



Health Net – County of San Bernardino Wellness Program

MY HEALTH MATTERS! **Step It Up! 2010-2011** *FREQUENTLY ASKED QUESTIONS*

1. WHO IS ELIGIBLE TO PARTICIPATE?

The program is open to any active County of San Bernardino Health Net Member age 18 and over. This includes employees, spouses, domestic partners, children age 18 and over, COBRA beneficiaries, and employees on disability leave.

Note: Employees who are on disability leave must be a current Health Net member to participate. The program is not open to County of San Bernardino retirees or employees on leave of absence.

2. WHO IS ELIGIBLE TO RECEIVE AN REWARD?

County of San Bernardino active employees, COBRA employees, and employees on disability leave who are enrolled Health Net Members are eligible to receive incentive rewards.

Note: County of San Bernardino dependents (spouses, domestic partners, dependent children or County employees who waive their health coverage to their spouse/domestic partner who is also a County employee and COBRA dependents) are not eligible to receive incentive rewards. They may, however, participate in Health Net programs offered under the 2010-2011 My Health Matters! program.

3. WHEN DOES THE MY HEALTH MATTERS! STEP IT UP! 2010-2011 PROGRAM BEGIN AND END?

The program begins September 1, 2010 and ends on July 29, 2011.

4. WHAT IF I PARTICIPATED IN THE MY HEALTH MATTERS! PROGRAM BEFORE, CAN I PARTICIPATE AGAIN?

YES! Even if you participated in previous My Health Matters! programs, we encourage you to participate in the STEP IT UP! 2010-2011 program and earn rewards!

5. HOW DO I SIGN UP TO PARTICIPATE IN THE STEP IT UP! 2010-2011 PROGRAM?

You must be a Health Net member (as outlined in question #1) to participate and will need to register as a Health Net member at www.healthnet.com/csb, click the “**Register now**” link. Fill in the online form and click the “Register” button.

To start participation in one of Health Net’s wellness programs, return to www.healthnet.com/csb and go to the *My Health Matters* page.

6. WHAT IF I DON'T HAVE ONLINE ACCESS?

The County of San Bernardino will make every effort to provide you with online access. To be eligible for the reward for completion of the Health Risk Questionnaire, you must complete it online.

7. WHAT ARE THE HEALTH NET COMPONENTS OF THE COUNTY'S "MY HEALTH MATTERS" PROGRAM?

The components consist of the following programs:

1. **Health Risk Questionnaire (HRQ)** – with reward for completion and submission of the Health Risk Questionnaire. If you already completed the HRQ, simply update it to be eligible for the reward.

8. HOW DO I FIND THE HRQ & WELLNESS PROGRAMS ON THE HEALTH NET WEBSITE?

1. Go to www.healthnet.com/csb, then click the *My Health Matters!* button.
2. **To access the HRQ and wellness programs** click the appropriate link listed on the web page.
3. After clicking the link you'll be instructed to enter your user name and password to proceed to our protected website. **Note:** First time visitors taking the Health Risk Questionnaire (HRQ) will need to fill in the personal WebMD registration page before being directed to the HRQ assessment.

TIP: Do not log into the Health Net website until *after* you click on the appropriate link.

9. HOW MANY TIMES CAN I EARN A REWARD AND EARN AN OPPORTUNITY TO ENTERED INTO A DRAWING IN THE STEP IT UP! 2010-2011 PROGRAM?

- ✓ As a Health Net member, you are eligible to receive a one-time \$75 gift card for completion of the online Health Risk Questionnaire.

NOTE: Health Risk Questionnaire reward will only be available for completions from October 1, 2010 to October 31, 2010

You will also be eligible for additional reward opportunities.

- ✓ **Attend a Step It Up! Event** for an opportunity to win a \$100 gift card while taking advantage of health screenings and more. The drawing will occur at the completion of each event. There will be five scheduled events for County of San Bernardino employees and one to three Health Net members selected (based on event attendance).
- ✓ **Complete multiple components of the My Health Matters! program** and be entered into a drawing for an opportunity to win a \$250 gift card. Four Health Net members will be selected from the qualifiers for this category. Drawing will occur in August 2011.

