



2024



Missouri Department of Transportation & Missouri State Highway Patrol

2024 WELLNESS PROGRAM GUIDE

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GET TO KNOW YOUR WELLNESS BENEFITS

When you need care, MoDOT and MSHP provide market-leading health benefits through Anthem. With your Anthem plan, you also have access to health and wellness programs and resources to help keep you healthy.

All of this comes to you in easy, convenient ways to access our no- to low-added-cost programs and services. You can also be rewarded for your dedication to a healthy life. No matter where you are on your path to health and wellness, Anthem can help you achieve even more in 2024. This guide will help you become familiar with what you have available, how each program works, and how you can connect to them.

What's new in 2024

In the past, we have rewarded workers who completed three Walker Tracker Challenges throughout the calendar year. We are reimagining how we use these funds in 2024. Look for more exciting events and initiatives in 2024 with these repurposed funds.

We've also streamlined the yearly questionnaire you are encouraged to fill out to give you a baseline of your current health. This year, you will have a shorter health assessment, called My Health Check.

PROGRAMS AND RESOURCES

WELLBEING SOLUTIONS

The Wellbeing Solutions program 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 sponsored by your employer, 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. These activities include:

- Prevention care activities
- Managing conditions
- Engaging with Anthem's digital resources

To learn more, [download this PDF](#).

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 four challenges in 2024. Employees and MoDOT and MSHP retirees who complete all four challenges will receive a \$50 Amazon gift card. Participants must meet the challenge goal to qualify for the incentive, not just participate in the challenge. Challenges will open two weeks prior to the start date to register and join.

2024 Walker Tracker Challenges

Challenge name	Challenge type	Challenge dates
Walk for Heart Health	Walking/steps	February 1 to 29, 2024
Moving for Mental Health	Movement	May 13 to 26, 2024
Height of Summer Hydration	Hydration challenge	July 8 to 12, 2024
Turkey Trot	Walking/steps	November 4 to 17, 2024

WONDR HEALTH

Wondr Health is a digital behavioral change program that focuses on weight management to help people drastically improve their physical and mental well-being with clinically proven skills and practical tools.

Class schedule

Class	Enrollment window	Start date
1	January 22 to February 4, 2024	February 12, 2024
2	March 18 to 31, 2024	April 8, 2024
3	August 19 to September 1, 2024	September 9, 2024
4	September 23 to October 6, 2024	October 14, 2024

WELLNESS CHAMPIONS

Wellness Champions are your peers who are trained to be supportive promoters of healthy living among their co-workers. Wellness Champions are continuously informed of all Anthem resources, programs, and helpful information to keep you motivated.

Not sure who your Wellness Champion is? Visit the [MoDOT Health and Wellness website](#) for the current list of Wellness Champions.

Download the Sydney Health app

Anthem's award-winning app makes healthcare easier. Use **SydneySM Health** to keep track of your health and benefits — all in one place. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you.



Scan the QR code with your phone's camera to learn more about all the health and wellness programs available to you. You can also search for Sydney Health in the App Store® or on Google Play™.



sydneySM



Prize redemption: Employees and retirees will be notified via email (the email on file with Walker Tracker) if they are a random drawing winner. Prizes will be available for pickup. Rules are subject to change, depending on the remote working environment. MSHP random drawing winners can pick up their prizes 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 2024 for different program activities. However, employees will not be eligible for two of the same prizes. Only one prize type per person per year. Employees will receive a guaranteed prize if each of the four challenge goals is met. Employees and non-Medicare retirees only are eligible for the gift card prize.

Walker Tracker is a separate third-party vendor and not associated with the Anthem well-being program.

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.

2024 Wellness Champions

MoDOT

District/Troop	Contact	Email address
Central	Cyrus Meller	cyrus.meller@modot.mo.gov
Kansas City	Lexie Gordanier	lexie.gordanier@modot.mo.gov
	Mylissa Grace	mylissa.grace@modot.mo.gov
	Deborah Naylor	deborah.naylor@modot.mo.gov
	Glenda Saunders	glenda.saunders@modot.mo.gov
	Courtney Thompson	courtney.thompson@modot.mo.gov
Northwest	Brady Bogear	brady.bogear@modot.mo.gov
	Janet Groenda	janet.groenda@modot.mo.gov
	Rebecca Jones	rebecca.jones@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
Central office	Josh Carey	joshua.carey@modot.mo.gov
MPERS	Barbara Graessle	barbara.graessle@mpers.org
	Mary Jordan	mary.jordan@mpers.org

