

Happy Holidays Weakley County B.E.A.T



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**PARTNERS
FOR HEALTH.**

Looking Forward: The 2014 Partnership Promise

January 1, 2014 is the start of a new plan year for employees with ParTNers for Health Group Health Insurance. Employees that have chosen the Partnership PPO Plan will want to begin making a plan to fulfill the requirements of the Partnership Promise. The requirements and deadline dates for the plan have already been put into place by ParTNers for Health. All members and their covered spouses must:

- Complete online Healthways Well-Being Assessment™ (WBA) by March 15, 2014
- Complete a biometric screening by July 15, 2014
- Participate in health coaching and/or case management if identified
- Engage in the tobacco cessation program if a tobacco user
- Update contact information with your employer if it changes

The 2014 Partnership Promise aims to help healthy members stay healthy and to slow or stop the progression of disease among those currently living with chronic illnesses. When you maintain or improve your health, you help lower healthcare costs for you, your family and all insurance plan members. These savings means we can offer you the most comprehensive insurance plan at the lowest cost. Without your active participation in the Partnership Promise, everyone could pay higher costs.

If you or your covered spouse fail to fulfill any requirement of the 2014 Partnership Promise,

you will both be transferred to the Standard PPO in 2015.

The benefits of the Partnership Promise are open to all plan members. If you think you might be unable to fulfill the Partnership Promise, call the ParTNers for Health Wellness Program at 888.741.3390 and they will work with you and/or your physician to find an alternate way for you to meet the Promise.

Don't forget: Covered dependent children do not have to meet the requirements of the Partnership Promise.

Do you have questions about what is required for 2014?

Call us: 731.364.5429.

First Things First - The Healthways WBA

The first requirement for completing the Partnership Promise is completing the online Healthways Well-Being Assessment (WBA). The WBA summarizes your overall health and offers steps you can take to improve. By completing the confidential online assessment, you will learn more about your physical, emotional and social health and how your lifestyle habits affect your overall well-being.

In 2014, log into your well-being account to access and complete the WBA between January 1 and March 15, 2014. Note: If you did not create an account in 2013, you will need to create a new well-being account to complete the WBA and access the site.

All Partnership PPO members, including employees and covered spouses, must complete the Well-Being Assessment between January 1 and March 15, 2014.

Sign in to your well-being account with your unique username and password.

The WBA takes about 20 minutes to complete and is designed to take a look at your overall well-being.

Once you've completed the WBA you can view your Well-Being Report. Within 24 hours of completing your assessment, you can set up your Well-Being Plan.

When you return to the site the next day, you will need to sign in with your new Well-Being Account username and password to view your results, create your personal Well-Being Plan and access all of the tools and resources on Well-Being Connect.

To set up your well-being account, go to:

<http://partnersforhealthtn.embrace.healthways.com/healthways/home>.

Cold Weather = Exercise? YES

Exercise anytime! Here's how:

1. Get a coat and talk a walk
2. Try a workout DVD
3. Try a workout youtube.com video
4. Use your body weight by trying push-ups, sit-ups, lunges, squats
You can do it all from home!
5. Do air punches or wall squats
6. Do jumping jacks
7. Invest in some free weights or a barbell and devote 15 minutes to your arms every day. Feel the difference in your upper body strength in just one month.



Any weather is exercise weather - cold weather is not an excuse not to avoid daily exercise.

Holiday Office Closings



Christmas Holiday
- December 24, 25, 26
Tuesday, Wednesday,
and Thursday

New Year's Day
- January 1, 2014
Wednesday



Available on the Apple
App Store

GET IT ON
Google play

Need help setting up the wellbeingGo™ mobile app?
Visit: www.weakleycountytn.gov/downloads/insurance/wellbeingGo-app_setup.pdf

www.weakleycountytn.gov



What is a “Biometric Screening” Anyway?

All members (EMPLOYEES AND COVERED SPOUSES) enrolled in the Partnership PPO must complete a biometric health screening by July 15, 2014. You may use screening results from a doctor’s visit between July 16, 2013, and July 15, 2014, or from a work site screening. A biometric screening includes height, weight, waist circumference, blood sugar, blood pressure and cholesterol level. There are two ways to get a biometric screening:

1. At a work site screening:

The work site screening for Weakley County employees will take place on February 25 - 26, 2014. Get more details in the yellow box below.

2. From your healthcare provider:

Healthways will accept screening results from a doctor’s visit between July 16, 2013, and July 15, 2014.



A biometric screening include height, weight, waist circumference, blood sugar, blood pressure, and cholesterol level.

To download and print a physician screening form, visit the ParTners for Health website, <http://www.partnersforhealthtn.gov>, or use this direct link: <https://my.onsitehd.com/restricted/signup/tn>

Next, take the form to your doctor’s office and simply ask your doctor to complete the physician screening form. Lastly, you or your doctor must submit the completed form by the July 15, 2014, deadline.

Forms will be processed by Onsite Health Diagnostics (OHD), the vendor Healthways has partnered with to manage the screening form process. You can fax or mail your form to OHD using the contact information on the physician screening form. If you do not have access to a computer, call Healthways at 888.741.3390, to request your form.

ParTners For Health Onsite Screening Dates Set for February 25 - 26, 2014

One of the requirements of the ParTners for Health Partnership Promise is to complete a biometric screening by July 15, 2014. Dates for Weakley County’s screenings will be Tuesday and Wednesday, **February 25-26, 2014.**

The screenings will be in the conference room at the Weakley County Department of Finance in Dresden. Certified health professionals will be administering the screenings. **Sign up for the screening by following the instructions at this link:** <http://my.onsitehd.com/restricted/signup/tn>

* Remember that your Member ID is on your Caremark Card.

Typically, during a biometric screening a health professional will collect measurements, including height and weight. A sample of your blood will be collected to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle-related health complications.

The biometric screening is considered a preventive service and is offered to members at **no cost.**

Questions? Visit www.partnersforhealthtn.gov, or call 364.5429.



PARTNERS FOR HEALTH



Christmas Schedule 2013

Dec. 5 - Martin Senior Center Christmas Bazaar: 587.3900
Martin City Hall Open House: 587.3126

Dec. 7 - C.E. Weldon Christmas Open House: 587.3148
Santa Arrives in Martin
Martin Tree Lighting Ceremony
Santa Arrives in Greenfield: 235.2207

Dec. 9 - Kiwanis Annual Martin Christmas Parade

Dec. 11 - Dresden Senior Center Open House: 364.5678

Dec. 12 - 15 - Santa’s Village in Martin: 587.6784

Dec. 13 - First State Bank Open House (Countywide)

Dec. 14 - Martin’s Rotary Ham Breakfast: 587.5841
Gleason Hometown Christmas: 648.5547

Dec. 16 - Sharon Senior Center Open House: 456.2213

Dec. 20 - Santa Arrives at Weakley Co. Library: 364.2678
Weakley Co. Library Open House
Martin Senior Christmas Luncheon: 587.3900

Dec. 24 - Martin Senior Center Open House: 587.3900

Dec. 25 - *Merry Christmas to you!*