agree to complete appropriate recommended screenings (examples: lab work, EKG, mammogram). Participants must complete the enclosed Provider Verification Form and have it signed by the provider.

The completed **Provider Verification Form** must be returned to UMR Nurse Advocate Amanda Boyer at SMPSB to be entered into drawings for \$100 reward cards.

**\$100 reward card** drawings will be held through **6/30/18**, so get your forms in early for more chances to win (visits completed after 6/1/17 can be entered WITH completed verification form).

## 2. Clinical Health Risk Assessment (CHRA)

Complete the online questionnaire to receive a personalized wellness score and find out whether you are at risk for developing disease in the future.

Log in to your member account on **umr.com**, and from the home page, choose the **Take a CHRA** button. Click the **Get started!** button from the wellness activity center landing page, then select **Start CHRA** from the Things To Do list on the right side of the page. When you have completed your CHRA, print a copy of your report.

Complete the enclosed **CHRA Verification Form** and return it to UMR Nurse Advocate Amanda Boyer at SMPSB to be entered into drawings for \$100 reward cards.

**\$100 reward card** drawings will be held through **6/30/18**, so turn in your forms early for more chances to win.

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### 3. Disease Management Coaching

UMR's Disease Management program offers personal health coaching for individuals with the following chronic health conditions: asthma, high blood pressure, diabetes, coronary artery (heart) disease, chronic obstructive pulmonary (lung) disease and heart failure.

Members can enroll online at **umr.com**. Log in to your member account and go to the **Health center**. Then select **"Get a health coach"** from the "I need to" menu. Or enroll by calling toll-free to **1-866-575-2540**.

A limited number of **\$100 reward cards** are available to those who enroll and complete at least two coaching calls. Reward cards will be distributed in order of verification by nurse.

Members **MUST** contact UMR Nurse Advocate Amanda Boyer at 225-237-2061 to verify completion and availability of reward cards. Verification will occur after two coaching calls are completed.

### 4. Maternity Management Coaching

UMR's Maternity Management program offers personal coaching to help members learn how to reduce the risk of complications and support successful, full-term pregnancies.

Members can enroll online at **umr.com**. Log in to your member account and go to **Health center**. Then select **"Expecting a baby?"** then **"begin here."** Or enroll by calling toll free to **1-888-438-8105**.

Drawings for **\$200 reward cards** will be held through **6/30/18**. Members will be entered into drawings at enrollment and completion of the program, so sign up early for more chances to win.

#### Program Guidelines:

Dependent children are not eligible to enter to receive wellness incentives. All programs will begin on **7/1/17** and end on **6/30/18**.

All verification forms must be received by **6/15/18**. Prizes must be picked up within 30 days of drawing or a new winner will be drawn. The phone numbers provided on the verification forms will be used to notify winners on the day of the drawing. Members may participate and are eligible to win rewards once per plan year in **ALL** categories.

#### Verification forms should be returned to St. Martin Parish School Board via interoffice or postal mail to:

St. Martin Parish School Board Office  
Attention: Amanda Boyer, UMR Nurse Advocate  
P.O. Box 1000  
Breaux Bridge, LA 70517

#### Questions about wellness incentives can be directed to:

Amanda Boyer, UMR Nurse Advocate  
Phone: 225-237-2061