OptumHealth is your partner in developing and maintaining a healthy lifestyle. This rewards program is designed to motivate you to set and achieve your wellness goals. This page contains program rules, details on earning rewards, frequently asked questions, and more.

Program overview
Take Charge of Your Health is a program that encourages you to adopt and maintain a healthy lifestyle. By participating in the Take Charge of Your Health programs, you will be recognized for living healthy through your participation in programs or completion of certain Healthy Rewards activities. You can engage with Optum’s programs, both online and telephonically. The programs are designed to provide support toward a healthier lifestyle and a healthier you! You will earn points for participating, and you can monitor your total reward progress on the “I Get” page of the Take Charge website at https://client.myoptumhealth.com/takecharge.

Earn Healthy Rewards points toward Incentives for the 2016-2017 Plan Year
Between July 1, 2015 and May 26, 2016, employees and spouses who are enrolled in a Montgomery County medical plan can earn Healthy Rewards points toward incentives for the 2016-2017 benefit plan year.

Use the Programs & Points Menu to choose how you earn your Healthy Rewards points! Employees who earn 600 Healthy Rewards points during the July 1, 2015 and May 26, 2016 earning period will be eligible to receive one incentive for the 2016-2017 plan year. Employees who earn 1,000 Healthy Rewards points during the July 1, 2015 and May 26, 2016 earning period will be eligible to receive an additional incentive for the 2016-2017 plan year. Spouses who earn 750 Healthy Rewards points during the July 1, 2015 and May 26, 2016 earning period will be eligible for the full amount of spouse incentives. Incentive amounts for the 2016-2017 benefit plan year have not been established. Additional information regarding incentive amounts will be distributed and posted on www.mcbenefits.org at a later date. Note: Incentives are awarded to offset costs associated with your medical coverage.

Get Started
Getting started on Healthy Rewards activities is the key to earning. For more information about what you need to do, refer to the quick guide below. To learn more about each of these activities, read the Frequently Asked Questions.

1. Complete an annual physical and age/gender appropriate testing under Preventive Care to earn 200 points.

2. Enroll in the Healthy Weight Coaching program to earn 200 points.

3. Enroll in a Disease Management program to earn 200 points.

4. Complete up to 3 Telephonic Health Coaching programs to earn 150 points per program, up to a maximum of 450 points.
5. Complete up to 8 Online Wellness Programs to earn 50 points per program, up to a maximum of 400 points.

6. Complete up to 5 Onsite/MC Local Events activities to earn 100 points per activity, up to a maximum of 500 points. Activity dates for all Onsite/MC Local Events must be entered into the Optum web portal by clicking Onsite/MC Local Events under the I DO tab. Documentation of all activities entered in the Onsite/MC Local Events module must also be sent to the Benefits Office for auditing purposes.

7. Complete a confidential 15-minute Health Assessment during the earning period to earn 300 points.

8. Complete a wellness screening during designated screening dates to earn 300 points. Schedules, registration information, and instructions for completing a lab screening if you are unable to attend an on-site wellness screening event will be posted at a later date on www.mcbenefits.org. All screenings must be complete during the designated times in order to earn points for this earning period. This includes onsite screenings and lab screening.

See the Programs & Points Menu for a full list of programs available in each category.

Track Your Healthy Rewards Progress
No matter where you are on the Take Charge website, you can monitor your total healthy rewards progress within the program year — just go to https://client.myoptumhealth.com/takecharge and look for the My Rewards dials. For a complete picture of how your health activities are earning your rewards, go to I Get > My Rewards > Earn Rewards. A "check mark" in the status column lets you know that you have completed the necessary requirements for that specific activity. Remember, all rewards dials will reset to zero beginning July 1, 2015, so you can begin earning points for the next incentive period.

Get Moving!
Your health and well-being begins with you. Start now by visiting https://client.myoptumhealth.com/takecharge or call Optum at 855-583-3165 to engage in the wellness activities and start earning points today!

Note:
*Optum understands the importance of protecting your privacy. The services provided by Optum require that they receive personal information and they know that it is critical to protect your privacy. Optum’s business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA). Your personal screening results will not be shared with Montgomery County. Your personal information will be used only by Optum and its wellness program affiliates to provide individualized health information to you to improve your health practices.
The scenarios below outline different paths to earning incentives. These are strictly samples – how you earn your Healthy Rewards points is up to you!

