



WELLNESS PROGRAMS OVERVIEW

WELLNESS PROGRAMS SUMMARY

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
Diabetes Education Classes
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

941.748.4501 x6412 or x6497

WELLNESS REIMBURSEMENT PROGRAM

Eligible: Adult Health Plan Members

More info: 941.748.4501 x3979 or aminardi@manateeyourchoice.com or 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.manateeyourchoice.com/healthbucks

What are Health Bucks?

HealthBucks are Incentive Rewards paid to Active Employees and adult Health Plan Members for participation in YourChoice Wellness Programs. HealthBucks earned during the year are applied the following year as a credit on the employee's paychecks. HealthBucks are prorated monthly as long as the employee is participating in the YourChoice Health Plan and employed by Manatee County Government.

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. 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
- **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 or 941.748.4501 x6280.
- **Submit** worksheet in person or via interoffice mail to the YourChoice Fitness Center or email 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.
- **Submit:** Schedule an exit meeting with Florey at 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 paychecks beginning the following January. Retain copies of documents for your records.