Welcome to the BeWell Butler Program!

Butler County is committed to helping its employees achieve their best health. Our goal is to have a healthy, productive workforce and employees who feel valued. We also desire to provide our employees valuable resources at an affordable price.

Browse through these pages to learn about just a few of the Wellness benefits Butler County has made available to you. It is our hope that you use these resources and partner with Butler County to improve your and your family’s health and well-being and help control healthcare expenses.

Sincerely,

Shawna Noble, Wellness Coordinator
# Your 2016 BeWell Butler Guide

Welcome to the BeWell Butler Program! ................................................................. 1

BeWell Butler Wellness Program ........................................................................ 4
  Who’s Eligible? .................................................................................................. 4

BeWell Butler Wellness Program ........................................................................ 5
  How Do I Earn The StayWell Points & Participation Bonus? ......................... 5

StayWell Incentive Program Login ...................................................................... 6
  Follow These Steps! ......................................................................................... 6

Tobacco-Free Incentive Program ......................................................................... 7-9
  Who’s Eligible? ................................................................................................ 7
  How do I become eligible for the premium reduction? .................................... 7

Eligible Tobacco-Cessation Programs ................................................................ 8
  Ohio Tobacco QuitLine .................................................................................. 8
  StayWell Tobacco-Cessation Program ............................................................. 8
  Primary Care Physician Advised Programs .................................................... 9

REACH EAP & Workplace Solutions ................................................................. 10
  Who’s Eligible? ................................................................................................ 10
  REACH EAP Services ..................................................................................... 10
  EAP Web-Based Services ................................................................................. 11

Ways to Save You Money .................................................................................. 12-13
  Anthem Cost-Comparison Tool ...................................................................... 13

Your Contacts for Better Health ......................................................................... 14
BeWell Butler Wellness Program

Butler County, the County Employee Benefit Consortium of Ohio, and StayWell have partnered to provide you many exciting opportunities to improve your health and get rewarded for your participation. The program encourages Butler County employees and their families to take charge of their health and well-being, and to do their part to control healthcare expenses. Following are just a few of the BeWell Butler Programs you can participate to help you on your journey toward optimal health:

- StayWell Online Health Classes
- StayWell Telephonic Health Coaching
- Wellness Challenges (e.g., Biggest Loser and 10-K Per Day Exercise Challenge)
- Onsite Health Screenings
- Lunch-and-Learns
- Team Sports
- 5K Walks or Runs

Whether it’s at the worksite, in your home, or out in the community, be sure to get involved and earn your participation reward!

Who’s Eligible?

All Butler County employees and their immediate family members are eligible to participate in the BeWell Butler activities unless noted otherwise. However, only Butler County insured employees and insured spouses are eligible to participate in the StayWell Health Management Program and earn $250 each for their participation!

All employees and spouses who each complete the 300 StayWell point requirement, log their points in their StayWell portal, and are on the Butler County insurance as of September 30, 2016 will each receive the $250 participation bonus. The bonus will be applied to the applicable employees’ paychecks in December 2016.
How Do I Earn The StayWell Points & Participation Bonus?

StayWell provides each participating employee and insured spouse a confidential, personalized portal where they can access valuable health information and track their participation points. Visit www.butlercountyohio.org/benefitsweb/wellness and click on the StayWell drop-down box to login to your StayWell account. Employees and spouses who want to receive the participation bonus must setup individual accounts and earn 300 points each by September 30, 2016.

Earning Your StayWell Points is as easy as 1-2-3!

1. **Access a Health Screening** – Get a health screening that includes blood pressure, glucose and cholesterol testing anytime between October 1, 2015 and September 30, 2016. This screening can take place at a BeWell Butler Screening Event, a Quest Diagnostic Lab, or at your physician’s office.

   **How to Track your Health Screening Points in Your StayWell Portal**

<table>
<thead>
<tr>
<th>Onsite BeWell Butler Screening Event</th>
<th>Quest Diagnostic Lab</th>
<th>Primary Care Physician</th>
</tr>
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<tbody>
<tr>
<td>The screening provider will send your data to StayWell. Your health screening requirement is complete and you should not need to submit anything to StayWell</td>
<td>If you schedule an appointment with a Quest Diagnostic Lab directly from your StayWell portal, Quest will automatically submit your data to StayWell. Your health screening requirement is complete and you should not need to submit anything to StayWell.</td>
<td>Go to the My Incentive tab in your StayWell portal and click on the Health Screening link. Scroll down and click on the Health Care Provider Form link. Print this form, complete the information, sign and fax to StayWell by September 30, 2016 at 888-492-8496.</td>
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2. **Complete the online StayWell Health Risk Assessment (HRA)** – Go to the My Incentive Tab in your StayWell portal and click on the Health Risk Assessment link. Complete this 5-10 minute questionnaire about your health status and lifestyle behaviors. Once you answer the questions and hit complete, this step is done!

3. **Earn extra points from optional wellness activities** – Click on the My Incentive tab to learn about the many optional health activities you can participate to earn the extra StayWell points. StayWell automatically updates your points for most of the activities. You will need to enter into your portal the date you completed activities such as dental and vision exams, the flu shot, county/community events, and health challenges.

   If you have questions about your points or why an activity is not showing as complete, contact StayWell at 855-847-6814.

* The information shared in your StayWell Portal and HRA is HIPAA protected and is only used to provide Butler County an aggregate report of its employee health status. Also, a StayWell health coach may contact you to provide coaching services if they identify that you have a high health risk from your HRA responses.
Follow the steps to create your username and password, and to log your StayWell participation points. Please keep this login information. If you forget your login information, contact StayWell at 1-855-847-6814 to reset your username and/or password.

Follow These Steps!

1. Visit www.butlercountyohio.org/benefitsweb/wellness

2. Click on StayWell dropdown box

3. Click on StayWell Portal – Login

4. Click on My Incentive

The My Incentive tab will lead you to all the links needed to track your points. If the activity specifies “REPORT NOW” you must enter the date you participated in the applicable activity. If you are not asked to “REPORT NOW” StayWell will upload the points you need. This can take up to two months.

If have questions about your account
Contact StayWell at 1-855-847-6814
Tobacco-Free Incentive Program

Butler County established its Tobacco-Free initiative to reward employees who do not use tobacco with a $30/pay health insurance premium reduction. The main goal of this policy is to encourage all Butler County employees to minimize their health risks and control healthcare expenses. Most importantly, the policy was implemented to help employees achieve optimal health now and throughout their future.

Who’s Eligible?

The Tobacco-Free Initiative applies to all employees who elect the Butler County insurance plan. All employees who are tobacco-free, and those who are striving to quit tobacco, have the opportunity to receive the health insurance premium reduction.

How do I become eligible for the premium reduction?

FOR EMPLOYEES WHO ARE TOBACCO-FREE

If you are not a tobacco user, then it’s easy to start receiving the premium reduction. All you need to do is submit the Tobacco-Free Incentive Program Certification Form either at the time your employment begins or during the open-enrollment period. Employees who are tobacco-free and submit the applicable paperwork at the designated time will receive a $30 premium reduction/pay for 24 pays/year.

FOR EMPLOYEES WHO USE TOBACCO

If you use any form of tobacco or nicotine replacement products (e.g., gum, patches, e-cigs, lozenges), you also have the ability to receive the premium reduction by:

1. Completing one of the following professional cessation programs
2. Providing verification of tobacco-cessation program completion and a Tobacco-Free Incentive Program Certification Form to Wellness Coordinator Shawna Noble

Once the Wellness Coordinator receives the paperwork, you will be rewarded with a $30 premium reduction the following pay period. Additionally, you will be reimbursed any tobacco-use premium differential you had paid during the applicable calendar year.

* Butler County is committed to helping you achieve your best health. Your insurance plan offers the StayWell Tobacco-Cessation Program, the Ohio QuitLine Program, and/or other prescriptions your doctor may prescribe, under which we work with you to help you quit tobacco use. If you complete one of these programs and provide the required verification, you will qualify for the reward. Contact Butler County Wellness Coordinator Shawna Noble at bewell@butlercountyohio.org or 513-785-6541 for more details.
Tobacco-Free Incentive Program

Eligible Tobacco-Cessation Programs

Ohio Tobacco QuitLine
The Ohio Tobacco QuitLine is free of charge to CEBCO members over the age of 18. Members wishing to take advantage of the services listed below should call 1-800-QUIT-NOW. Members should state that CEBCO is their health plan when calling.

This program includes:

- Five (5) sessions of one-on-one personalized coaching, along with educational materials.
- 8 weeks of NRT (Nicotine Replacement Therapy):
  - Patches – Two (2) 28-day supplies
  - Gum – Two (2) shipments (100 count); or
  - Lozenges – Two (2) boxes (72 count)

The QuitLine will provide a completion certificate via email once you have completed this program.