10. HOW MANY OPPORTUNITIES DO I HAVE TO GET MY NAME SELECTED FROM A DRAWING?

Employees will have multiple opportunities to be entered into reward drawings. You can be selected more than once as a drawing winner for completion of program activities. See County intranet site, <http://mybenefitsatwork> for more detail.

11. SHOULD I COMPLETE THE HEALTH RISK QUESTIONNAIRE PRIOR TO ENROLLING IN A WELLNESS PROGRAM?

Yes, it is highly recommended that you complete the Health Risk Questionnaire first as a way to identify areas of health risk and select which wellness program best fit your needs.

12. IS THERE A DEADLINE TO COMPLETE THE HEALTH RISK QUESTIONNAIRE TO QUALIFY FOR THE REWARD?

Yes, the HRQ rewarding period will only be valid from October 1, 2010 to October 31, 2010. There will be no exceptions. Health Risk Questionnaires completed before October 1, 2010 or after the October 31, 2010 deadline will not qualify for the reward.

13. WHAT CAN I GET WITH THE GIFT CARDS?

The gift cards are good at over 300 merchants nationwide. Depending on the retailer you choose, you can use your gift card online (please check with your retailer of choice if they accept gift cards for online purchases prior to selecting your reward) or in-store. You can even donate your reward to a nationally recognized charity.

14. HOW LONG DOES IT TAKE TO RECEIVE MY REWARD?

Please allow Health Net **10-15 business days** to process your award after completion of the Health Risk Questionnaire.

15. HOW WILL I RECEIVE MY REWARD NOTIFICATION AND INCENTIVE FULFILLMENT INSTRUCTIONS?

You will receive an e-mail from Health Net's vendor, Hallmark Business Connections, using the sender name "Health Net Decision Power Rewards". This e-mail will provide instructions to select a gift card or use the reward towards an on-line purchase from a selection of over 300 merchants and their products.

16. HOW LONG WILL MY REWARD NOTIFICATION BE VALID?

Once the reward notification has been emailed to you, you will have 60 days to redeem it for an online purchase or gift card. After 60 days, the reward notification will be null and void.

17. WHO DO I CONTACT IF I DO NOT RECEIVE MY REWARD WITHIN 15 BUSINESS DAYS AFTER COMPLETING THE HEALTH RISK QUESTIONNAIRE AND/OR A WELLNESS PROGRAM?

You can contact Health Net at CSB_MyHealthMatters@healthnet.com

18. HOW DO I KNOW THAT MY INFORMATION WILL BE KEPT CONFIDENTIAL?

Under Federal Law, Health Net cannot share personal health information with the County of San Bernardino, including names of participants in these programs. The information exchanged between Health Net and its participating vendors is limited to what is necessary to fulfill the incentive to qualify for the reward. Health Risk Questionnaire data is stored and protected in a secure database, and information is sent through a secure connection, which encrypts all communications. The information shared with the County will be aggregate information and will not disclose the identity of individual participants nor reflect any actions taken by individual participants.

19. WHERE CAN I GET MORE INFORMATION ABOUT THE COUNTY OF SAN BERNARDINO'S "MY HEALTH MATTERS!" PROGRAM?

If you are a Health Net member and would like additional program information, the contact information for the County of San Bernardino is:

County of San Bernardino
Employee Benefits and Services Division
(909) 387-5787

Email your questions to:
mhm@hr.sbcounty.gov

You may also contact the Wellness Advocate in your department. Additionally, program information is available on the County of San Bernardino's Intranet site <http://mybenefitsatwork>.

PARTICIPATION IN THE MY HEALTH MATTERS! WELLNESS STEP IT UP! 2010-2011 PROGRAM IS EASY!

All you have to do is:

- 1) Register for access to the Health Net website at www.healthnet.com/csb.
- 2) Return to www.healthnet.com/csb, click on the My Health Matters! button (on the left navigation bar).
- 3) Follow the instructions to complete both an HRQ and one wellness program.

Contact information:

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Health Net:

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