



# Healthy Actions—It Pays to Be Healthy

Introducing Healthy Actions from Blue Cross Blue Shield of Massachusetts—an easy way for you to get motivated about getting and staying healthy—and earn up to \$300. Now is a great time to be healthy. If you're currently making healthy choices or have decided it's time to change your lifestyle, why not get rewarded for it?

## How It Works

Within two weeks of your health plan's effective date, you'll get a welcome letter in the mail that will include how to register for Healthy Actions and the following steps:

- Complete a short online health assessment
- Ask your doctor to fill out a Clinician Health Review form. Note: You may need to schedule a physical (remember, certain preventive care is available at no additional cost to you). If you are already up-to-date with your preventive screenings and have recently had a physical, you can ask your doctor to fill out the form without a new visit
- Fax the form to **440-934-9850**, or mail to Healthy Actions c/o IncentiSoft Solutions, 36711 American Way Suite 2F, Avon, Ohio 44011

Receive a \$300 Visa debit card within two to three weeks after you've submitted your results, if your doctor determines that your health is fine.

## If You Need to Improve Your Health

After submitting your Clinician Health Review form, you'll still get a \$100 Visa debit card and your doctor will set a goal<sup>1</sup> for you to meet (for example, quit smoking) before your next visit.<sup>2</sup> Work with your doctor to set an appropriate timeframe for you to reach your health goal.

You'll get an additional \$200 (\$300 total) if you achieve your goal and have your doctor fill out another Clinician Health Review form. Just make sure to submit the form to IncentiSoft Solutions before your plan renews.<sup>3</sup>

## Learn More

Watch the Healthy Actions online tutorial now at [www.healthy-actions.com](http://www.healthy-actions.com).

1. If it is unreasonably difficult due to a medical condition for you to meet your goal, or if it is medically inadvisable for you to complete the participation requirements for this program, your provider may provide alternative ways to qualify.
2. The second visit and any lab services may be considered diagnostic. If it is, you would be responsible for any copayment, co-insurance, or deductible. If your visit requires lab tests, you should allow enough time to get your results and submit your Clinician Health Review form.
3. Please note that all requirements for the Healthy Actions program need to be completed prior to your employer's renewal with Blue Cross Blue Shield of Massachusetts. If you become eligible for, and enroll in, medical coverage seven months or more after the start of your employer's plan year, then you will not be eligible to participate in the Healthy Actions program during the current plan year and will need to wait until the following plan year.