

BeHealthy City of Lawrence

2023 Incentive Program Guide

Welcome to the City of Lawrence incentivized wellness program. We are so glad you've chosen to travel this road with us. No matter what you do for a living, we hope that participating in this year's wellness program helps you live your life a little healthier. This flyer outlines how you can earn extra dollars for your HRA by living a healthy lifestyle and making healthy choices. Keep reading to find out more!

Participation in the wellness program is voluntary. Full-time employees, retirees, and spouses enrolled in the medical plan are eligible to earn rewards after completing the Core Requirements.* Dependents 18 and older can participate, but will not earn rewards. All 2023 rewards will be distributed to your HRA in January 2024.

Log into your wellness portal at lmhwell.cernerwellness.com to get started!

*All employees are eligible to participate in the incentive program and use the clinic. Spouses and retirees can earn incentives and use the clinic if they are on the health plan. Dependents 18 and older can participate, but are not eligible to earn rewards. Incentives are the same across all populations. For example, a spouse and employee can earn \$400 each for completing the program.



Need to Create Your Account?

Employee

1. Visit lmhwell.cernerwellness.com.
2. Enter your email address on the right side of the screen and select Sign Up.
3. Complete the Create an Account page and select Create Account.
4. When asked for your member number, please enter your employee number without the leading zeros. (Example: 0000012345 = 12345)

Spouse

1. Visit lmhwell.cernerwellness.com.
2. Enter your email address on the right side of the screen and select Sign Up.
3. Complete the Create an Account page and select Create Account.
4. When asked for your member number, please enter your spouse's employee number without the leading zeros and add a '01' to the end. (Example: 0000012345 = 1234501)

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Step 1

CORE REQUIREMENTS

Complete all 4 to qualify for incentives.

- Personal Health Assessment
- Verified labs and biometrics
- Advisor visit
- Annual physical Aetna covers at 100%

Incentive Program Dates:
October 1, 2022 – September 30, 2023

Step 2

TOBACCO FREE

Complete 1 to earn \$150 toward your 2024 HRA.

- Tobacco-free declaration
- Complete Aetna's cessation program

Step 3

HEALTHY BEHAVIOR ACTIVITIES Complete 400 points to earn \$250 toward your 2024 HRA.

Core Requirements must be completed to earn incentive.

Preventive Activities	Points Value	Max Points
Attend biometric screening event (bonus points)	25	25
Age-appropriate preventive screening Aetna covers at 100% (colonoscopy, mammogram, pap screening, prostate exam, etc.)	25	25
Semi-annual dental exams	25	50
Annual vision exam	25	25
COVID-19 vaccination/Booster Shot	75	75
Flu shot	25	25
Taking medication(s) as prescribed	15	15
Outcomes Earn points with up to 4 outcome achievements.		300
BMI (between 18.5-24.9, or risk category improvement, or 5% improvement)	60	60
Blood glucose (fasting 70-99 mg/dL, or risk category improvement, or 5% improvement)	60	60
Blood pressure (less than 120/80, or risk category improvement)	60	60
LDL (less than 130 mg/dL, or risk category improvement, or 5% improvement)	60	60
Triglycerides (less than 150 mg/dL, or risk category improvement, or 5% improvement)	60	60
Physical Activities		
Cardiovascular activity (30 minutes of cardio = 1 point, or 5,000 steps = 1 point. Max: 2 points/day)	1-2/day	200
Participate in parks & recreation fitness class sessions	15	60
Wellness Activities		
Additional advisor visits	25	75
Wellness workshops	Dependent on workshop	50
Wellness challenges	25	100
Lunch & learns	10	40
Volunteer/community activity	10	10
Attend pre-retirement seminar (KPERs)	10	10

Questions? Contact Consumer Support at BeHealthyLMH@lmh.org.