



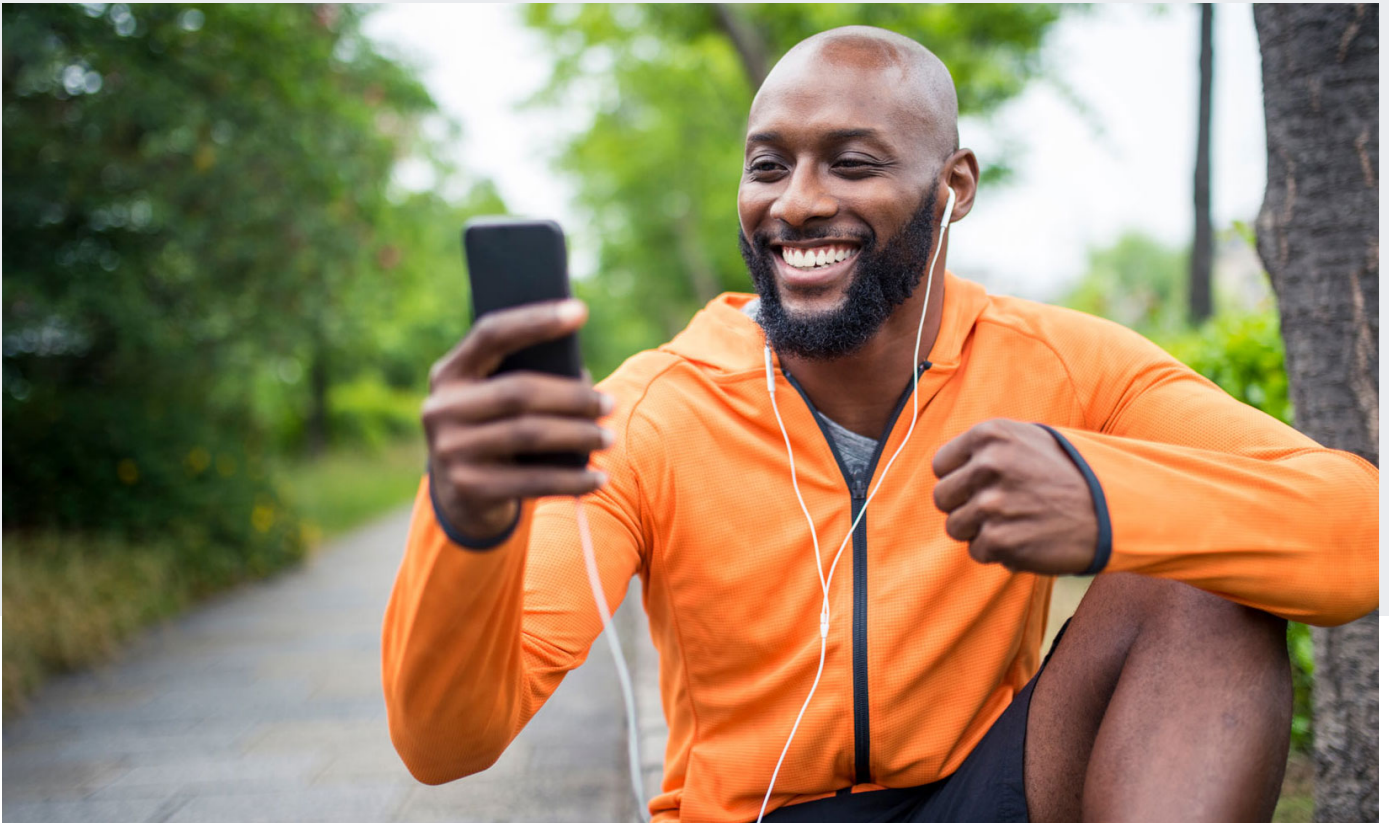
2022



Missouri Department of Transportation & Missouri State Highway Patrol
2022 WELLNESS PROGRAM GUIDE

TABLE OF CONTENTS

Leadership statement	3
It Pays to Be Well Incentive Program	4
Walker Tracker	5
Who to Contact	7
FAQs	8
Notice Regarding Wellness Program	12
Appendix	14



JOIN THE 2022 WELLNESS PROGRAM

As a valued MoDOT & MSHP employee, you and your well-being are important to us. That's why we continue to invest in your health through programs, services and our annual wellness program.

Thank you to all who participated in the 2021 It Pays to Be Well incentive program!

More than 500 employees, non-Medicare retirees, and spouses earned \$100 through the wellness program. Central Office, MPERS, and Troop D had the highest overall engagement for the year. And more than 2,700 participants met the individual goals across all five Walker Tracker challenges.

Focus on your well-being in 2022 and earn rewards up to \$100.

The new Wellbeing Solutions program connects with easy-to-use digital health and wellness tools that can help you stay your best. When you complete and track activities, you'll earn rewards to put toward electronic gift cards for select retailers. The more activities you complete, the greater your reward.

IT PAYS TO BE WELL INCENTIVE PROGRAM

Program Begins: January 1, 2022

Program Ends: December 31, 2022

Eligibility: MoDOT & MSHP employees and spouses enrolled in an Blue Cross and Blue Shield medical plan

Effective January 1, 2022 MoDOT & MSHP will be moving to an Anthem wellbeing solutions program. Eligible members can participate in the program by logging in to the [Sydney Health app](#) or [Anthem.com](#).

DESCRIPTION: As a MoDOT & MSHP employee or spouse enrolled in the Anthem medical plan you can actively engage in your health. The wellbeing program rewards you for taking part in a wide variety of condition management, preventive care, and wellness activities that meet your healthcare goals. Employees and spouses can earn a maximum of \$100 in rewards per plan year.

We understand that everyone has their own approach to achieving their wellness goals. So each person can choose their path to earn the full \$100 incentive. There are 20+ activities you can choose to complete throughout the program year.

For a full list of activities and rewards, visit the [Sydney Health](#) app or go to [anthem.com](#).

INCENTIVE: \$100 E-Gift Card. You can redeem your rewards through the [Sydney Health](#) app or by logging on to [anthem.com](#).

As you earn dollars you can redeem those dollars in the virtual mall. Funds need to be actively redeemed in [anthem.com](#) or the [Sydney Health](#) app.

Gift Card Options: (There is no general rule for a minimum to redeem, but specific brands may have a minimum to use that card.) Amazon, Bed, Bath & Beyond, Gap (all brands), T.J. Max, Target, The Home Depot, Staples, MasterCard.

PLEASE NOTE: Individuals must redeem their rewards no later than 12/31/2022. The storefront will reset to zero on 1/1/2023 and any unredeemed dollars will be forfeited.

To clarify, individuals must redeem the rewards within the plan year; they do not have to spend the funds on the gift card within the plan year.

WALKER TRACKER

Walker Tracker is a program that allows you to track and record your healthy activities and participate in challenges. The program is quick and easy to use. You can sync it with your fitness tracker or mobile device to automatically record your activity after you join a challenge.

There will be 3 challenges in 2022. Employees and MoDOT & MSHP retirees who complete all 3 challenges will receive a \$50 amazon.com gift card*. Participants must meet the challenge goal in order to qualify for incentive, not just participate in the challenge. Challenges will open two weeks prior to the start date to register and join.

To join a challenge, please log in or register at modotmshp.walkertracker.com.

1. Wellness Challenge: Mindful Movement

January 10 – February 20

Individual Wellness Challenge - Points based challenge

GOAL: Earn 875 total points during the challenge. How is this calculated? Log a minimum of 21 points/day x 42 days

Steps/physical activity = 15 points/day

Mood (self-reported) = 5 points/day

Sleep (self-reported) = 5 points/day

2. Caribbean Island Hop

June 6 - July 17

Individual steps & activities challenge

GOAL: Track 252,000 total steps during the challenge. How is this calculated?

By averaging a minimum of 6,000 steps/day x 42 days

3. Epic Trails Around the Globe

October 3 - November 13

Team steps & activities challenge - must join a team to participate. Teams will be set up by MSHP Troop Locations, MoDOT District Locations, & MSHP Retiree team and MoDOT Retiree team

GOAL: Must complete 2 requirements - Team and Individual goal must be achieved.

1. The team must log a minimum of 252,000 total steps during the challenge - this is calculated based on a daily team average.

2. Individual participants must average at least 6,000 steps/day x 42 days. Individual participants daily steps will be averaged together for 1 total team step count each day.

The traveling trophy will be awarded to the winning MoDOT team and winning MSHP team.

