



2015 Reasonable Alternative Program

Allina Health is committed to helping you achieve your best health. Wellness Rewards Program participants (eligible employees and their medical-enrolled spouses) who are unable to achieve the highest level of 2016 Be Fit premium credits have the opportunity to complete a defined Reasonable Alternative Program. This program exists to ensure that all participants, regardless of their health condition, have the opportunity to earn the highest reward.

Enroll in the Reasonable Alternative Program *after* completing a 2015 myHealthCheck health advisor call and no later than July 17. All program components below must be started in 2015 after your call takes place. No Be Fit premium credits will be earned for completion of partial program requirements.

After you learn your myHealthScore during your call with a myHealthCheck advisor, take these three steps:

- [Step 1: Check your score to determine your Reasonable Alternative Program](#)
- [Step 2: Enroll in your Reasonable Alternative Program by July 17, 2015](#)
- [Step 3: Confirm your completion by Friday, Oct. 16, 2015](#)

Step 1: Check your score to determine your Reasonable Alternative Program

myHealthScore	Reasonable Alternative Program components – View details in step 2
76 - 84	<ol style="list-style-type: none"> 1) myHealthCheck coaching program – 3 sessions 2) myHealthCheck online courses – 3 courses 3) Tobacco cessation program (<u>only if you tested positive for Nicotine Use</u>)
60 - 68	<ol style="list-style-type: none"> 1) Penny George Institute for Health and Healing Integrative Health and Wellness Coaching program – 4 sessions 2) myHealthCheck online courses – 3 courses 3) Tobacco cessation program (<u>only if you tested positive for Nicotine Use</u>)
0 - 52	<ol style="list-style-type: none"> 1) Penny George Institute for Health and Healing Integrative Health and Wellness Coaching program – 5 sessions 2) myHealthCheck online courses – 3 courses 3) Tobacco cessation program (<u>only if you tested positive for Nicotine Use</u>) 4) Physician appointment to review your myHealthCheck results

Visit myHealthCheck.com/allinahealth to view your myHealthScore. Questions about myHealthCheck or how to log in should be directed to myHealthCheck at 888-543-3177 or support@myHealthCheck.com.

Step 2: Enroll and begin participation by July 17, 2015

Components	Details and instructions
myHealthCheck coaching program (76-84 only)	<p>Enroll: Enroll during your Results Review call or by calling 888-543-3177.</p> <p>Complete:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 sessions by phone with a Health Coach (15+ minutes each). <input type="checkbox"/> 3 goals within 12 weeks of enrollment (specific and behavior-based). <ul style="list-style-type: none"> • Track or journal to document your progress on the myHealthCheck website or using the paper journal provided by myHealthCheck (scan and submit through secure myHealthCheck messaging or by fax at 952-401-3273). • Documentation must show that goals have been successfully achieved for at least 8 of the 12 weeks.

Chart continued on page 2

<p>Penny George Institute for Health and Healing Integrative Health and Wellness Coaching program</p>	<p>Enroll: Register online (select "Reasonable Alternative" for how you heard about the program in drop-down menu) or call 612-863-5178 and inform the scheduler you are enrolling in the Reasonable Alternative Program.</p> <p>Complete:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4-5 onsite or telephone sessions* with a health coach (30-60 minutes each). *4 sessions for a myHealthScore of 60-68; 5 session for a myHealthScore of 52 or less <input type="checkbox"/> 2-4 goals for overall coaching program (specific and behavior-based) with action steps set at each session. <ul style="list-style-type: none"> • Track or journal to document your progress on the LiveWell portal using online tools, paper records and pedometer or Fitbit, and submit during each session. • Your coach will partner with you to assess how goals have been successfully achieved; you must complete 80% of the action steps set at each session and make progress toward overall program goals.
<p>myHealthCheck online courses</p>	<p>Enroll: Visit myHealthCheck.com/allinahealth and click on 'The Learning Well.' Search for and enroll in courses associated with the moderate- or high-risk factors determined by your myHealthScore.</p> <p>Complete: 3 online courses (of your choice) and achieve a <u>score of at least 90 percent</u> on each course.</p>
<p>Tobacco cessation program <i>(only if you tested positive for nicotine use)</i></p>	<p><u>Penny George Institute Tobacco Cessation Program</u></p> <p>Enroll: Call 612-863-3333.</p> <p>Complete: 4 sessions with an advanced practice nurse clinician.</p> <ul style="list-style-type: none"> • Your sessions include opportunities for medication management (in-person only) and/or Integrative Health and Wellness Coaching. <p style="text-align: center;">OR</p> <p><u>BCBS Stop Smoking Support Program</u> >> <i>You must be enrolled in an Allina Health medical plan to participate in this program option!</i></p> <p>Enroll: Call 1-888-662-2583 or register/sign in at bluecrossmn.com/allinahealth and view <i>Plan Details > Health Support</i>.</p> <p>Complete: 4 calls with a Quit Coach.</p>
<p>Physician appointment to review your myHealthCheck results <i>(0-52 only)</i></p>	<p>Enroll: Schedule a visit with your primary care physician.</p> <p>Complete: Attend your appointment and complete the 2015 Reasonable Alternative Program Physician Form (physician will complete and sign the form during your visit).</p> <ul style="list-style-type: none"> • Remember to bring (1) your 2015 myHealthScore results and (2) the 2015 Reasonable Alternative Program Physician Form (available at myHealthCheck.com/allinahealth or by calling 888-543-3177). • Submit this form to myHealthCheck by fax at 952-401-3273 by Oct. 16, 2015.

Step 3: Confirm your completion by Friday, Oct. 16, 2015

All required program components, specific to your myHealthScore, must be completed by Oct. 16, 2015, 11:59 p.m. CST. No Be Fit premium credits will be earned for completion of partial program requirements.

Visit myHealthCheck.com/allinahealth to view the status of your Reasonable Alternative Program completion. If you have questions, contact myHealthCheck at 1-888-543-3177 or support@myHealthCheck.com.