• **Scenario 1**
  - Complete the wellness screening for 300 points
  - Complete the Health Assessment for 300 points
  - Visit Primary Care Physician (PCP) and complete age/gender appropriate testing for 200 points
  - Complete 2 online wellness programs for 100 points
  - Complete 1 onsite event for 100 points
  - Point total = 1,000 points and eligibility for two incentives for the 2016-2017 plan year

• **Scenario 2**
  - Complete the wellness screening for 300 points
  - Complete the Health Assessment for 300 points
  - Visit Primary Care Physician (PCP) and complete age/gender appropriate testing for 200 points
  - Complete 4 online wellness programs for 200 points
  - Point total = 1,000 points and eligibility for two incentives for the 2016-2017 plan year

• **Scenario 3**
  - Enroll in 1 Disease Management program for 200 points
  - Complete the wellness screening for 300 points
  - Complete the Health Assessment for 300 points
  - Complete one telephone coaching program for 150 points
  - Complete one online wellness program for 50 points.
  - Point total = 1,000 points and eligibility for two incentives for the 2016-2017 plan year

• **Scenario 4**
  - Complete the wellness screening for 300 points
  - Complete the Health Assessment for 300 points
  - Visit Primary Care Physician (PCP) and complete age/gender appropriate testing for 200 points
  - Point total = 800 points and eligibility for one incentive for the 2016-2017 plan year

• **Scenario 5**
  - Complete the Enhanced Healthy Weight Telephone Coaching Program for 200 points
  - Complete 2 online tracking programs for 100 points
  - Attend 1 onsite event for 100 points
  - Visit Primary Care Physician (PCP) and complete age/gender appropriate testing for 200 points
  - Point total = 600 points and eligibility for one incentive for the 2016-2017 plan year
Wellness Program, Healthy Rewards Points, and Incentives
Frequently Asked Questions

What is Take Charge of Your Health?
Take Charge of Your Health is a program that encourages employees to adopt and maintain a healthy lifestyle. By participating in the Take Charge of Your Health programs, you will be recognized for living healthy through your participation in programs or completion of certain Healthy Rewards activities.

Why is Montgomery County offering Take Charge of Your Health?
Montgomery County is committed to creating a culture of healthy lifestyle behaviors. Take Charge of your Health is a program that aids employees in the management of their health care and their health care expenses. Take Charge of your Health provides information and tools to help employees take control of their health and partner with their health care providers.

Who is eligible to participate in the wellness program?
All Montgomery County employees and spouses are eligible and encouraged to participate in the wellness program.

Who is eligible to receive incentives for participation in the wellness program?
Employees and spouses who are enrolled in a Montgomery County medical plan can earn Healthy Rewards points toward their annual incentives.

What are the incentives for the 2016-2017 plan year?
Incentive amounts for the 2016-2017 benefit plan year have not been established. Additional information regarding incentive amounts will be distributed and posted on www.mcbenefits.org at a later date.

When Can I Start Earning Healthy Rewards points?
You can earn Healthy Rewards points from July 1, 2015 through May 26, 2016.

How many Healthy Rewards points can I earn?
You can earn up to a total of 2,550 Healthy Rewards points during the period of July 1, 2015 to May 26, 2016. Each category has a maximum number of points that can be earned. You can continue to participate in as many programs as you like in each category but will not earn additional points.

How do I complete the Preventive Care program?
If you are currently on Montgomery County’s health plan with Anthem, visit your primary care physician for an annual physical and age/gender appropriate testing. Preventive screenings include annual physical, mammogram, prostate exam, colonoscopy, and cervical screening. Upon completion of any of these preventive screenings, your physician will file a claim on your behalf with Anthem and will code the exam as preventive care. Anthem will automatically notify Optum to update your account to add the points to your web portal. Please allow 90 days for the points to appear on the Optum web portal.
How do I complete the Preventive Care program module if I am not on Montgomery County’s health plan?
Monitor your visits with your primary care physician, including your annual physical and age/gender appropriate testing, by entering a new record in the Optum web portal under Healthcare Visits in the Personal Health Record section of the “I Am” tab. Complete the activities in the Preventive Care online wellness program, such as reading articles and watching videos, and enter your information into the weekly trackers. Healthy Rewards points are earned on completion of the Preventive Care program module, which includes completion of 12 action items and weekly tracking for a minimum of 5 weeks.

How do I enroll in the Healthy Weight program?
Call the HealthCare Advisor number at 1-855-583-3165 to enroll and connect with an experienced wellness coach who specializes in healthy weight loss. Get the answers, support and motivation you need to achieve your goals! Best of all, by participating in the Healthy Weight Program, you’ll be rewarded for your work toward better health. The Healthy Weight program helps you develop healthy habits to last a lifetime. Over the course of the program, you will receive proven insight, as well as advice, menus and support tailored just for you. The program requires a 6-month commitment and Healthy Rewards points are earned upon enrollment in the program.