2019 Winners - MoDOT Retirees & MSHP Troop I

2020 Winners - MoDOT MPERS & Troop I

2021 Winners - MoDOT SE District & MSHP Troop F

*Guaranteed prize if each of the 3 challenge goals are met.

**Employees and non-Medicare retirees only eligible for the gift card prize.

***Walker Tracker is a separate 3rd party vendor and not associated with the Anthem wellbeing program.

WANT TO DO MORE? ADDITIONAL WALKER TRACKER CHALLENGES:

Random drawing prizes will be awarded at the end of each of the additional challenges. Prizes are available to employees and retirees only. Spouses are not eligible for random drawing prizes. The challenge goal must be met in order to qualify for a random drawing entry.

1. National Employee Health & Fitness Day

Wednesday, May 18, 2022

Individual Steps & Activities Challenge

GOAL: Track 10,000 total steps during the 1-day challenge.

Prize: Stainless steel cup. 100 winners will be selected.

2. 2022 Virtual 5K

September 12 – 16

Individual Steps & Activities Challenge

GOAL: Track a minimum of 10,000 total steps in at least 1 out of the 5 days.

Prize: 40 Fitbit 3's & 10 AirPods. 50 winners total selected.

PRIZE REDEMPTION:

Employees and retirees will be notified via email (email on file with Walker Tracker) if they are a random drawing winner. Prizes will be available for pick up. Subject to change, depending on remote working environment.

MSHP random drawing winners can pick up their prize from the troop headquarters or GHQ if applicable

MoDOT random drawing winners can pick up their prize from their District Office

Multiple prizes can be won throughout 2022 for different program activities. However, employees will not be eligible for two of the same prizes. Only one prize type per person per year.

WHO TO CONTACT

Any questions related to the MoDOT & MSHP Total Wellness program can be directed to your local wellness champion, MoDOT Benefits team, or your Wellness Coordinator.

2022 Wellness Champions

District/Troop	Name	Email Address
Troop A	Amy Davis	Amy.Davis@mshp.dps.mo.gov
Troop B	Greg Leftwich*	Gregory.Leftwich@mshp.dps.mo.gov
	Melissa Murr	melissa.murr@mshp.dps.mo.gov
Troop C	Janis Leesmann*	Janis.Leesmann@mshp.dps.mo.gov
	Kevin Malugen	kevin.malugen@mshp.dps.mo.gov
Troop D	Michelle Horn	Michelle.Horn@mshp.dps.mo.gov
	Bronte Luttrull	Bronte.Luttrull@mshp.dps.mo.gov
Troop E	Darin Stevens	Darin.Stevens@mshp.dps.mo.gov
	Adam Whittom	Adam.Whittom@mshp.dps.mo.gov
Troop F	Robert (Mike) Malone	Robert.Malone@mshp.dps.mo.gov
Troop G	Cole Chatman	Cole.Chatman@mshp.dps.mo.gov
Troop H	Lauren Clausen	Lauren.Clausen@mshp.dps.mo.gov
Troop I	Jessica Heyer	Jessica.Heyer@mshp.dps.mo.gov
GHQ	Brittney Walters	Brittney.walters@mshp.dps.mo.gov
Central District	Derek VanLoo	Derek.VanLoo@modot.mo.gov
Central Office	Josh Carey	Joshua.Carey@modot.mo.gov
Kansas City	Courtney Thompson	Courtney.Thompson@modot.mo.gov
	Glenda Saunders	Glenda.saunders@modot.mo.gov
	Deborah Naylor	Deborah.naylor@modot.mo.gov
Northeast	Janet Groenda*	Janet.Groenda@modot.mo.gov
	Marisa Ellison	Marisa.Ellison@modot.mo.gov
	Brady Bogeart	Brady.Bogeart@modot.mo.gov
Northwest	Melanie Proffit	Melanie.Proffit@modot.mo.gov
Southeast	Joanne Hodges	Joanne.Hodges@modot.mo.gov
Southwest	Gary McLarry*	Gary.McLarry@modot.mo.gov
	Deborah Sartin	Deborah.Sartin@modot.mo.gov
St. Louis	Judith Hausner	Judith.Hausner@modot.mo.gov
MPERS	Barbara Graessle*	Barbara.Graessle@mpers.org
	Mary Jordan	Mary.Jordan@mpers.org

*First champion listed in each District/Troop is the primary contact

FAQs

HEALTH ASSESSMENT

How do I find and complete the online WebMD Health Risk Assessment?

You can complete the WebMD Health Risk Assessment on [anthem.com](https://www.anthem.com) or the Sydney mobile app.

To complete the health assessment online, log in to your [anthem.com](https://www.anthem.com) account or register at [anthem.com](https://www.anthem.com), navigate to the My Health Dashboard, select programs, scroll down to Health Risk Assessment, click learn more, click start your assessment.

To complete the health assessment in the Sydney mobile app, log in and view the main menu. To view the main menu, click more from the menu at the bottom, click on my health dashboard, scroll down to programs and select more programs, scroll down and select Health Risk Assessment, click start your assessment.

You will have to accept the GINA authorization before you begin the assessment.

What do I do when I complete the online WebMD Health Risk Assessment?

You will need to click a finalize button at the end, this will ensure you have completed the assessment. Then you will see a certificate of completion once you finish the health assessment. It is highly recommended to keep this for your personal records. However, you do not have to do anything. Once the HA is finished completely only your name and the completion date will generate on a report provided to your medical carrier Anthem BCBS. This will serve as your proof of completion. No other action is necessary on your end.

Who can see my responses and results of the Health Assessment?

Just you! Your results are confidential, as part of the clinical enhancement work at Anthem you may or may not be contacted by Anthem's care management team after completion of the Online Health Assessment. You will have the opportunity to opt-in to any of Anthem's care coordination programs based on the results of your Health Assessment. You do not have to participate in any of the programs. If you do not wish to be contacted by Anthem you can update your communication preferences in your online profile.

ANNUAL EXAM/PREVENTIVE CARE

Why do I need an annual exam?

Preventive and routine screenings are one of the most important ways to keep tabs on your health. Regular checkups and exams with a Primary Care Physician can help you stay healthy and catch problems early. Receiving an annual exam between January 1, 2022 – December 31, 2022 will earn you incentive dollars in the wellness program.

What if I don't have a primary care doctor?

You can find a doctor on [anthem.com](https://www.anthem.com) or the Sydney mobile app that is part of your medical plan. Your plan covers preventive care at 100% when you visit an in-network doctor, so you won't pay for the visit.

How do I know when I completed by preventive care exam?

Make sure you present your Anthem BCBS medical insurance card to your doctor. Once you visit with your primary care doctor, they will submit the visit as a claim to Anthem BCBS. You can monitor your claims on [anthem.com](https://www.anthem.com) or through your Anthem explanation of benefits (EOB) to make sure your claim was processed. Claims can take 30-90 days to process. It is also important to make sure your doctor submits the claim as preventive, not diagnostic.

What is the difference between preventive care and diagnostic care?

Preventive care helps protect you from getting sick. If your doctor recommends you have services even though you don't have symptoms, that's preventive care. Diagnostic care is when you have symptoms and your doctor recommends services to determine what's causing those symptoms.

I receive an annual physical for my job, does this count?

No, not for the Anthem Wellbeing Program. Annual physicals/preventive care must be submitted through the Anthem claims system to trigger a completion of this activity. Job specific physicals will not count as a completion.

I usually get my preventive care exam in December, will this still count?

You can earn incentive dollars for completing an annual physical once per year. Claims that are submitted between January 1, 2022 - December 31, 2022 will count towards the 2022 incentive program. Anthem allows one annual physical per calendar year at no cost to you. You do not have to wait a full 365 days to have your annual physical. For example, if you had an annual physical on December 1, 2021, you can schedule another annual physical in January 2022. This is considered your one per calendar year exam.

WALKER TRACKER

How do I register?

Make sure you join the MoDOT & MSHP Walker Tracker page, not the Walker Tracker community page. To register, visit modotmshp.walkertracker.com and select *register now*.

How do I join a challenge?

From the web browser, to view your challenge(s) click on the challenges tab. You will see featured challenges highlighted in teal. Click on the challenge, this will take you to the challenge dashboard, under the title of the challenge, click *Join!*

Get to know your challenge

From the web browser, navigate to the challenge dashboard. You will see information such as the start and end dates, overall step goal, your current pace and the pace needed to finish at the top of the challenge page. You can also click on the details button to view information such as challenge type, daily step goal, and how many participants are in the challenge.

