



# Well-being Rewards Program Guide

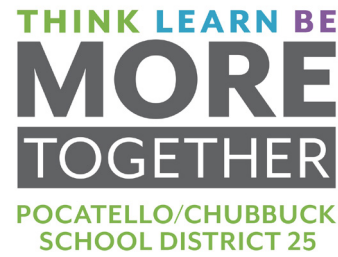
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Pocatello Chubbuck School District 2021–2022



THINK LEARN BE  
**MORE**  
**TOGETHER**  
POCATELLO/CHUBBUCK  
SCHOOL DISTRICT 25





*"Together we are Extraordinary and Accomplishing Great Things!"*

As with the start of every school year, we find ourselves flooded with emotions, and this year it's likely that those thoughts and feelings are moving from one extreme to the other. Now, more than ever, we need to focus on our health.

Whenever I feel stressed, I find that some of my healthiest behaviors have a tendency to change – and not for the better. Good health depends largely on the choices we make, so consequently, we should do our best to maintain a portion of focus on ourselves. We have partnered with PacificSource to develop and deliver a program that addresses the health and well-being needs of our district. We encourage you to engage in the newly enhanced Well-being Rewards Program.

Here at the District, we are promoting a culture of wellness and creating an environment in which you can thrive in your everyday life. Our Wellbeing Rewards Program was originally designed to provide awareness and education to support your physical health. Our 2021/2022 Well-being Rewards Program offers more program options, more resources and even more rewards.

Over the years, we have had outstanding participation with our employees choosing to have their biometric screening and annual wellness visit. An annual flu shot is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. In addition, annual dental cleanings promote oral health, which has a strong connection to overall health, helping to lower your risk for some diseases like heart disease and stroke. These components are considered preventive and covered at 100%. We are beyond pleased with how many of you value these preventive screenings and actively choose to participate. This year we have added other important screenings that you will be rewarded for; such as age-appropriate screenings like colonoscopies and mammograms.

Our focus on total well-being over the past few years is more evident in this year's program design. We understand that your overall health is not just conditional to your physical health, and areas such as emotional health and financial well-being play a big role in your total well-being. By actively participating in a variety of this year's offerings in addition to the premium incentive you are accustomed to, you will now have the ability to earn up to \$75 in gift cards.

We believe that prevention is the first and most important step in managing your health. The information you receive from these proactive measures are vital to help you understand any risk factors you may have. These actions also help mitigate many chronic conditions such as heart disease, diabetes, and obesity, which can cause an increase in your costs as well as overall premiums.

At the heart of the District's wellness initiative is our appreciation and care for you, your families, and our community. This program promotes personal activities to encourage all of us to lead healthy lifestyles. When you take advantage of this opportunity to engage in your health, you are not only helping yourself, but also helping us all achieve a healthier District.

We are in this TOGETHER! Let us make this next year a wonderful, healthy year.

In good health,  


Dr. Douglas Howell  
Superintendent

# Take action for a healthy life

Health and wellness must be a priority for us all—not only as individuals, but also as an organization.

That's why Pocatello Chubbuck School District has partnered with PacificSource Health Plans to develop and implement a health and well-being program that rewards you for engaging in your health. This program provides opportunities for you to learn and take action in various dimensions of your well-being. Whether you want to learn more about financial wellness, take action with preventive screenings, or be rewarded for your physical activity, this year's program has a variety of ways to participate and engage. By learning about your health, you can take active steps toward making lifestyle changes that can positively impact your well-being.



## Eligibility

All employees of Pocatello Chubbuck School District are eligible to participate in the Well-being Rewards Program and earn rewards.



## Rewards

### **Members (Employees on the PacificSource Health Plan):**

Complete 5 Core Components to earn a premium incentive for your 2022–2023 health plan.

PLUS: Earn up to 75 points redeemable for up to \$75 in gift cards per year in the Rewards Marketplace.

### **Nonmembers (Employees not on the PacificSource Health Plan):**

Earn up to 75 points redeemable for up to \$75 in Gift cards per year in the Rewards Marketplace.



## Program period: August 1, 2021 – July 22, 2022

(Points do not roll over at the end of the program period.)



## Your privacy is our policy

Your protected health information (PHI) is protected by the Health Insurance Portability and Accountability Act (HIPAA) and will be safeguarded. Any use of your PHI is covered by the PacificSource Health Plans Notice of Privacy Practices. Only your participation and points earned will be reported to your employer.



## Contacts

### **HR & benefit questions:**

**Shauna Miller**

208-235-3255

[millersh@sd25.us](mailto:millersh@sd25.us)

### **CaféWell questions:**

**Suzie Owen**

208-850-8346

[Suzie.Owen@](mailto:Suzie.Owen@PacificSource.com)

[PacificSource.com](https://PacificSource.com) or

[Wellness@](mailto:Wellness@PacificSource.com)

[PacificSource.com](https://PacificSource.com)

### **Health plan questions:**

**PacificSource**

**Customer Service**

208-333-1523 or

855-203-4410

[CS@PacificSource.com](mailto:CS@PacificSource.com)

### **Dental benefit questions:**

**Delta Dental**

**Customer Service**

800-356-7589





## How to earn points

### Health awareness and prevention

- Health assessment in CaféWell
- Annual wellness exam
- Biometric screening
- Annual dental exam
- Flu vaccination

These activities help you understand your health status, engage in preventive screenings and immunizations, and learn more about making lifestyle changes to positively impact your health. Please work with your doctor to understand what preventive screenings are recommended for you. You will find an action card for each one of these in CaféWell.

Members must complete all 5 to qualify for the

**PREMIUM INCENTIVE**

Nonmembers receive

**10**  
POINTS FOR  
EACH ACTIVITY

- Colorectal cancer screening
- Breast cancer screening
- Prostate screening
- COVID-19 vaccination

**10**  
POINTS EACH

- Vision screening

**5**  
POINTS EACH

### Healthy resources from PacificSource

- Participate in PacificSource Condition Support Program
- Participate in a health education class (using PacificSource's reimbursement program)
- Participate in a Quit for Life Tobacco Cessation Program
- Participate in PacificSource's Prenatal Program

Many resources are available to members through PacificSource Health Plans. We encourage you to tap into these resources to help you find the right fit for your personal needs.

For more information on how to enroll in these programs, see page 8.

Note: These programs are available only to PacificSource members.

**10**  
POINTS EACH

## Physical activity

### □ Complete 150 minutes of physical activity per week for 3 months

Getting 150 minutes of physical activity per week is recommended to maintain your health. Earn one point per week for every week you are physically active for 150 minutes or more. You can earn points for up to 12 weeks.

Plus, sync your fitness-tracking device to automatically track your minutes of movement.

**EARN UP TO:**  
**15**  
**POINTS**

(1 point per week and 3 points earned after the 12th week)

## Personal well-being

Select your own focus area with the Your Focus action cards in CaféWell. Choose from:

- Eat healthier
- Exercise more
- Reduce or manage stress
- Improve sleep
- Manage or lose weight
- Manage finances

Your health and well-being are unique to you. By choosing a focus area, you can engage in something that is important and meaningful to you. Included with an initial survey, 10 action cards are delivered to you as you progress through the program. Earn points for each card completed.

**5**  
**POINTS PER**  
**ACTION CARD**  
(up to 50 points total)

### □ Participate in financial well-being classes

Your financial well-being is just as important as your physical health. Throughout the year, there will be opportunities to participate in a variety of financial well-being classes.

**10**  
**POINTS**

### □ Participate in an EAP program, counseling, or substance abuse program

Rocky Mountain EAP is your Employee Assistance Program and is there to help you navigate all of life's challenges. Emotional well-being, strong personal / working relationships, positive attitudes on life, family, and work is critical for a healthy lifestyle. Learn more about your EAP program on the PCSD Wellness Page.

**10**  
**POINTS**

### □ Webinars in CaféWell

Attend live webinars in CaféWell on a variety of topics, including mindfulness, financial well-being, heart health, and more. Webinars are typically 15 minutes long, hosted by CaféWell Health Coaches.

**5**  
**POINTS PER**  
**WEBINAR**  
(up to 25 points total)

### □ Other action cards (tagged as rewardable)

After completion of the Health Assessment in CaféWell, you may receive other action cards tagged as a rewardable activity. Complete these action cards to earn additional points.

**5**  
**POINTS EACH**

## Want alternative activities?

If you are unable to complete any of the specified activities for any reason, a reasonable alternative will be made available to you. Please contact your human resources department to learn how you can participate in other ways, or if a physician's note can be accepted.



# Getting started with CaféWell



## Log-in instructions for PacificSource members

When you access CaféWell for the first time, you need to first log in to your InTouch account. After that, you can go directly to [CaféWell.com](https://CafeWell.com), log in through InTouch, or download the CaféWell app for your iOS or Android device.

### Step 1: Log-in to InTouch

- Visit [PacificSource.com](https://PacificSource.com) and click the Log In button in the upper right of the home page. On the next screen, select Members.
- Returning users: Enter your username and password to sign in.
- New users: If you have never used InTouch, click Member Sign-Up. Note: You will need your Member ID and Group ID to register.
- Follow the on-screen instructions to complete your InTouch registration.

### Step 2: Access CaféWell

- From the InTouch homepage, go to Benefits and select Wellness—CaféWell.
- Follow the instructions to create a username and password for CaféWell.
- You will be asked a few registration questions.

## Log in instructions for non-PacificSource members

1. Go to [CafeWell.com/?code=pacificsource-non-member](https://CafeWell.com/?code=pacificsource-non-member).
2. If you're an existing CaféWell user, sign in.
3. If you're new to CaféWell, click Register Now. You'll be asked a few registration questions.
4. You will need to enter your employee ID and date of birth when prompted to verify eligibility.
5. Once you have created your account, you no longer need to go through these steps again and can go directly to [CaféWell.com](https://CafeWell.com) to log in.

## What is InTouch?

InTouch for Members is PacificSource's secure web portal. It allows you to easily and conveniently manage your insurance benefits and health from any computer or mobile device, 24/7. Sign in to InTouch to:

- Look up coverage information in your member handbook/policy, or read benefit summaries.
- View explanation of benefits statements.
- Check deductible and your out-of-pocket status.
- Access CaféWell.
- And more!

Go to [InTouch.PacificSource.com](https://InTouch.PacificSource.com), and select Members to get started.



# Rewards Marketplace

Get rewarded for engaging with your health. Use your points toward gift cards or merchandise in the CaféWell Rewards Marketplace.

## How to get there:

1. From the CaféWell home page, click Rewards.
2. On your Rewards Dashboard, click Browse Marketplace.

In the Rewards Marketplace, you'll find options for gift cards.

## Gift Cards

In \$25 increments, you will find gift cards from a variety of stores, including:



Cabela's



SEPHORA



POTTERY BARN

STITCH FIX



ExxonMobil

**Plus many more!**  
Browse the marketplace to see all your options.

## Ambassador Contacts

**Education Center, Transportation, Central Kitchen, Chubbuck Elementary, New Horizons Center**  
**Jeff Corrington**  
*Transportation*  
208-235-3223  
[corrinje@sd25.us](mailto:corrinje@sd25.us)

**Lincoln Early Childhood Center, Head Start, Jefferson Elementary, Maintenance Shop**  
**Carolue Klitgaard**  
*Jefferson Elementary*  
208-232-2914  
[klitgaca@sd25.us](mailto:klitgaca@sd25.us)

