

## **NEW – SMOKING CESSATION PROGRAM**

The JPA is very happy to announce its NEWEST Wellness Program Benefit: FREE Smoking Cessation Aids. Your health is very important to us and we all know how smoking affects our health: shortness of breath, coughing, impairment of taste and smell, and most concerning of all, CANCER. We would like to help you stop smoking. Therefore, each member may receive smoking cessation products to a lifetime maximum of \$500. These products include over-the-counter aids as well as prescription aids as follows:

- Over-the-counter nicotine replacement agents: Gum, lozenges, patches
- Prescription medication: Examples include prescription drugs such as Chantix, Inhalers, Nasal Sprays

To obtain products at no cost to the member, a prescription must be written by a physician regardless if the product is a prescription medication or over-the-counter aid. The prescription may be taken to an Anthem participating provider pharmacy where the products can be purchased using the member's Anthem ID card with no copayment or out-of-pocket cost, as long as the member has not already met or exceeded their \$500 lifetime maximum.

Smoking Cessation Education Programs are strongly recommended, but not required to obtain medication. Recommended programs are through Mercy Medical Center Redding or online at [www.behappystaywell.com](http://www.behappystaywell.com) or at [www.Anthem.com/ca](http://www.Anthem.com/ca).

## **PHASE 2 OF THE WELLNESS PROGRAM DEADLINE IS OCTOBER 31<sup>ST</sup>**

By now, you have no doubt completed the steps necessary to complete Phase 2 by the October 31<sup>st</sup> deadline. These steps are:

- Have a Wellness/Preventive exam – if you want to verify that it was coded correctly, call Anthem's Customer Service (800/282-4993) and ask if they see a preventive service in your claims history. We are going back to October 1, 2009 to gather this information.
- Attend a JPA-Approved Health Seminar or go online to [www.behappystaywell.com](http://www.behappystaywell.com) to complete two Online Seminars.

If you've done these steps, a letter will be coming to you in December to verify that you have completed the Wellness Program and that your copays and deductibles will remain at their current low level.

Information must be gathered from several sources in order to compile the list of members that successfully participated in the Program. That process will begin the middle of November.

## **WELLNESS PROGRAM FOR NEW EMPLOYEES**

If you are a new employee and are enrolling in the Medical program, following is the timeline for your successful participation in the Wellness Program:

### **Phase 1 – To Be Completed Within 30 Days of Hire Date**

- **Step 1** – View New Hire Orientation Video on the computer. Your Human Resources Department has the CD or you can view it online at [www.shastacoe.com](http://www.shastacoe.com). Go to “Departments,” then to “Human Resources,” then to “Benefits,” then to “Health Plans” and click on “New Hire Insurance Enrollment Video.” This takes about 45 minutes to view.
- **Step 2** – Complete the Wellness Assessment online at [www.behappystaywell.com](http://www.behappystaywell.com) (access code: shasta). This takes about 30 minutes. You will create a user name and password. Be sure to finish the Assessment (“Finish Now”) rather than “Finish Later.” If you don’t have the information for the page asking about your blood work, you may skip past that page in order to finish. IT IS VERY IMPORTANT THAT YOU FINISH THE ASSESSMENT WITHIN THE 30-DAY TIME PERIOD.

### **Phase 2 – To Be Completed Within 90 Days of Hire Date**

- **Step 3** – Get a Wellness Exam or Preventive Care service from your personal physician. If you had a Wellness Exam in the prior 12 months, you may provide your Explanation of Benefits to STSIG to get credit towards completing this step.
- **Step 4** – Attend a JPA-sponsored Health Seminar. STSIG has partnered with Mercy Medical Center Redding for the education component of our program. There will be events throughout the year that you may attend to help you satisfy this step. As an alternative, you may complete at least two online seminars at [www.behappystaywell.com](http://www.behappystaywell.com) (either Healthy Living Programs or Online Seminars). If you choose to go to a Mercy Seminar, complete a Verification Form and return it to STSIG.

By doing these four simple steps, you will receive lower copays and deductibles, and lower coinsurance amounts, keeping your out-of-pocket expenses as low as possible.