

UTHCT BENEFITS NEWLETTER

UT Health Center at Tyler

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Health Risk Assessment: Take it Today

Learn about your health status and risks by completing a confidential Health Risk Assessment (HRA) available through Blue Access for members: www.bcbstx.com/ut.

The HRA focuses on four key areas—stress, sleep, fitness and nutrition.

- You can take the HRA multiple times
- Information is available about emotional well-being, in addition to physical well-being.
- Based on your responses, you can receive additional information about programs and services.

The HRA includes an easy to use online questionnaire. Upon completion, you can receive an in-depth personal report that helps you understand your current health status and risks, along with

suggestions for making positive life changes.

An HRS is a positive wellness tool that helps members realize their health risk areas and provides real-world solutions for improvement. Your answers are confidential and not shared with your employer.

Your overall wellness can help cut the cost increase we see every year with our health insurance premiums and claims paid out. In 2006-2007, UT Systems spent \$465,000,000 in premiums for their employees and families to have health insurance. The cost of medical claims and prescriptions paid out was \$492,000,000.

BLUE POINTS:

Each time you track fitness, report a meal, ask a nurse a health-related question or use other parts of the For Your Health section of

the Personal Health Manager (PHM), you can earn Blue Points which are redeemable at the Blue Points Redemption Center to obtain health and wellness products and other rewards. You can receive up to 1000 points a week.

See below some of the prizes that can be redeemed with your points you earned.

Special points of interest:

- *Blue Access: www.bcbstx.com/ut*
- *Recipes, menus and grocery lists*
- *Exercise Programs designed just for you*
- *Learn about your health risk and status*
- *Earn points to be redeemed for merchandise*

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Health Risk Assessment

Incentive Levels – Adults & Teens

Health and Wellness

You can:

- Take an online assessment to determine treatment opportunities and identify conditions that put you at risk
- Receive an in-depth personal report with actionable next steps

The HRA is:

- Confidential; results will not be shared with your employer
- Shared electronically with Blue Care Advisors who review for potential health improvement opportunities

Interactive and user-friendly

2,500	\$5 gift cards to various retailers, jump rope, yoga handbook and ankle weights
5,000	\$10 gift cards to various retailers, Versa-8, Yoga Straps, Reflex Ball, Body Tape Measure
10,000	\$25 gift cards to various retailers, fitness mat, OGIO duffel bag and Versa Ball
25,000	OGIO travel bag, fitness/stretching mat, \$75 gift cards to various retailers and Polar A-3 Heart Rate monitor

See Web site for more about Personal Health Manager and Blue Points

Blue Care Connection

Blue Care Connection from BCBS of Texas is an umbrella of programs that offers you guidance to achieve higher levels of wellness. Through outreach, educational resources and health advocacy, we help guide you through the often-complex health care systems so you can focus on what matters most—getting healthy and staying healthy.

Blue Care Connection programs include:

- **Blue Care Advisors**—Experienced and knowledgeable RNs, Licensed Counselors and Licensed Masters-level Social Workers with Your best health in mind. They are there to work with you and your physician to educate and facilitate your treatment plan.
- **Special Beginnings**—A maternity program that offers on-going contact with obstetric nurses who provide prenatal risk assessment education and can coordinate care with your doctor.
- **Condition Management**—Voluntary, health improvement programs that can help members with: cancer, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease, asthma, diabetes, metabolic syndrome (high cholesterol, high blood pressure and obesity) and low back pain.
- **Care Management**—Focuses on traditional elements of medical care management with targeted outreach if you are an “at-risk” member.
- **Case Management**—Assists if you are a higher-risk member coping with a complex or catastrophic condition.
- **Behavior Modification Obesity/Weight Management program**—Comprised of Licensed Masters Social Workers and Licensed Professional Counselors who promote wellness through a holistic approach of behavioral coaching, clinical coaching, education and condition management.
- **24/7 Nurseline**—Around the clock access through a toll-free number to experienced registered nurses who understand and can help with your immediate or long term health care concerns.
- **Personal Health Manager and Blue Access for Members**—Online health and wellness resources and tools to help you adopt and manage healthy behaviors.

Enroll today in any Blue Care Connection program or ask questions at (800) 462-3275.

UT SELECT 2007-2008 Medical Benefits
CHOOSE WELL

Blue Care Connection

Helping UT SELECT plan participants achieve a healthier life

Blue Care Connection Care and Condition Management Programs

- Available at no additional cost
- Available **now** to all UT SELECT plan participants
 - Wellness programs
 - Condition management programs
 - Special Beginnings maternity program (\$50 incentive to enroll!)
 - 24/7 Nurseline
 - Blue Extras discount programs
 - Weight loss centers
 - Hearing aids
- Available **September 1, 2007**
 - Blue Care Advisors (health counseling and patient advocacy)
 - Personal Health Manager
 - Behavior Modification Obesity/Weight Management

BCBS Personal Health Manager

With Personal Health Manager, the support and resources you need to manage your health online are just a click away. By logging into Blue Access for Members www.bcbstx.com/ut and clicking on Personal Health Manager you can:

- Earn Blue Points every time you use the health and wellness features in the For Your Health section. Receive up to 1000 points a week when you set up and track the progress of an exercise or meal program, read and rate health and wellness related articles or e-mail your health-related questions to licensed professionals
- Complete a health risk assessment
- Request fitness and weight loss advice with Ask A Dietitian
- Receive help on managing stress or workplace conflicts with Ask A Life Coach
- Ask registered nurses questions online with the Ask A Nurse feature
- Set up a personal health record to keep track of information in one secure Web location
- Receive targeted wellness information via e-mail to help manage specific medical conditions, including alerts for screening tests, and set up reminders for appointments and medication refills
- Access wellness tracking tools, videos and interactive tutorials
- Get information on exercise, nutrition and lifestyle issues in the For Your Health section
- Plan daily menus and print grocery list from Eat Right along with recipes

Personal Health Manager New for 2007-2008!

Available September 1, 2007 through Blue Access for Members



More information, more access to personal resources



Members can:

- Complete a Health Risk Assessment
- Ask health and wellness questions and receive secure e-mail responses from: Ask A Nurse, Ask A Trainer, Ask A Dietitian or Ask A Life Coach
- Search an online health care encyclopedia
- Receive daily news on health topics
- Participate in online programs to improve their health, fitness and nutrition
- Earn Blue PointsSM (coming in September), a reward program designed to motivate members to engage in healthy activities