



2024 State Wellness Program

Wellness Rewards and Cost Savings!

Wellness 2024: \$0 PCP Copays

- If you completed the 2023 reset year activities for \$0 PCP Copays, your reward continue of \$0 PCP copays continue through 12/31/2024
- If not, complete the activities now and enjoy the rewards through 12/31/2024. ***The sooner you do this, the sooner the PCP copay savings begin!***
- How to complete the \$0 PCP Copay activities – **Step one:**
 - Carefirst: Select PCP every reset year
 - United Healthcare: Confirm/Attest you have a PCP
 - Kaiser Permanente: N/A
- How to complete \$0 PCP Copay activities – **Step two:**
 - Carefirst: Complete the Real Age Assessment
 - United Healthcare: Complete the Rally Assessment
 - Kaiser Permanente: Complete the Total Health Assessment + HIPAA auth

Wellness 2024: *Reduced Specialist*

- If you completed the 2023 Specialist copay reduction activities - no 2024 Activity reset! Reduced Specialist copays continue through 12/31/2024.
- If not, visit your PCP now for screenings to enjoy the rewards through 12/31/2024. **The sooner you do this, the sooner the Specialist savings begin!**
- Routine Vision Screening = \$5 Reduction
- At least one of these Screenings = \$5 Reduction (*note: more than one does not increase the reduction above \$5*)
 - Annual Routine Check Up: *Physical Exam, BP, BMI, CBC, A1C, LDL/HDL*
 - Breast Cancer Screening: *Annual Mammogram + Clinical Breast Exam*
 - Cervical Cancer Screening: *After 3 consecutive annual negative screenings, every 3 years or as indicated by your physician*
 - Colon Cancer Screening: *Beginning at age 45, then every 10 years*
 - Adult dTap (Tetanus Diphtheria): *Booster every 10 years*

CAREFIRST WELLBEING

Resources and programs included in your CareFirst Medical Benefit to support your wellbeing journey.

CareFirst WellBeing Digital Wellness Platform

RealAge Health Assessment, personalized timeline, behavior trackers, challenges, emotional wellbeing, health profile, and more.



Tobacco Cessation

Program focus on mindfulness with "in the moment" exercises that teach craving avoidance. Includes peer community support and addiction expert chat.




Health Coaching

Personalize and confidential Lifestyle and Disease Management delivered by RNs and health educators to support lasting healthy behavior change.



Relaxation Tools & On Demand Workouts

Relaxation and wellness videos for stress reduction. Includes yoga, guided meditation, and more.



Blue365 Discounts

An exclusive wellness discount program included for all CareFirst members.



Eat Right Now

Weight management program focused on the "why" rather than the "what" we eat with a 22-week module-based program and weekly video lessons.



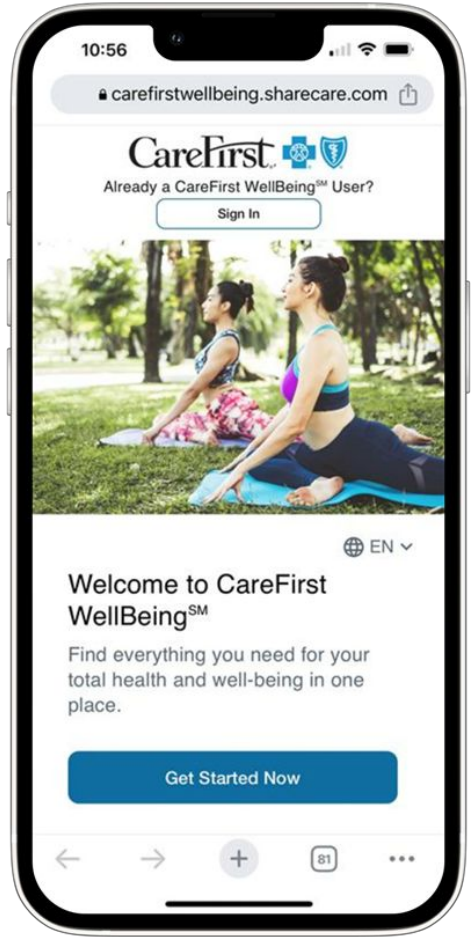

Financial Wellbeing

Motivating lessons, tools, and content from budgeting forms, getting out of debt, retirement tools, and more.



NOOM

Personalized, psychology-based techniques and lessons to help you better understand your relationship with food to support weight loss and diabetes prevention.



Get started today at carefirst.com/wellbeing



Wellness 2024



Did you know that you have digital resources through your carrier that you can access anytime and anywhere?

Examples include:

- Health Surveys (annual and on demand) and Personalized Health timelines to include recommendations, content and services available to you – all free!
- Health Profile for maintaining all your health data in one place
- Trackers: Connect your wearable devices or enter your own data to monitor sleep, steps, nutrition and more
- Wellness Coaching at **no cost** – 1:1, available via telephone or online
- **No cost** Weight Management and Diabetes Prevention Programs
- **No cost** mental/emotional health resources (excludes treatment)
- Fitness Membership Discounts – low cost, no contracts!

2024 Carrier-Specific No/Low Cost Wellness!



Real Appeal®



Real Appeal® is an online weight management program that helps you set goals, track meals and activities, and get ongoing support from a coach and other participants. stateMD.realappeal.com



1:1 Health Coaching helps you set personal health goals and develop strategies for success with support and guidance from your personal health coach. myuhc.com or call 800.478.1057

One Pass Select™



Want another way to stay healthy? One Pass Select helps you save on gym memberships! Choose from 5 options starting at \$10 per month. Memberships also include home delivery of groceries and personal items at no additional costs. [Log into myuhc.com to get started!](http://myuhc.com)

AbleTo

Don't forget your emotional health! With AbleTo, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Able To is here to help you feel better at no additional cost to you. [Visit ableto.com/begin](http://ableto.com/begin)



2024 Carrier-Specific No/Low Cost Wellness!



Join virtual classes on weight control, diabetes management, and more – **visit kp.org/weight to view all programs available to you at no cost!**



Have a personal nutrition consultation with a nutritionist!
Call 800.777.7904 to schedule your appointment.



Work with a wellness coach! Get one-on-one guidance and support from your dedicated coach who helps you set goals and get results.
Call 800-777-7904 to make an appointment.



Fitness membership discount program at \$28/month – no contract, cancel anytime.
Get started at kp.org/choosehealthy



Headspace Care: 24/7 immediate 1:1 support
My Strength Complete: teletherapy and digital tools for stress and depression

Calm: Meditations, music, and more for stress reduction
Visit kp.org/mentalhealthservices.



More Wellness 2024... Free Resources for Everyone!

- Weekly Wellness Webinars



- 4-5 Wellness Challenges Each Year



- Wellness Webinar Library
Found on the Wellness Website!

WEBINARS

Questions ?





Thank You!