How do I add step entries?

Option 1 – if you do not have a wireless activity tracker or app, your program will allow you to enter your steps manually. **Option 2** – you can link most wireless pedometers to Walker Tracker. You can find a list of devices in the user support section on the Walker Tracker site. Once you have a device connected, you will not be able to enter steps manually. See appendix for more details on how to manually enter steps or connect a device.

I tried to log in, but my account was deleted?

Walker Tracker automatically deletes inactive accounts on a 30-day basis. If you are identified as an inactive user, you will receive an email notification, if communication preferences allow. The email will notify you that you have been inactive in Walker Tracker for at least 30 days. You will have 30 days from the date of notification to reengage in the program. If you do not reengage in the program your account will automatically be deleted.

What happens if my account was deleted?

If your account was deleted due to inactivity, you will need to visit the MoDOT/MSHP Walker Tracker site and re-register.

What if my steps are not syncing from my device?

If your steps are not syncing from your device, you can contact Walker Tracker directly. You can use the “Help” feature when you are logged in to your account to contact the Walker Tracker support team or you can email Walker Tracker directly at support@walkertracker.com.

What if I am unable to complete the challenge?

You must meet the challenge goal in order to qualify for any prizes or rewards/incentives. However, it is possible that an employee may not be able to complete the challenge goal due to circumstances beyond their control. If you are not able to complete a challenge due to a medical condition, you may still apply to get the reward by completing a Medical Waiver Form. A form must be completed for each wellness activity you are requesting a waiver. See the appendix for a copy of the Medical Waiver Form or contact your wellness champion for more details.

ANTHEM MEMBER EXPERIENCE

Sydney – Am I eligible & how do I register?

Sydney is Anthem’s mobile app and is available to Anthem BCBS members 18 years and older. To sign up download the free Sydney mobile app and select register for quick access to your health care. (See Appendix for more details)

LiveHealth Online – Am I eligible & how do I register?

LiveHealth Online is available to Anthem BCBS members 18 years and older. To sign up for LiveHealth Online visit livehealthonline.com or download the app and register on your phone or tablet. Make sure you have your Anthem Member ID available when you register. You can have a video visit with a board-certified doctor, psychiatrist or licensed therapist from your smartphone, tablet, or computer. (See Appendix for more details)

Future Moms – Am I eligible & how do I register?

Anthem BCBS members can sign up as soon as you know you are pregnant. Call Anthem at 800-828-5891 to get started. There is no extra cost to you. (See Appendix for more details)

ConditionCare – Am I eligible & how do I register?

Anthem BCBS members with one or more of the follow chronic conditions, asthma, chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), type 1 or type 2 diabetes, and heart failure can join this no-cost health and wellness program. Call Anthem at 866-962-1069 to get started. There is no extra cost to you. (See Appendix for more details)

Lark – Am I eligible & how do I register?

Anthem BCBS members with prediabetes are eligible to participate in the digital coaching diabetes preventive program. Anthem BCBS members who are identified “at risk” will receive Anthem communications with information about the DPP program. You can also visit <http://lark.com/anthemBC> to take a Prediabetes Risk Test to determine if you are at risk for prediabetes and eligible to participate.

NOTICE REGARDING WELLNESS PROGRAM

MoDOT & MSHP It Pays to Be Well is a voluntary wellness program available to all MoDOT & MSHP employees, and spouses enrolled in an Anthem medical plan. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or “HRA” that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete an annual physical exam. You are not required to complete the HRA or to participate in the medical examinations.

However, eligible individuals who choose to participate in the wellness program will receive an incentive. Although you are not required to complete the HRA or participate in the physical exam, only eligible individuals who do so will receive the incentive.

Additional incentives may be available for employees who participate in certain health-related activities. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting your dedicated wellness champion.

The information from your HRA will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program. You also are encouraged to share your results or concerns with your own doctor.

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Missouri Department of Transportation and Missouri State Highway Patrol may use aggregate information it collects to design a program based on identified health risks in the workplace, MoDOT & MSHP will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements.

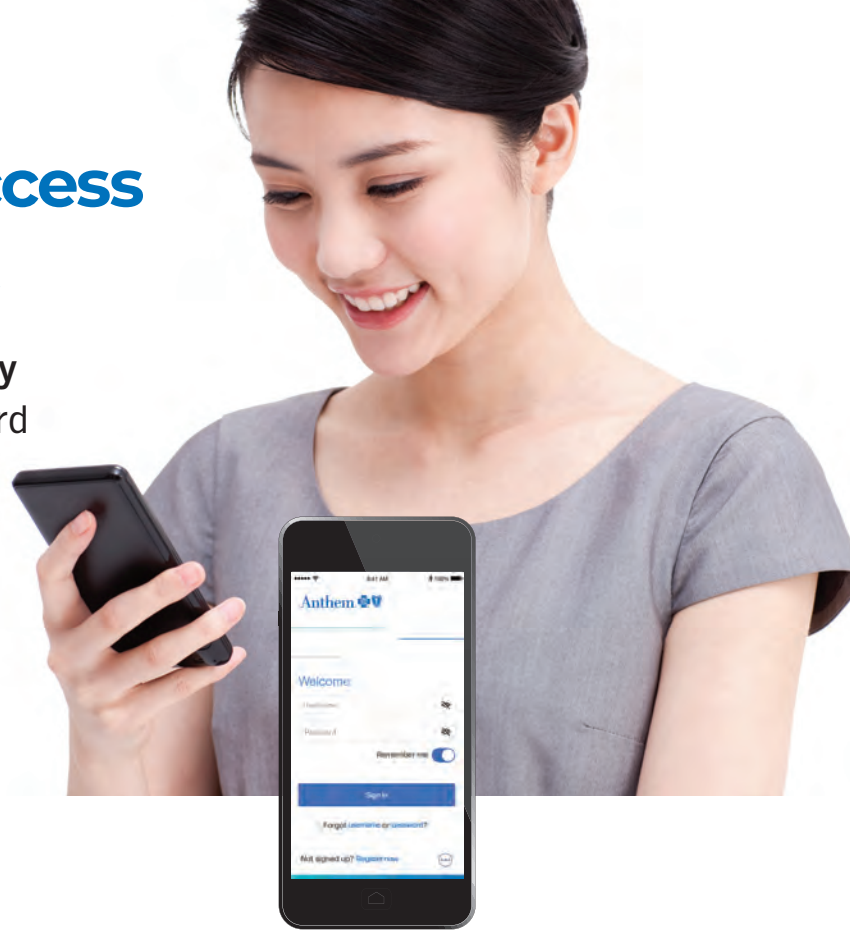
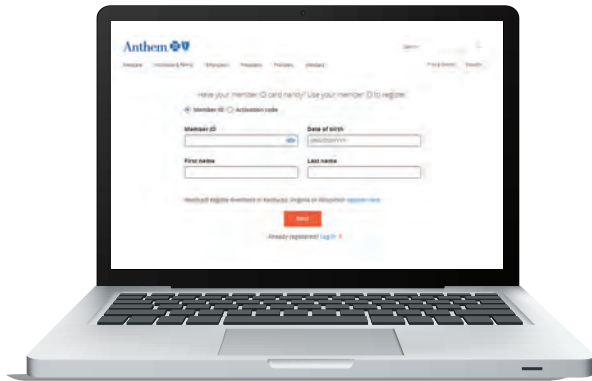
In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact your local benefits contact or Brook Luecke at Brook.Luecke@modot.mo.gov.

You've got quick access to your health care!

Register on **anthem.com** or the **Sydney** mobile app.* Have your member ID card handy to register



From your computer

- 1 Go to **anthem.com/register**
- 2 Provide the information requested
- 3 Create a username and password
- 4 Set your email preferences
- 5 Follow the prompts to complete your registration

From your mobile device

- 1 Download the free **Sydney** mobile app and select **Register**
- 2 Confirm your identity
- 3 Create a username and password
- 4 Confirm your email preferences
- 5 Follow the prompts to complete your registration

It's easy. Everything you need to know about your plan – including medical – in one place. Making your health care journey simple, personal – all about you.



Need help signing up?
Call us at **1-866-755-2680**.

* You must be 18 years or older to register your own account.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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No waiting room, no need to leave home.

You can also meet with board-certified Psychiatrists using LiveHealth Online!



