



Your Wellness Benefits

RAISING HEALTH AWARENESS

Through RHA's Wellness Program, "Raising Health Awareness", RHA strives to help employees, family members and the individuals we support make lifestyle decisions that include preventative care, eating healthy and exercise.

RHA units also take wellness into their own hands by creating their own wellness initiatives and programs which promote health and wellness.

Know your Numbers Health Screening Event – RHA sponsors an annual, onsite Health Screening event for health plan participants which provide employees with a snap shot of their health and a benchmark to work toward improvements. The health screeners, Lifestyle Improvements, provide employees an explanation of results along with recommendations to improve their health. Employees also receive resources and information to help them to reach their wellness goals.

RHA Medical Plan Wellness Benefit – Each medical plan participant has a \$1,000 calendar year benefit for each covered family member that can be used for FDA-approved smoking cessation services and supplies (including Chantix) and licensed weight loss programs and resources. Reimbursements filed through Fallon Benefits Group are typically received within two weeks.

Diabetes Drug Program – In an effort to assist diabetic members, we have eliminated the prescription drug copayment for all generic diabetes medications and supplies as well as brand name diabetes medications and supplies that do not have a generic equivalent. In addition, if your physician requires you to monitor your blood sugar, you can obtain a free blood glucose monitoring kit as well as free test strips and lancets by contacting Anthem.

Discounted Medical Premiums – Medical participants are eligible to receive discounted medical premiums by meeting two wellness requirements which include participation in the annual health screenings and certification of being a non-smoker.

Anthem Wellness Programs – Medical participants are eligible for an array of wellness programs through Anthem including:

- 24/7 Nurseline
- Future Mom's Program providing assistance and resources to help monitor pregnancies
- Condition Care Program providing guidance in improving and monitoring conditions such as asthma, diabetes, COPD, heart failure and coronary artery disease
- 360° Health Program gives access to wellness resources and discounts on weight loss program and gym memberships through GlobalFit
- My Health Advantage notifies members through mailings and phone calls of opportunities to improve health, save money, avoid critical care issues and/or access to health coaching program.

Employee Assistance Program (EAP) – Available to all employees, the EAP is a voluntary, confidential program which provides professional counseling and referral services designed to help employees with personal, job, or family related problems. Employees and family members are eligible for 3 face to face sessions per issues and unlimited telephonic counseling. The EAP is also an online resource for an array of life issues at www.my-life-resources.com



WELLNESS CONTACT LIST

COVERAGE	VENDOR / CONTACT	PHONE & EMAIL
Condition Care Program	Anthem	(877) 783-2759
Future Moms Program	Anthem	(877) 783-2759
Wellness Resources & Discounts	Anthem.com Must be a registered user to access these programs. Click on the purple wellness tab.	(855) 290-3302 – Customer Service
Weight Loss and Smoking Cessation Reimbursements	Fallon Benefits Group Fax claim form and receipts to Renee Leggitt at (404) 941-2109	(866) 532-5566 x 6069 rleggitt@fallonbenefits.com
Smoking Cessation Resources	Anthem Smoking Cessation Lifestyle Improvement Program Quit Line (by state) NC – www.quitlinenc.org GA – www.livehealthyga.org TN – http://health.state.tn.us/tobaccoquitline.htm American Cancer Society – www.cancer.org	www.anthem.com/ (855) 290-3302 (800) QUIT-NOW (877) 270-STOP (800) QUIT-NOW (800) 227-2345
Weight Loss Support EAP	Overeaters Anonymous – www.aa.org Health Management Systems of America (HMSA) my-life-resources.com ; User Name: HMSA; Password: myresources	(505) 891-2664 (800) 767-5320