MSHP

District/Troop	Contact	Email address
A	Amy Davis	amy.davis@mshp.dps.mo.gov
B	Greg Leftwich	gregory.leftwich@mshp.dps.mo.gov
	Melissa Murr	melissa.murr@modot.mo.gov
C	Janis Leesmann	janis.leesmann@mhsp.dps.mo.gov
	Kevin Malugen	kevin.malugen@mshp.dps.mo.gov
	Julie Scerine	julie.scerine@mshp.dps.mo.gov
D	Emily Smith	emily.smith@mhsp.dps.mo.gov
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G	Cole Chatman	cole.chatman@mhsp.dps.mo.gov
H	Casey Hansen	casey.hansen@mshp.dps.mo.gov
I	Jess Heyer	jessica.heyer@mshp.dps.mo.gov
Q – General HQ	Samantha Schulte	samantha.schulte@mshp.dps.mo.gov

2024 Wellness Committee

Allison West
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Ashley Fick
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Brook Luecke
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Tricia Heislen
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Tyler Plassmeyer
tyler.plassmeyer@mshp.dps.mo.gov

FAQ

HEALTH ASSESSMENT

How do I find and complete the online My Health Check health assessment?

You can complete the My Health Check health assessment on [anthem.com](https://www.anthem.com) or the Sydney Health 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). Once you are logged in, go to *My Health Dashboard* and select **Programs**. Scroll down to *Health Risk Assessment* and select **Learn more**, then choose **Start your assessment**.

To complete the health assessment in the Sydney Health app, log in and view the main menu. To view the main menu, select **More** from the menu at the bottom and choose **My Health Dashboard**. Scroll down to *Programs* and select **More programs**. Then scroll down to the *Health Risk Assessment* and choose **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 My Health Check health assessment?

You will need to select the **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 health assessment is completely finished, only your name and the completion date will generate on a report provided to Anthem. 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?

Your results are 100% confidential, so only you will see them. 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 (PCP) can help you stay healthy and catch problems early. Receiving an annual exam between January 1, 2024, and December 31, 2024, 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 Health app as part of your medical plan. Your plan covers preventive care at 100% when you visit a care provider in your plan's network, so you won't pay for the visit.

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

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

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, annual physicals and 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, 2024, and December 31, 2024, will count toward the 2024 incentive program. Anthem allows one annual physical per calendar year at no additional 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, 2023, you can schedule another annual physical in January 2024. 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, you can view your challenges by selecting the **Challenges** tab. You will see featured challenges highlighted in teal. Select the challenge you are interested in. This will take you to the *Challenge dashboard*. Under the title of the challenge, choose **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 select 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.

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 your 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 reregister.

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, rewards, or 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. Contact your Wellness Champion for more details.

ANTHEM MEMBER EXPERIENCE

Sydney Health: Am I eligible and how do I register?

Sydney Health is Anthem's app and is available to Anthem members 18 years and older. To sign up, download the no-added-cost Sydney Health app and select register for quick access to your healthcare.

LiveHealth Online: Am I eligible and how do I register?

LiveHealth Online is available to Anthem 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 health plan ID available when you register. You can have a video visit with a doctor, psychiatrist, or licensed therapist from your smartphone, tablet, or computer with a camera.

Building Healthy Families: Am I eligible and how do I register?

Beginning January 1, 2024, Anthem members can sign up as soon as they know they are pregnant. To get started, open the Sydney Health app and go to *My Health Dashboard* and then choose the **Building Healthy Families** tile under *Featured Programs*. There is no additional cost to you.

ConditionCare: Am I eligible and how do I register?

Anthem members with asthma, chronic obstructive pulmonary disease, coronary artery disease, type 1 or type 2 diabetes, and/or heart failure can join this no-added-cost health and wellness program. Call Anthem at **866-962-1069** to get started.

Lark: Am I eligible and how do I register?

Anthem members with prediabetes are eligible to participate in the digital coaching Diabetes Prevention Program. Anthem members who are identified as “at risk” will receive Anthem communications with information about the program. You can also visit 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 that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (such as cancer, diabetes, or heart disease). You will also be asked to complete an annual physical exam. You are not required to complete the health risk assessment 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 health risk assessment 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 health risk assessment 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.

IT PAYS TO BE WELL MEDICAL WAIVER FORM

MISSOURI DEPARTMENT OF TRANSPORTATION AND MISSOURI STATE HIGHWAY PATROL



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 their 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.	Date of birth
Street address	City	State	ZIP code
Email		Department/Division	
Please list the wellness program or activity for which you are applying for the waiver			
By signing this form, I certify that I am unable to complete the wellness program or 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 X		Printed name	

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

Your patient has indicated that they are unable to complete the wellness program or activity listed above to receive a reward due to a medical condition, or that it would be medically inadvisable for them 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 code	Phone
Doctor signature X		Printed name	

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