When you're not feeling well you can get the support you need easily using LiveHealth Online. Whether you have a cold, you're feeling anxious or need help managing your medication, doctors and mental health professionals are right there, ready to help you feel your best. Using LiveHealth Online you can have a video visit with a board-certified doctor, psychiatrist or licensed therapist from your smartphone, tablet or computer from home or anywhere.

On LiveHealth Online, you can:

- **See a board-certified doctor 24/7.** You don't need an appointment to see a doctor. They're always available to assess your condition and send a prescription to the pharmacy you choose, if needed.¹ It's a great option when you have pink eye, a cold, the flu, a fever, allergies, a sinus infection or another common health issue.
- **Visit a licensed therapist in four days or less.**² Have a video visit with a therapist to get help with anxiety, depression, grief, panic attacks and more. Schedule your appointment online or call **1-888-548-3432** from **8 a.m. to 8 p.m.**, seven days a week.
- **Consult a board-certified psychiatrist within two weeks.**³ If you're over 18 years old, you can get medication support to help you manage a mental health condition. To schedule your appointment call **1-888-548-3432** from **8 a.m. to 8 p.m.**, seven days a week.

You've got access to affordable and convenient care

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just pay your share of the costs — usually \$59 or less for medical doctor visits, and a 45-minute therapy or psychiatry session usually costs the same as an office mental health visit.

Sign up for LiveHealth Online today – it's quick and easy

Go to livehealthonline.com or download the app and register on your phone or tablet.



LiveHealth
ONLINE

Nine months. Many questions.

Future Moms can help —
any time, any day

Ever wish you had a go-to source for all of your questions about pregnancy? Now, you do. Future Moms is a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. And it can help you have a safe delivery and a healthy child.

Sign up as soon as you know you're pregnant. Just call us toll free at **800-828-5891**. One of our registered nurses will help you get started. You'll get:

- A toll-free number so you can talk to a nurse coach 24/7, about your pregnancy. A nurse may also call you from time to time to see how you're doing.
- *The Mayo Clinic Guide to a Healthy Pregnancy* book that shows changes you can expect for you and your baby during the next nine months.
- A screening to check your health risk for depression or early delivery.
- Other useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and help you make healthier choices.
- Free phone calls with pharmacists, nutritionists and other specialists, if needed.
- A booklet with tips to help keep you and your new baby safe and well.
- Other helpful information on labor and delivery, including options and how to prepare.



It's easy to join

Sign up for Future Moms by calling us toll free
at **800-828-5891**. There's no extra cost to you.



Get the support you need to feel your best

ConditionCare

Take control of your health today

A little help can make a big difference when you or a family member has:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Type 1 or 2 diabetes (pediatric or adult)
- Heart failure

That's where ConditionCare comes in. This no-cost health and wellness program provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Support from nurse care managers, dietitians and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about your condition(s).

You might get a call from us to see if ConditionCare is a good fit for your needs. Before discussing your health on the phone, we'll verify your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share will be kept confidential.



You're never alone with ConditionCare

For more details or to join ConditionCare, call us toll free at **866-962-1069**.



With you every step of the way

Emotional Well-being Resources offer help when you need it



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [anthem.com](https://www.anthem.com), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

Effective: 1/1/22

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://www.anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, Inc. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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A program focused on helping you improve your health

Introducing digital diabetes prevention coaching

Roughly 88 million Americans are living with prediabetes but 84% aren't even aware they have it.¹ Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease, and stroke. That's why Anthem has partnered with Lark to offer a diabetes prevention program that can help you determine if you're at risk for prediabetes and if needed, take steps to address it.

This program can help you:



Lose
weight



Eat
healthier



Increase
activity



Sleep
better



Manage
stress

Better health is within your reach

You can participate in this program at no extra cost as part of your health plan. Track your progress, check in with your coach, and learn more about prediabetes right in Lark's free mobile app. This program is flexible, convenient, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.



Weight loss with Lark

Losing weight can make a big difference in lowering your risk for type 2 diabetes. Lark members lose an average of 4.2% of their body weight in 12 months on the diabetes prevention program.² As part of the program, you receive a wireless scale at no extra cost to help you track your weight loss progress. Your scale also syncs with the Lark app so you can share updates with your coach.

24/7 coaching support

Losing weight and making lifestyle changes can feel intimidating even if you know it can lead to better health. Your coach can help you stay motivated. Send your coach a message anytime from anywhere and receive an immediate response and extra support when you need it most. During the course of the program, your coach will:

- Be available 24/7 through the Lark mobile app to provide personalized coaching.
- Customize your program based on your food preferences and lifestyle.
- Provide educational information on prediabetes and preventing type 2 diabetes.
- Help you learn about how stress affects your health and how to cope with it.

You are in control of your health. Prevent diabetes and start improving your overall health and well-being today.



Learn if you are at risk for prediabetes

Go to lark.com/anthemBC and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.



¹ Centers for Disease Control and Prevention website: *Prediabetes – Your Chance to Prevent Type 2 Diabetes* (accessed October 2020); cdc.gov.

² Lark internal data

Diabetes Prevention Program is provided by Lark, an independent company.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.




IT PAYS TO BE WELL



Focus on your well-being and earn rewards up to \$100

The more activities you complete, the greater your reward.

Your whole health matters, and we want to reward you for taking care of it. The Wellbeing Solutions program, sponsored by your employer, connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you complete any of the activities listed below, you'll earn rewards to put toward electronic gift cards for select retailers. You choose the activities you'd like to complete to receive the maximum of \$100 in rewards. Don't wait, use your Sydney Health app or Anthem.com to learn more.

Activity type	Activities	Amount
 <p>Preventive care measures</p> <p>How you earn: Receive your reward when claims are processed</p>	Complete an annual preventive wellness exam or well woman exam with your doctor	\$20
	Get an annual cholesterol test ¹	\$5
	Complete a colorectal cancer screening (45 years and older)	\$25
	Complete a routine mammogram (women 40 to 74)	\$25
	Get an annual flu shot	\$10
	Have an annual eye exam ²	\$20
	Get a COVID Vaccine	\$10
 <p>Condition management programs</p> <p>How you earn: Reach certain benchmarks or complete a program or when claims are processed</p>	ConditionCare program: Work one-on-one with your health coach for a chronic condition and earn rewards for completing the program ³	\$50 (for completion)
	Diabetic foot exam ⁴	\$25
	Hemoglobin A1c test ⁴	\$10
	Claims-based Diabetic lab tests: LDL or Lipid test ⁴	\$10
	Microalbumin and eGFR (estimated glomerular filtration rate) lab tests ⁴	\$10
	Future Moms program: Moms-to-be can receive support from a registered nurse and earn rewards for completing initial, interim, and postpartum assessments ⁵	Up to \$30 (\$10 initial/\$10 interim/\$10 postpartum assessments)
	Wellbeing Coach Telephonic – High risk Weight Management Program: Receive one-on-one support and lifestyle coaching for weight management. Complete your goal to earn a reward ⁶	\$30
Wellbeing Coach Telephonic – Tobacco Cessation Program: Receive one-on-one support and lifestyle coaching for tobacco cessation. Complete your goal to earn a reward ⁷	\$30	
 <p>Digital wellness activities</p> <p>How you earn: Complete activities in the Sydney HealthSM app or on anthem.com</p>	Complete a health assessment and receive tailored health recommendations	\$20
	Complete action plans around eating healthy, weight management, physical activity, and more	Up to \$20 (\$4 per action plan)
	Complete Well-being Coach Digital daily mission check-ins ⁸	Up to \$20 (\$4 per milestone)
	Connect a fitness or lifestyle device	\$5
	Log into your Anthem account	\$5
	Read 5 articles or watch 5 videos using Sydney or Anthem.com	\$5
	Track your steps	Up to \$50 (\$2 per 50,000 steps tracked)
	Use Anthem's EAP services ⁹ (self-reported)	\$5
	Use the Emotional Well-being Resources program (self reported)	\$5
	Wondr (Participate in 8 weeks of the Wondr program)	\$30



Well-being Coach can help you meet your goals

Well-being Coach offers multiple options to help you meet your health goals. Our digital coaching app offers personalized 24/7 support on the go. Well-being Coach combines smart technology and proven behavioral therapy techniques to help you maintain a healthy weight, quit tobacco, and improve your nutrition, activity, mindfulness and sleep. Well-being Coach is powered by Lark and accessible from the Sydney Health app.