How do I enroll in a disease management program?
Call the HealthCare Advisor number at 1-855-583-3165. In a Disease Management program, a nurse will work closely with you to help you manage chronic conditions such as:
- Asthma,
- Diabetes,
- Coronary Artery Disease,
- Heart Failure and/or
- Chronic Obstructive Pulmonary Disease (COPD).
You must be eligible for enrollment in a Disease Management program. Individuals participate in an initial assessment to determine eligibility for the program. Healthy Rewards points are earned upon successful enrollment in the program.

How do I complete a telephonic health coaching program?
Reaching a health-related goal is always easier when you have someone cheering for you! Take a step toward better health by scheduling an appointment with a telephonic wellness coach. To enroll, call the HealthCare Advisor number at 1-855-583-3165. Healthy Rewards points are earned on completion of the program. Completion criteria varies by program and includes 3-5 outbound coaching calls and goals set by the coach and participant.

How do I complete an Online Wellness Program?
Online wellness programs allow you to complete activities, track your progress, and watch your health improve. Participate in activities, such as reading articles and watching videos, and enter your information into the weekly tracker to complete each program. Healthy Rewards points are earned on completion of an online wellness program, which includes completion of 12 action items and weekly tracking for a minimum of 5 weeks for each program.

What are the Onsite/MC Local Event activities and how do I enroll?
The activities for the onsite/MC Local Events will include quarterly Quick Learn programs. Points will be awarded for attending the Quick Learn Programs held at various locations each quarter. Participants must sign in at the event in order to earn points. Program schedules will be posted under the Health & Wellness tab on www.mcbenefits.org. Points will be awarded for participating in the Not a Single Pound challenge to be held during the 2015-2016 holiday season. Participants must weigh in at the beginning of the challenge and weigh out at the end of the challenge in order to receive points for participation. Activity dates for all Onsite/MC Local Events must be entered into the Optum web portal by clicking Onsite/MC Local Events under the I DO tab. Documentation of all activities entered in the Onsite/MC Local Events module must also be sent to the Benefits Office for auditing purposes.

**How do I complete my wellness screening?**
Complete a wellness screening during designated screening dates to earn 300 points. Schedules, registration information, and instructions for completing a lab screening if you are unable to attend an on-site wellness screening event will be posted at a later date on www.mcbenefits.org. All screenings must be complete during the designated times in order to earn points for this earning period. This includes onsite screenings and lab screening.

**Where do I go to complete the online health assessment?**
Click Health Assessment located under ‘I Am’ on the Optum web portal at https://client.myoptumhealth.com/takecharge.

**How do I see what Healthy Rewards points I have earned?**
To view your Rewards points, go to the "I Get" area of the website and click "My Rewards" and then "Earn Rewards." Once there, you will be able to view details for all activities for which you can earn rewards.

**How long will it take for points to appear within the “Earn Rewards” section?**
Points for these programs will appear on the portal within these timeframes:
- Preventive Care Program: Approximately 90 days after your provider submits a claim to Anthem designated as a preventive care visit
- Healthy Weight Program: Approximately 9 days after enrollment in the program
- Disease Management Program: Approximately 30 days after enrollment in the program
- Telephonic Health Coaching: Approximately 9 days after completion of program
- Online Wellness Programs: Approximately 1 day after completion of program
- Wellness Screening: Approximately 30 days after the screening has been completed.
- Health Assessment: Within 24 hours of completion.
- Onsite/MC Local Events: Within 24 hours of entering the activity in the Optum web portal.

**If I am a new hire or newly benefits eligible, can I still earn Healthy Rewards points?**
Yes. Contact your HR Benefits Representative at 937-225-4018 or visit www.mcbenefits.org for information about activities you can complete to earn your Healthy Rewards points and incentives.
What if I don’t have internet access?
Ask your HR representative if there are computers available in your department. Internet access is available in public libraries. You may also contact the County HR Department for assistance at 937-225-4018.

What if I am deployed in the military and cannot accumulate points during the year?
Incentive-eligible employees and spouses who are deployed for 90 days or more during the Healthy Rewards points earning period will be eligible for 2016-2017 incentives by completing a Health Risk Assessment and providing a copy of the military orders to the County HR Department within 30 days of the return to work date.

What if a medical condition or disability prevents me from participating in the Healthy Rewards program?
If you have a medical condition or other disability which would prevent you from participating in all of the program options (or if it is medically inadvisable to do so), contact the County HR Department at 937-225-4018.

Will my personal information be protected?
Yes. Your personal health information will be protected in accordance with HIPAA. None of your individual information is shared with Montgomery County.

Who can see my health care information?
Your health care information can only be seen by you and the nurses at Optum. The Optum nurses are available for support and may call you if your results dictate a need. Employee-specific information is not available to Montgomery County. Montgomery County business practices are in full compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA).