



# WELLNESS PROGRAMS OVERVIEW

## WELLNESS PROGRAMS SUMMARY

[www.manateeyourchoice.com/wellness](http://www.manateeyourchoice.com/wellness)



### Weight Loss

Yweight  
Bariatric Surgery

941.748.4501 x6280 or x6464



### Fitness

Group Fitness Classes  
5 Personal Training Sessions at No Cost  
Exercise Management Program  
Gym Discounts

941.748.4501 x3979 or x6280



### Health Coaching

One on One with a health professional  
Up to 20 sessions per calendar year  
First 5 sessions at no cost

201.956.1466



### Healthy Pregnancy

Child Birth Class Reimbursement  
Educational Program Packet  
Gestational Diabetes Program  
HealthBucks Program

941.748.4501 x6280



### LAMP

Behavioral Health Advocacy  
5 Counseling Sessions at No Cost  
Psychiatric Services  
Your Best Brain Program  
Customized Work Site Programs

941.741.2995



### Nurse Advocates

Nurse Advocacy  
Sleep Disorder Program  
Referral Assistance

941.741.2963



### Nutrition

Nutrition Education Programs  
5 Sessions w/RD at No Cost  
Online Nutrition Tools

941.748.4501 x6464



### Pharmacy

Medication & Supplement Consultation  
Asthma Education

941.748.4501 x6406



### Diabetes

Diabetes Workshop  
Thriving with Diabetes  
Diabetes RoadTrip at various worksites  
At Home Self Study Programs  
Diabetes Educator Consultations  
Free Glucometer and test strips

941.748.4501 x6410



### Prevent Diabetes

Prevent diabetes and earn points  
towards HealthBucks by participating  
in different options.

941.748.4501 x6410



### Tobacco Cessation

Cessation Aids  
Cessation Course  
Cessation Clinic/Coaching  
Online Course

Telephone Quitline  
941.748.4501 x6464



### Other

HealthBucks  
Wellness Reimbursement  
Work Site Flu Shots  
Project Z Sleep Program  
SelfHelpWorks

941.748.4501 x6412 or x6497

## WELLNESS REIMBURSEMENT PROGRAM

Eligible: Adult Health Plan Members

More info: 941.748.4501 x3979 or [aminardi@manateeyourchoice.com](mailto:aminardi@manateeyourchoice.com) or [www.manateeyourchoice.com/reimbursement](http://www.manateeyourchoice.com/reimbursement)

**Adult Members of the Manatee YourChoice Health Plan (including covered spouses and retirees) are eligible to receive up to \$250 per calendar year for participating in qualified wellness expenses.** The program follows the calendar year (January 1 – December 31) and submissions must be submitted by December 31st to be reimbursed. If the reimbursement is not used during the calendar year, it is lost. No “rollover” applies.

### Qualified Wellness Expenses:

- Sport & Recreation event fees such as 5K, mudder competitions & marathons
- Fitness center, health club, studio or aquatic center membership fees
- Group Exercise and Personal Training fees not subsidized by YourChoice
- Weight management/weight loss program fees
- Sport and Recreation lesson fees such as dance, tennis or swimming lessons
- Wearable fitness devices with proof of utilization

## HEALTHBUCKS PROGRAM

Eligible: Active Employees and Adult Health Plan Members

More info: [www.mateeyourchoice.com/healthbucks](http://www.mateeyourchoice.com/healthbucks)

### What are Health Bucks?

HealthBucks are incentive rewards for participation in specific wellness programs (see below) and are used to pay down your medical or dental premiums, or placed in a Health Care Spending Account\*.

### How do HealthBucks save me \$ in my paycheck?

Annual HealthBucks Earned	Premium Per Paycheck	Savings Per Paycheck
\$0	\$35	\$0
\$600	\$10	\$25

### Available Programs:

#### Exercise Management (For all members and employees)

Exercise Management is a self report program that encourages participants to exercise on a regular basis. **Earn up to \$144 Health Bucks.**

- **Register** online at [manateeyourchoice.com/register](http://manateeyourchoice.com/register). The date you register is the date you start tracking your exercise for the program.
- **Submit** your exercise logs and worksheet in person or via interoffice mail to the YourChoice Fitness Center or via email at [exercisemanagement@manateeyourchoice.com](mailto:exercisemanagement@manateeyourchoice.com)
- **Deadline:** All logs and worksheet due August 31

#### Yweight (For all members and employees)

Yweight is a weight management incentive program for those already at a healthy weight and those who need to lose weight. **Earn up to \$800 Health Bucks.**

- **Register:** Make a Yweight appointment in May or June, or attend a worksite event in July.
- **Submit:** When you attend a Yweight appt or event, you will be given goals for the following year and awarded Health Bucks if earned. There is no need to submit anything additional.
- **Deadline:** Yweight occurs May - July. All weigh outs must be completed by July 31, subject to Yweight schedule.

#### Healthy Pregnancy (For pregnant members)

This program provides Pregnant Members an opportunity to earn up to **\$300 HealthBucks** during pregnancy for completing healthy lifestyle activities.

- **Register:** Enroll at the beginning of your pregnancy by contacting Tracy Lightburne at [tlightburne@manateeyourchoice.com](mailto:tlightburne@manateeyourchoice.com) or 941.748.4501 x6280.
- **Submit** worksheet in person or via interoffice mail to the YourChoice Fitness Center or email [tlightburne@manateeyourchoice.com](mailto:tlightburne@manateeyourchoice.com).
- **Deadline:** Submit your completed worksheet within 30 days of your 6-week postpartum dr visit.

#### Diabetes Mission Control (For members with diabetes)

This program rewards participants with diabetes based on their Qualifying A1C values. Participants can earn **\$300 in Health Bucks** after one year for an A1C of 7.0 or below; or a reduction of one full percentage point.

- **Register:** Members who submit a Diabetes Qualifying Form will be automatically enrolled.
- **Submit:** Your QE Form will be compared to previous year to determine Health Bucks earned. There is no need to submit anything additional.
- **Deadline:** QE forms must be submitted by August 31.

#### Prevent Diabetes (for members with elevated blood sugar and BMI >25)

In this program you can prevent diabetes and earn points towards Health Bucks by choosing to participate in different options including: exercising regularly, meeting with a Registered Dietitian, attending specific classes, and many more opportunities. **Earn up to \$300 Health Bucks.**

- **Register** online by April 31 at [manateeyourchoice.com/register](http://manateeyourchoice.com/register).
- **Submit:** Schedule an exit meeting with Florey at [fmiller@manateeyourchoice.com](mailto:fmiller@manateeyourchoice.com) or 941.748.4501 x6410. Bring documentation with you to this meeting.
- **Deadline:** All points must be earned and an exit meeting must be scheduled by July 31.

\*Earned Healthbucks are verified during Open Enrollment and applied to medical/dental premiums the following January. (*Employees without medical or dental elections will receive HealthBucks via HCSA*). Retain copies of documents for your records.