If you prefer a helping hand and would like additional support meeting your health goals for weight management⁶ and tobacco cessation⁷, Well-being Coach gives you access to a certified health coach by phone. You and your health coach will identify healthy habits and develop custom action plans to achieve your health goals.

How to redeem your rewards

When you're ready to redeem your rewards open the **Sydney Health** app or go to **anthem.com**. Then go to *My Health Dashboard*, select **Redeem Rewards**, and use your rewards credit toward electronic gift cards.

You choose from popular retailers including MasterCard, Amazon, Bed Bath & Beyond, Gap (all brands), Staples, Target, The Home Depot, and TJ Maxx. The minimum gift card amount is set by each individual retailer.

Open our **Sydney Health** app or log onto **anthem.com** anytime to explore the electronic gift card options available to you.

Any dollars and points earned by members will have to be redeemed before the end of their plan year (12/31/2022). Any unused rewards will be forfeited, and their storefront will reset to Zero at the beginning of their new plan year—use it or lose it.

If you'd like more information about any of the Wellbeing Solutions activities, call the Member Services number on the back of your ID card

1 Annual cholesterol test eligibility: men 35 years and older, women 40 years and older with a full cholesterol (Lipid) panel

2 Routine Annual eye exam reward is available if employer provides vision coverage through Anthem.

3 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for completion for 1 of 5 ConditionCare programs: (Chronic Obstructive Pulmonary Disease (COPD), Coronary Artery Disease (CAD), Asthma, Diabetes, and Congestive Heart Failure (CHF).

4 Adult members must be diagnosed with diabetes to receive a reward for completing a diabetic foot exam and diabetic lab tests.

5 Future Moms assessments completion dates: Initial assessment must be completed by day 97; Interim assessment must be completed by 1 day prior to delivery; Postpartum Assessment must be completed by 56 days after delivery.

6 Well-being Coach Tobacco Cessation program (telephonic) is available for members who are tobacco users.

7 Well-being Coach Weight Management program (telephonic) is available for members who are identified as high risk based on a BMI of 30 or higher.

8 Members may earn rewards for completing quarterly Well-being Coach Digital milestones while logging daily mission check-in activities on the digital coaching app: daily Mission check-ins: 1st check-in: \$4, next 15 check-ins during 1st quarter: \$4, 25 check-ins for quarters 2-4: \$4 each quarter) The digital coaching app download is available using Sydney Health or Anthem.com. Well-being Coach Digital is provided by Lark Health.

9 Your employer must provide coverage for Anthem EAP in order to earn a reward for using EAP services.

All preventive care activities are claims-based. Medical waivers apply to all claim-based activities.

Rewards eligibility applies to only employees and their spouse/domestic partner. Members must be active on the plan and activity must take place during the plan effective year. It may take a little time once you complete a wellness activity before you see the reward amount in your account.

Subscriber and spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. Anthem claims are required for claims-based activity rewards and may take up to 60 days to adjudicate.

Product availability may vary. The reward amount redeemed may be considered income to you and/or your spouse/domestic partner and subject to state and federal taxes in the tax year it is paid. You and/or your spouse/domestic partner should consult a tax expert with any question regarding tax obligations.

The list of retailers available for electronic gift card rewards redemption is subject to change. Open the Sydney Health app or log on to anthem.com or to explore the electronic gift card options available to you.

Sydney HealthSM is offered through an arrangement with CareMarket, Inc. ©2020-2021.

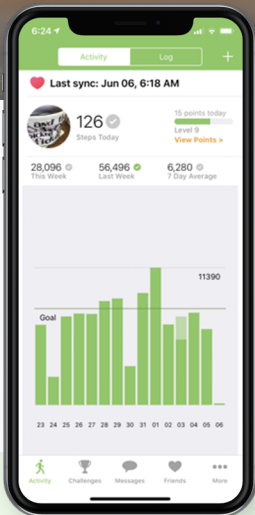
Anthem Blue Cross and Blue Shield is the trade name of: Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc.- Independent licensees of the Blue Cross Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



JOIN THE COMPETITION

2022 WALKER TRACKER CHALLENGES

You're already taking steps each day, why not track them to earn rewards?



Walker Tracker is a program that allows you to track and record your healthy activities and participate in challenges to earn rewards. After you join a challenge in Walker Tracker, you can sync your fitness tracker or mobile device to automatically record your activity.

Don't have a fitness tracker? No problem! You can quickly record and submit your activity on the Walker Tracker website or mobile app.

If you need assistance using Walker Tracker, contact your Wellness Champion.

THERE ARE THREE CHALLENGES IN 2022:

Mindful Movement

📅 January 10 – February 20

Goal: Earn a minimum of 21 points a day for 42 days for a total of 875 points

Caribbean Island Hop

📅 June 6 – July 17

Goal: Track a minimum of 6,000 steps a day for 42 days for a total of 252,000 steps

Epic Trails Around the Globe

📅 October 3 – November 13

Goal: Track a minimum of 6,000 steps a day for 42 days to help your team location track 252,000 total steps



COMPLETE ALL THREE CHALLENGES TO EARN A \$50 AMAZON GIFT CARD.*

To join, log in or register at

MODOTMSHP.WALKERTRACKER.COM

For more details please see the 2022 Wellness Program Guide or contact your Wellness Champion.

*MoDOT & MSHP active employees and non-medicare retirees enrolled in an Anthem BCBS medical plan are eligible for the 2022 Walker Tracker gift card and random drawing prizes. Spouses and dependents are not eligible for Walker Tracker prizes and incentives.

ABOVE AND BEYOND IN 2022

In addition to the three Walker Tracker challenges, you can track and record healthy activities to participate in two additional challenges:

National Employee Health & Fitness Day

📅 May 18

Goal: Track 10,000 steps during the 1-day challenge

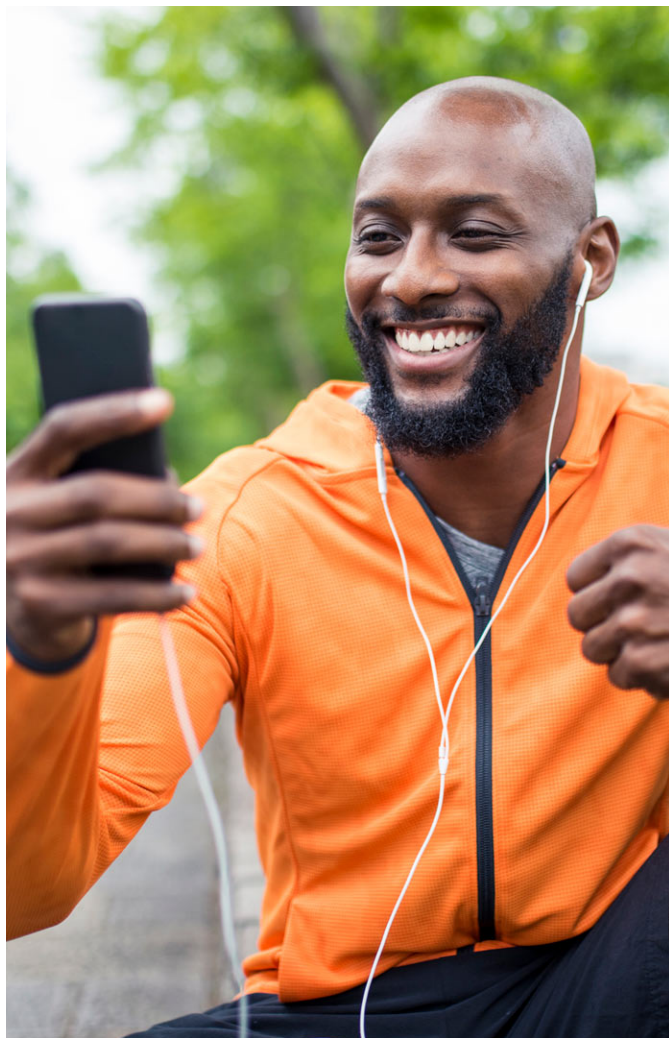
Prize: Stainless steel cup (100 winners total selected)

Annual Virtual 5K

📅 September 12 – 16

Goal: Track 10,000 steps in at least 1 out of the 5 days

Prize: 40 Fitbit 3's & 10 AirPods (50 winners total selected)



TO JOIN, LOG IN OR REGISTER AT

MODOTMSHP.WALKERTRACKER.COM

For more details please see the 2022 Wellness Program Guide or contact your Wellness Champion.