StayWell Tobacco-Cessation Program
This program is free of charge to CEBCO enrolled employees and spouses. Members wishing to take advantage of this program should call 1-855-847-6814 and ask to speak to a tobacco-cessation health coach. This program includes:

- Unlimited sessions of one-on-one personalized coaching; and
- 12 weeks of NRT (Nicotine Replacement Therapy):
  - Patches
  - Gum
  - Lozenges

This program will show as complete in your StayWell portal once you speak with the health coach at least three times over a 3-month period. You will print the My Incentive page of your StayWell portal to provide verification of completion.
Primary Care Physician Advised Programs

Doctors are able to prescribe medicines to help you on your journey to quit. The length of time necessary to complete the prescribed regimen is dependent upon the doctor’s professional opinion. Once you have completed the program to the doctor’s satisfaction, have the doctor sign the Primary Care Physician Verification Form. Prescriptions available include:

Medications with $0 co-pay for two (2) 90-day prescriptions:

- Nicotine Inhaler
- Nicotine Nasal Spray
- Bupropion (known as Zyban)
- Varenicline (known as Chantix)

Medications with a co-pay:

- Nortriptyline (known as Aventyl)
- Clonidine (known as Catapres)

Visit www.butlercountyohio.org/benefitsweb and click on the Insurance Benefits button for copies of the Tobacco-Free Incentive Program Certification and Primary Care Physician Verification forms. Copies are also located at the end of this handbook.
REACH EAP & Workplace Solutions

REACH EAP & Workplace Solutions is a free, confidential assessment, short-term counseling, and referral service. REACH strives to assist clients in coping with problems that could result in serious deterioration of health, family life and job performance. Training is also provided to assist managers in identifying employees with problem situations and encouraging employees to seek the professional assistance REACH EAP provides before their problems become unmanageable.

Who’s Eligible?

All Butler County employees, regardless of employment status or insurance carrier, are eligible to access REACH EAP services. Any family member living within the employee’s home is also eligible to take advantage of this great benefit. There is no charge to employees or any of your household family members for REACH EAP services.

A few of the great services REACH EAP provides:

Counseling

- Balancing work and family
- Work-related stress such as performance problems and conflict with co-workers
- Relationship issues including separation, divorce, and re-marriage
- Meeting the challenges and stresses of parenting or single parenting
- Coping with depression and anxiety
- Questions and concerns about drug and alcohol abuse

Work/Life Services

- Self-Help Web-based Information and Resource Services
- Legal Consultation and Referral Services
- Financial Consultation and Referral Services
- Childcare and Elder Care Resource Service
EAP Web-Based Services

Follow these steps to access the Legal and Financial Resource Center and Work/Life Information web-based services:

1. Visit www.reach-eap.com
2. On the right-hand side, click on the oval button that says “Work/Life Services”
3. Click on Intranet Work/Life Services link
4. Enter Username: reach-butlerco and Password: reacheap

If you or a family member living within your home have a problem affecting your home or work life, REACH EAP & Workplace Solutions is only a phone call away. Contact REACH EAP & Workplace Solutions today at 1-800-950-3434. They are available 24 hours a day, 7 days a week.
Ways to Save You Money

Butler County has worked hard over the past several years to control employees’ healthcare costs. While premium increases may not be pleasurable, everyone must realize that these increases are primarily caused by one thing: medical claims. There are simple steps we can all take to lower our number of medical claims and the money we all spend for healthcare. Following are six simple tips for lowering your healthcare expenses:

1. Take the steps to live a healthier lifestyle
2. Buy generic prescriptions
3. Only visit your doctor when necessary
4. Avoid trips to the ER unless absolutely necessary
5. Access the preventive screenings applicable to your age and sex
6. Compare prices from different providers
Ways to Save You Money

Anthem Cost-Comparison Tool

Nearly everyone shops around whenever they are buying a big ticket item like a car or an electrical appliance. Much the same as you go to different car lots to find a quality car at the most affordable price, you have that same option with the healthcare services you access; you can shop around for the best priced provider and location.

Different providers charge different prices for the same services. For example, the average cost for an MRI at a hospital is over $2,400 while the average cost for an MRI at a stand-alone facility is only $800. Just as you would shop around for a new car, shop around for the best prices for your medical care.

To compare healthcare procedure and treatment prices:

- Login to your Anthem portal at www.anthem.com
- Click on the “Estimate Your Cost” link on the right-hand side
- Enter the distance you are willing to travel for your procedure
- Enter the type of procedure or treatment you are researching
- Click search cost estimates

* Please be advised that the cost-comparison tool is only to provide you guidance for the average cost different providers charge for their services. For the most accurate pricing, contact the providers directly for their charges. Contact Anthem at 1-855-603-7982 for assistance using the tool.
Your Contacts for Better Health

**Shawna Noble, Butler County Wellness Coordinator**
130 High Street, First Floor
Hamilton, OH 45013
Email: bewellbutler@butlercountyohio.org
Or Call: 785-6541

**Jeremy Frazier, Butler County Benefits Administrator**
130 High Street, Fourth Floor
Hamilton, OH 45013
Email: frazierjd@butlercountyohio.org
Or Call: 887-3578

**Anthem Member Services**
[www.anthem.com](http://www.anthem.com)
855-603-7982

**Anthem Condition Care Program**
888-249-3820

**Anthem Future Moms Program**
888-349-3820

**Anthem Nurseline**
888-349-3820

**Express Scripts**
[www.express-scripts.com](http://www.express-scripts.com)
866-832-9250

**REACH EAP & Workplace Solutions**
[www.reach-eap.com](http://www.reach-eap.com)
1-800-950-3434

**Staywell Helpline**
855-847-6814
Butler County Board of County Commissioners (BOCC)

Human Resources Department

Tobacco-Free Incentive Program Certification

In order to induce Butler County to pay the higher employer contribution to health insurance premium as provided in the Butler County Tobacco-Free Incentive Program, I certify that as of the current date I either am:

1. Not using tobacco products of any kind including, but not limited to cigars, cigarettes, pipes, cigarillos, chewing tobacco, dip, nicotine replacement products, and e-cigarette products; or
2. Actively using tobacco products or quit after the open enrollment period, but have completed one of the following tobacco-cessation programs (documentation must be attached):
   a. Working with a counselor from StayWell Health Management Company, or;
   b. a smoking cessation program in consultation with my Primary Care Physician, or;
   c. written documentation (including cost information) of completion of a professionally-advised program that has been pre-approved by the Butler County Wellness Coordinator. The program is ________________________________.

If I have stated that I do not use any tobacco products by signing this certification, I voluntarily agree to submit, upon the request of the Human Resources Department, to random or reasonable suspicion nicotine testing at the cost of Butler County in the event of a negative test result or at my own cost in the event of a positive test result in order to verify that I am not using tobacco products. I understand and agree that:

1. A positive test, even as a result of using nicotine patches or other nicotine-delivery products that are used as stop-smoking aids, will result in the application of the tobacco-use employer contribution to premium rate to my health insurance cost from that point forward unless I complete a professional tobacco cessation program as Butler County approves; and
2. I will be required to pay the higher portion of the premium for the plan year based upon the employer’s lower contribution in order to continue to participate in the County’s medical/Rx health insurance plan.

__________________________________________
Employee Name (please print) ____________________________

__________________________________________
Employee Signature ____________________________

__________________________________________
Your Department ____________________________

__________________________________________
Date ____________________________

Butler County is committed to helping you achieve your best health. Your insurance plan offers the Stay Well Tobacco–Cessation Program, the Ohio QuitLine Program, and/or other pharmacotherapies your doctor may prescribe, under which we work with you to help you quit tobacco use. If you complete one of these programs and provide the required verification, you will qualify for the reward. Contact Butler County Wellness Coordinator Shawna Noble at bewell@butlercountyohio.org or 785-6541 for more details.
Tobacco Cessation Program Completion Verification.
(Please Print)

Name:__________________________________________________________

Phone #: ____________________ Email: _____________________________

Date: ___________________________________________________________________

I am verifying that the above named patient has completed a tobacco-cessation program I have
recommended. I understand that signing this form does not imply that the patient does not use
any form of tobacco or nicotine replacement therapy. This form is to verify that the above named
patient has put forth a good faith effort to become tobacco-free through a tobacco-cessation
program I have recommended.

Name of Physician: ________________________________________________

(Please print)

__________________________________________________________________

Physicians Signature or Physician’s Stamp

*Your personal healthcare information is private and protected by HIPAA.

Butler County is committed to helping you achieve your best health. Your insurance plan offers the Stay Well
Tobacco–Cessation Program, the Ohio QuitLine Program, and/or other pharmacotherapies your doctor may
prescribe, under which we work with you to help you quit tobacco use. If you complete one of these programs and
provide the required verification, you will qualify for the reward. Contact Butler County Wellness Coordinator
Shawna Noble at bewell@butlercountyohio.org or 785-6541 for more details.