**Gate City Elementary, Gateway Professional Learning Center, Highland High School, Franklin Middle School**  
**Molly McCann**  
*Gate City Elementary*  
208-237-2503  
[mccannmo@sd25.us](mailto:mccannmo@sd25.us)

**Lewis & Clark Elementary, Alameda Middle School, Tendoy Elementary**  
**Aimee Reeder**  
*Alameda Middle School*  
208-235-6800  
[reederai@sd25.us](mailto:reederai@sd25.us)

**Ellis Elementary, Syringa Elementary, Edahow Elementary**  
**Sean Smith**  
*Gate City Elementary*  
208-237-2503  
[smithse@sd25.us](mailto:smithse@sd25.us)

**Tyhee Elementary, Wilcox Elementary, Hawthorne Middle School**  
**Melissa Ely**  
*New Horizon School*  
208-237-2233  
[elyme@sd25.us](mailto:elyme@sd25.us)

**Washington Elementary, Indian Hills Elementary, Century High School**  
**Jamie Woodland**  
*Indian Hills Elementary*  
208-232-4086  
[woodlaja@sd25.us](mailto:woodlaja@sd25.us)

**Greenacres Elementary, Irving Middle School, Pocatello High School**  
**Tonya Blaser**  
*Alameda Middle School*  
208-235-6800  
[blaserto@sd25.us](mailto:blaserto@sd25.us)

## Your Wellness Ambassadors

The district has carefully selected Wellness Ambassadors to serve as liaisons and champions of well-being initiatives across our schools and locations. The Wellness Ambassadors are here to help you navigate and make the most of the opportunities to enhance your well-being. Reach out to your representative Wellness Ambassador for questions, ideas, and feedback about the district's well-being efforts.

# Additional programs from PacificSource Health Plans



Learn more about these programs at [PacificSource.com/Members/Healthy-Resources](https://PacificSource.com/Members/Healthy-Resources).

## 24-Hour NurseLine



Have a health-related question? Our 24-Hour NurseLine is staffed around the clock, seven days a week—so you'll never be without a registered nurse to talk to. Call toll-free at 855-834-6150.

## Health education reimbursement



You can receive a reimbursement for health and wellness education classes in your area. The program will reimburse you for up to \$150 per member, per plan year.

## Teladoc®



PacificSource partners with Teladoc to provide virtual telehealth visits to our members. Teladoc is a national network of U.S. board-certified physicians and pediatricians that you can see on-demand 24/7, via phone or online video consultations, from wherever you happen to be.

## Condition support program



One-on-one coaching and support is available to members diagnosed with: asthma, diabetes, heart failure, chronic obstructive pulmonary disease (COPD), coronary artery disease, or juvenile diabetes. The program focuses on helping you adopt and maintain positive health behaviors.

## Foodsmart



Eating well is easy with Foodsmart. You get free visits with a dietitian to create personalized meal plans, meet your health goals, and save money on groceries. Foodsmart also offers an app and website with personalized meal planning, a recipe library, grocery list generator, and deals at local stores. Sign up by visiting [Foodsmart.com](https://Foodsmart.com) and entering "Poca" to find our group. Then enter your 11-digit member ID when prompted.

## Prenatal program



Our prenatal program supports, educates, and prepares participants for what to expect during pregnancy and in the weeks that follow. Participants receive educational materials and toll-free phone access to a nurse consultant. High-risk members receive additional nurse support. No-cost prenatal vitamins are also available.

## WW® program



You can participate in a WW program and receive an annual membership fee reimbursement of \$100 (\$40 for online participants). Complete a minimum of ten weeks during a consecutive four-month period to be eligible.

## Active&Fit Direct™



Through the Active&Fit Direct program, one low monthly rate gives you access to more than 1,500 digital workout videos, more than 11,000 fitness centers, one-on-one lifestyle coaching, online fitness tracking, and more.