OR SCAN THE QR CODE
WITH YOUR SMARTPHONE



*National Employee Health & Fitness Day and Annual Virtual 5K participation is not eligible for the \$50 Amazon gift card incentive for completion of the 2022 Walker Tracker Challenges. The Walker Tracker Program and challenges will be separate of the 2022 Anthem It Pays to Be Well Program.



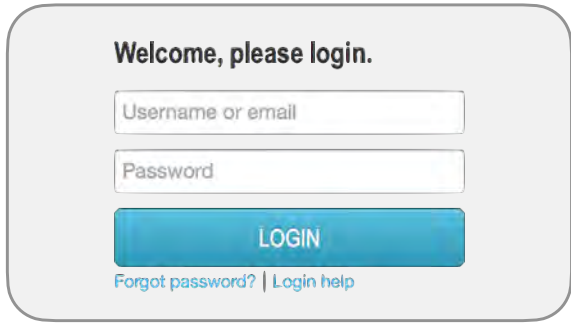
GETTING STARTED

REGISTRATION AND LOGGING INTO YOUR ACCOUNT

1 Register an Account
 Visit your program's private URL (it will look something like this *example.walkertracker.com*) and click on "Register Now". Fill out the registration form and click "Register".

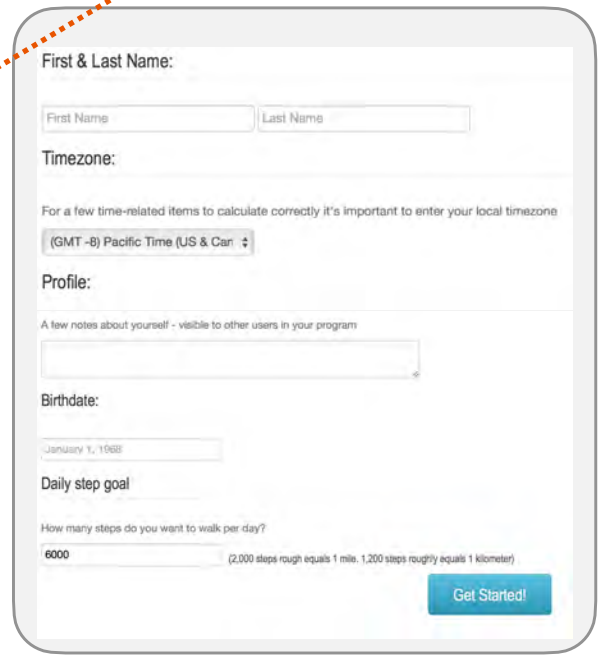
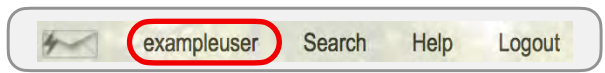


1.A Login
 If you already have an account, enter your username/email and password and click "Login"



2 Customize
 During your first visit, you will fill in your first and last name, select your time zone, step goal, and enter a description so others can identify you!

Set your profile preferences and add a profile picture by clicking on your username in the upper right-hand corner of your account while logged in online.



Have questions or need assistance?

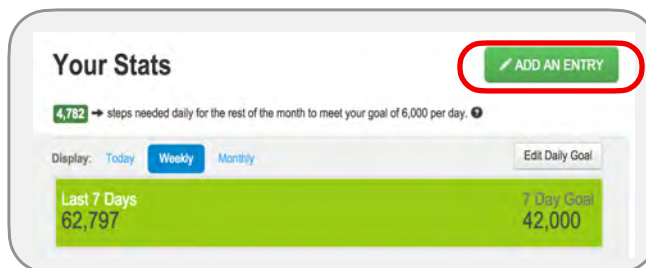
Look for the purple button on the lower right-hand corner when you are logged into your program.



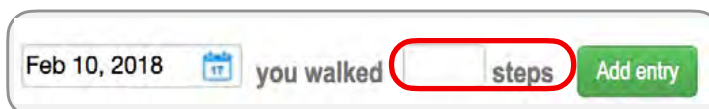
STEP ENTRY - MANUAL

OPTION 1 - IF YOU DO NOT HAVE A WIRELESS ACTIVITY TRACKER OR APP, YOUR PROGRAM MAY ALLOW YOU TO ENTER YOUR STEPS MANUALLY

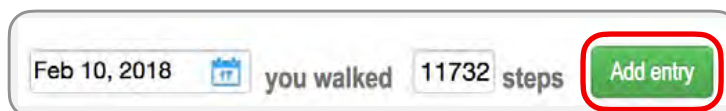
1 From “Your Stats” page, click on “Add an Entry”



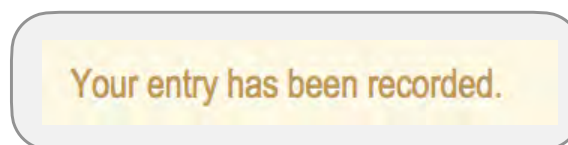
2 Enter in the number of steps you walked on a particular day.



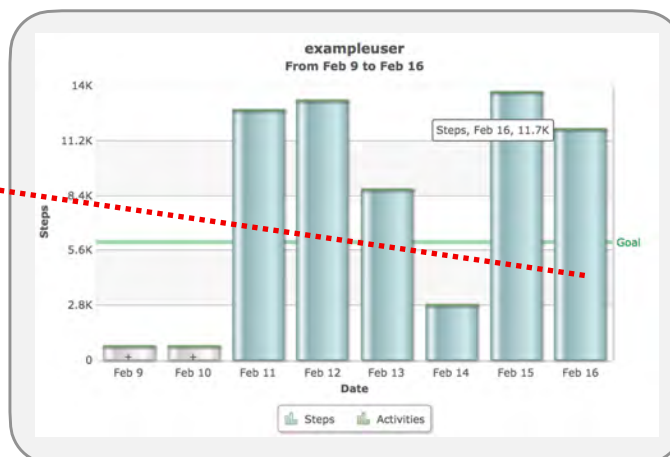
3 Click on “Add Entry”




4 You will receive a confirmation that your entry has been recorded



5 Scroll down and check out your entry on your step graph!



Have questions or need assistance?

Look for the purple  button on the lower right-hand corner when you are logged into your program.



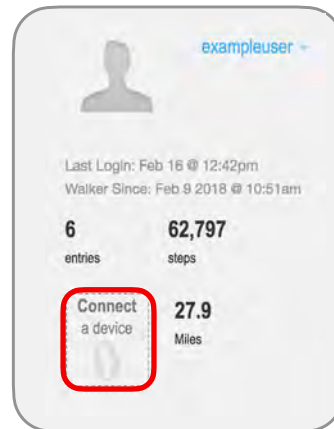
STEP ENTRY - WIRELESS

OPTION 2 - YOU CAN LINK MOST WIRELESS PEDOMETERS TO WALKER TRACKER. YOU CAN FIND A LIST OF DEVICES WE LINK TO [HERE](#). ONCE YOU HAVE A DEVICE CONNECTED, YOU WILL NOT BE ABLE TO ENTER STEPS MANUALLY.

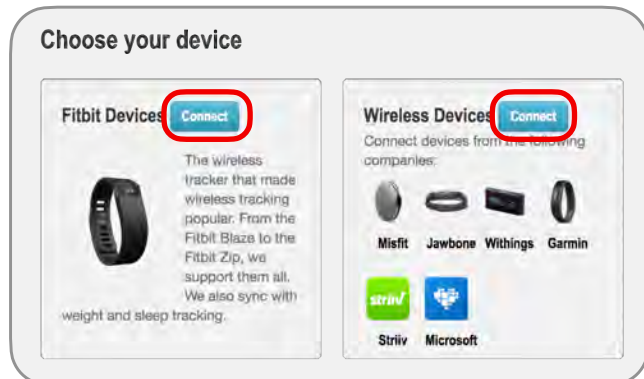
1 First, make sure you have created an account with your wireless pedometer's app or website. EX: Fitbit to the Fitbit app, Misfit to the Misfit app, etc.



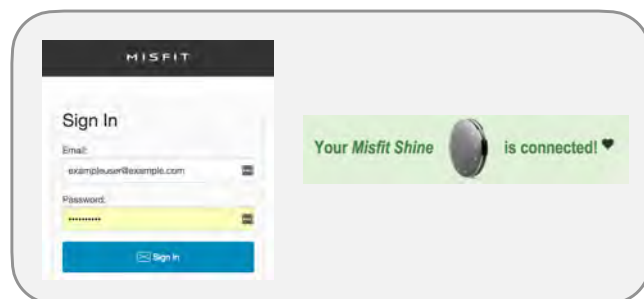
2 While logged into your Walker Tracker account online, click on "Connect a Device" below your avatar.



3 Click "Connect". Select from either option that shows the type of device you want linked to your account. Follow the prompts to continue setup.



4 Authenticate your connection with the email and password you used to register your device in step 1. Follow the prompts to finish!



Have questions or need assistance?

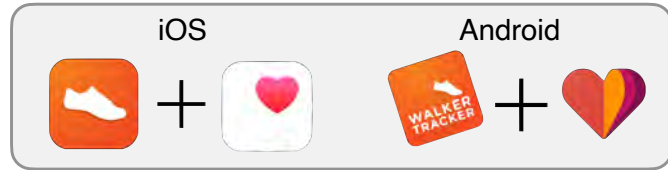
Look for the purple Support button on the lower right-hand corner when you are logged into your program.



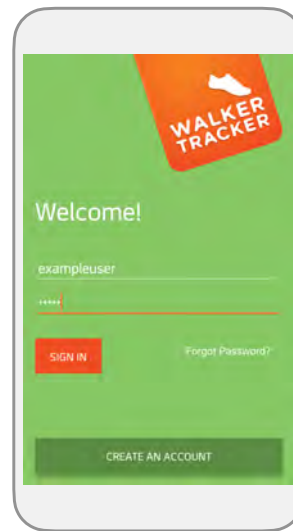
STEP ENTRY - MOBILE APPS

OPTION 3 - CONNECT THE APPLE HEALTH APP OR GOOGLE FIT APP TO YOUR WALKER TRACKER ACCOUNT TO ACT AS YOUR WIRELESS PEDOMETER.

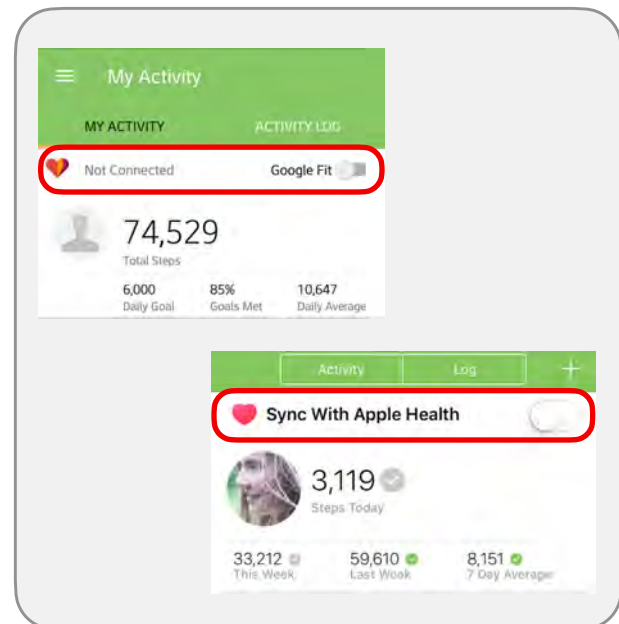
1 Download the Walker Tracker mobile app for iOS or Android. Verify that you have the Apple Health app or Google Fit (Android) app on your device. You may need to download these to your phone as well.




2 Sign into your Walker Tracker account or register with your program's URL by clicking "Create an Account".



3 You will see the option to slide the specified pedometer app ON to start tracking your steps. Agree to the prompts and remember to have your phone on you during the day to record your steps!



Have questions or need assistance?

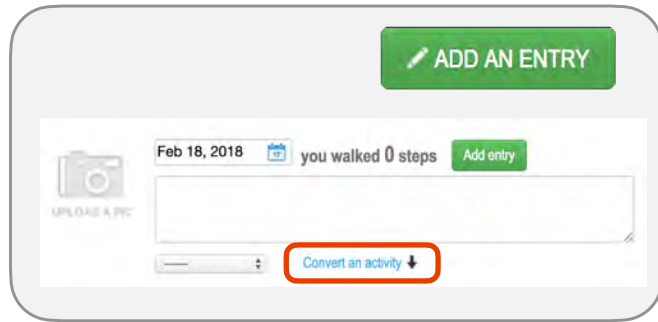
Look for the purple  button on the lower right-hand corner when you are logged into your program.



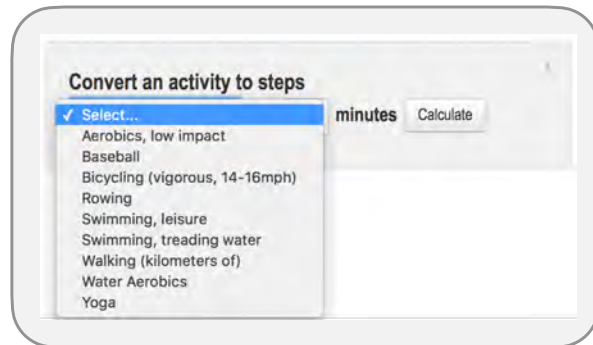
CONVERT AN ACTIVITY

IF YOUR PROGRAM ALLOWS, YOU WILL BE ABLE TO CONVERT ACTIVITIES INTO STEPS!

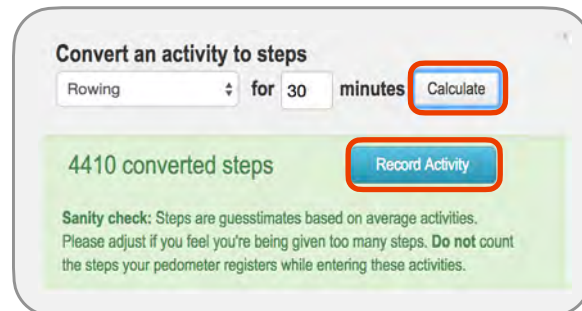
1 While logged in online, click on “Add an Entry” and then “Convert an Activity”.



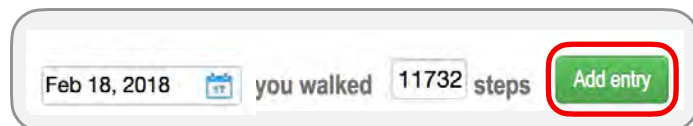
2 You will see a dropdown where you can select the type of activity you would like to convert.



3 Enter in the amount of time you did the activity and then click “Calculate”. You will see how many steps this converts to. Click “Record Activity” when you’re ready.




4 Click “Add Entry” to finalize your recording.



5 On your step graph, your converted activities will show as a different color than your regular recorded steps.



Have questions or need assistance?

Look for the purple  button on the lower right-hand corner when you are logged into your program.

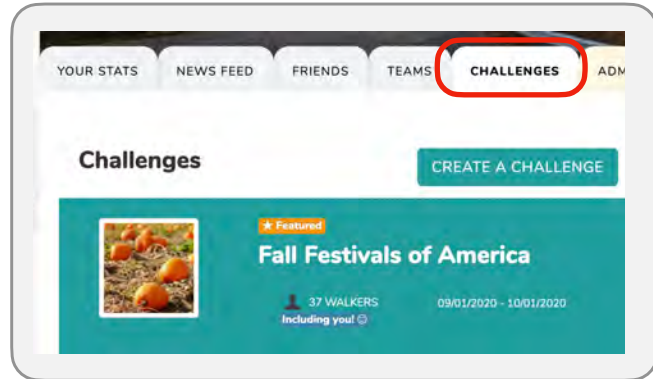


GET TO KNOW YOUR CHALLENGE

LEARN THE DETAILS OF YOUR CHALLENGE!

1

To view your challenge(s), click on the “Competitions” tab. You will see featured challenges (site wide challenges) highlighted in green.



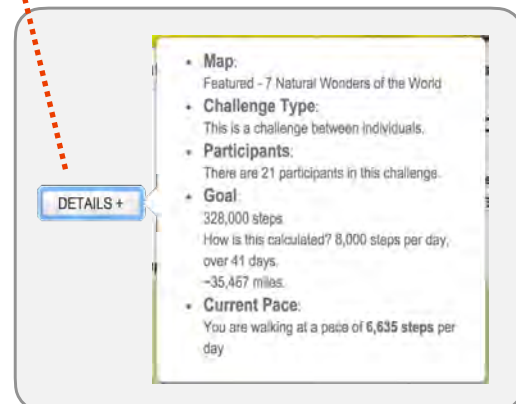
2

You will see information such as the start and end dates, overall step goal, your current pace and the pace needed to finish at the top of the challenge page.




3

Click on the “Details” button to view information such as challenge type, daily step goal, and how many participants are in your challenge.



Have questions or need assistance?

Look for the purple  Support button on the lower right-hand corner when you are logged into your program.



VIEW YOUR CHALLENGE

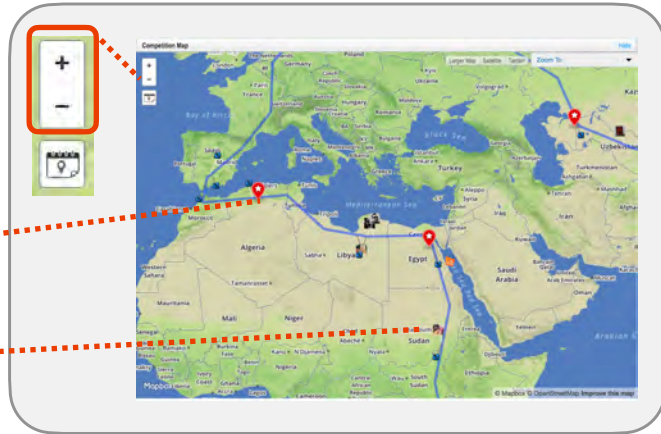
SEE WHERE YOU AND OTHERS ARE IN YOUR CHALLENGE!

1

On the challenge page, you will see a map. Use the + or - in the upper left-hand corner of the map to zoom in or out.

Red pins are milestones you have passed and unlocked.

You will see other participants along the route.



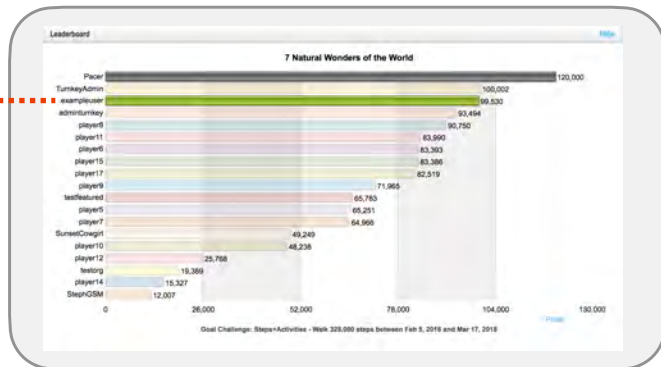
2

Clicking on either a milestone pin icon or the map history icon will show you the details of the milestones you have passed.



3

Scrolling past the map view will show you the challenge leaderboard. You will be slightly highlighted compared to your challengers. The pacer shows you how many steps you should be at in order to finish the challenge on time.



Have questions or need assistance?

Look for the purple button on the lower right-hand corner when you are logged into your program.



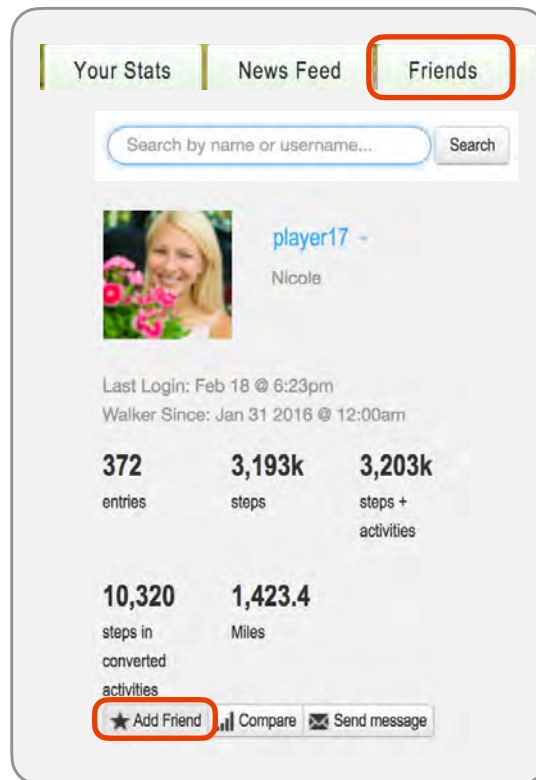
INTERACT & SHARE

FIND FRIENDS, ADD JOURNAL ENTRIES, PHOTOS, AND MORE!

1

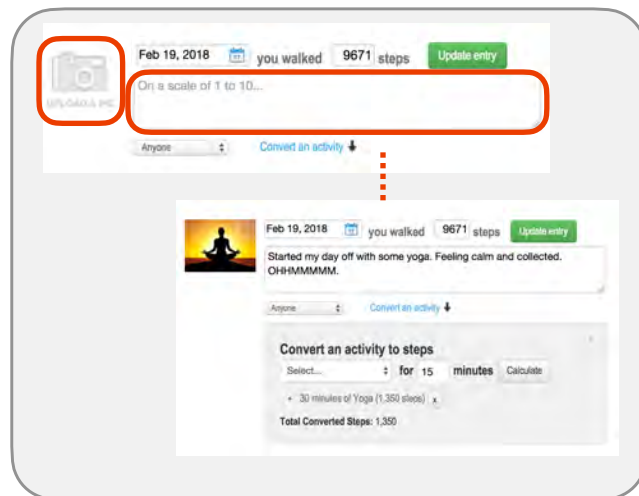
There are two ways to add friends:

1. Click on the friends tab and search for them by name or username.
2. Visit a person's page and click "Add Friend" below their avatar.



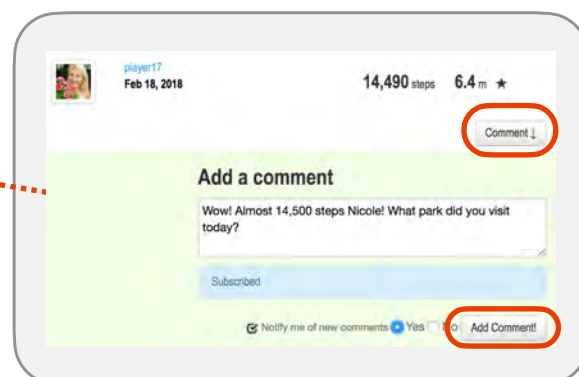
2

Add a picture and/or note to your daily step entry. Click on "Add an Entry" and click on "Upload a Photo". Add a note about your day in the text box. When you're ready click to "Add Entry" or "Update Entry".




3

Comment on a friends step entry. Cheer them on, make suggestions, get suggestions or just let them know you're thinking of them.



Have questions or need assistance?

Look for the  button on the lower right-hand corner when you are logged into your program.



Missouri Department of Transportation and Missouri State Highway Patrol It Pays to Be Well Medical Waiver Form

Section 1: Reason for this form

Your employer is offering rewards to MoDOT & MSHP employees and non-Medicare retirees enrolled in an Anthem medical plan. You can receive rewards by completing certain wellness programs and activities. But if you are not able to complete the wellness program due to a medical condition, you may still apply to get the reward. To do so, you and your doctor must certify that:

- It is unreasonably difficult for you to complete the Walker Tracker program due to a medical condition.
- It is medically inadvisable for you to complete the Walker Tracker program.

If either of these reasons applies to you, you can apply for the reward by filling out your portion of this form and having your doctor complete his or her portion. This form is only good for the current plan year. A new form will need to be completed each plan year. Please keep a copy of the complete form for your records. A form must be filled out for each wellness program you are requesting a waiver.

Section 2: Form to be completed by the member

Last Name	First Name	M.I.	DOB
Street address	City	State	Zip
Email		Department/Division:	
Please list the wellness program/activity for which you are applying for waiver			
By signing this form, I certify that I am unable to complete the wellness program/activity listed above due to a medical condition, or it would be medically inadvisable for me to complete the wellness program. My doctor will confirm this with a signature in Section 3 of this form. I also certify that the information on this form is true and correct.			
Signature		Printed name	
X			

Section 3: This section is to be completed by your Doctor

Your patient has indicated that they are unable to complete the wellness program/activity listed above to receive a reward due to a medical condition, or that it would be medically inadvisable for him or her to attempt to complete the wellness program. If, in your professional opinion, you agree with these statements, please provide your signature as your endorsement of agreement.			
Street address	City/State	Zip	Phone
Doctor Signature		Printed name	
X			

Section 4: After the form is completed, please submit to your Employee Health & Wellness Benefits Specialist via email at Brook.Luecke@modot.mo.gov.