



2021



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Missouri Department of Transportation & Missouri State Highway Patrol  
**2021 WELLNESS PROGRAM GUIDE**

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# IT PAYS TO BE WELL INCENTIVE PROGRAM

## CHALLENGE 1: READY, SET, GO

**Program Begins:** January 1, 2021

**Program Ends:** November 30, 2021

**Eligibility:** MoDOT & MSHP employees, non-Medicare retirees and spouses enrolled in an Blue Cross and Blue Shield medical plan

*\*This is the ONLY incentive for retirees & spouses in 2021\**

### REQUIREMENTS:

#### 1. Receive an annual exam

- a. Visit your primary care doctor for an adult wellness visit, annual physical, cancer screening, mammogram, PSA screening or pap screening/routine GYN exam. Remember, your plan covers preventive care at 100% when you visit an in-network doctor, so you won't pay for the visit.

***New for 2021: Immunizations, including flu shots, do not apply to this requirement.***

#### 2. Complete the online WebMD Health Risk Assessment

- a. Powered by WebMD, the assessment can provide a picture of your overall health and well-being so you can take steps towards improvement. You can log into [anthem.com](https://www.anthem.com) or the **Sydney app** and select **My Health Dashboard** to complete the health assessment – it only takes 10 minutes.

#### 3. Complete at least one Walker Tracker Challenge

- a. Meet the goal of at least one Walker Tracker challenge to complete the requirement. There will be five challenges in 2021. To join, please log in or register at [modotmshp.walkertracker.com](https://modotmshp.walkertracker.com).

**INCENTIVE:** \$100 SVM E-Gift Card (SVM electronic gift card codes have a 1 year expiration from the date the code is received via email.)

**ADDITIONAL INCENTIVE:** The MoDOT District and MSHP Troop with the overall highest engagement in the wellness program will be eligible for an additional incentive.

Participants within that District & Troop will receive a gym bag and also be entered into a random drawing.

#### Random Drawing Prizes:

- › 3 Apple Air Pods
- › 3 Ninja Blenders
- › 3 Fitbits

Eligible to MoDOT & MSHP employees enrolled in an Anthem medical plan. Retirees and Spouses are not eligible for this incentive. Engagement is determined based on a percentage of eligible employees and participants. Participants are defined as employees who complete the It Pays to Be Well requirements and earn the \$100 electronic gift card by the program deadline of 11/30/2021.

# IT PAYS TO BE WELL INCENTIVE PROGRAM

## CHALLENGE 2: ABOVE AND BEYOND IN 2021

In 2021 employees enrolled in an Anthem BCBS medical plan can earn additional incentives for going above and beyond. Each additional health and wellness activity completed between January 1, 2021 – November 30, 2021 will earn you one random drawing entry for a prize drawing at the end of the year. Individuals who complete 10+ qualifying activities will receive an additional 1 random drawing entry for a grand prize drawing.

**Individuals must keep track of their own activities and proof of completion throughout the year.**

**Program Begins:** January 1, 2021

**Program Ends:** November 30, 2021

**Eligibility:** MoDOT & MSHP employees enrolled in an Anthem BCBS medical plan

***MUST COMPLETE THE IT PAYS TO BE WELL PROGRAM TO BE ELIGIBLE FOR REWARDS IN ABOVE AND BEYOND.***

Retirees and Spouses are not eligible to participate.

### REQUIREMENTS:

- › Complete as many of the approved health and wellness activities between January 1, 2021 – November 30, 2021 (list of approved activities below)
- › Keep proof of your completed activities throughout the year
- › Each approved activity completed will earn you one random drawing entry into the general prize drawing
- › Ten or more approved activities completed will earn you one random drawing entry into the grand prize drawing

1 approved health & wellness activity = 1 **general prize** random drawing entry

10+ approved health & wellness activity = 1 **grand prize** random drawing entry

#### **For example:**

- › If you complete 5 of the qualifying activities, you earn 5 random drawing entries into the general random drawing.
- › If you complete 10 of the qualifying activities, you earn 10 random drawing entries into the general random drawing and 1 random drawing entry into the Grand Prize drawing.
- › If you complete 20 of the qualifying activities, you earn 20 random drawing entries into the general random drawing and 1 random drawing entry into the Grand Prize drawing

- › Only 1 grand prize entry per person.
- › If you are selected as a grand prize winner, you cannot be drawn for the general random drawing.
- › 1 prize per person. Individuals are eligible to win either 1 grand prize **or** 1 general prize, **not one of each.**

## **HOW WILL THIS BE TRACKED AND SUBMITTED?**

Individuals must keep track of their own activities and proof of completion throughout the year. A Survey Monkey link will be sent out to all employees on November 15, 2021 and will close on November 30th. Individuals must complete the survey questionnaire no later than 5:00 PM CST on November 30, 2021. The survey will allow you to select all activities completed during the year. You must fully complete the survey prior to the deadline to qualify for random drawing entries. See below for a sample of the survey.

Employees will not be eligible for the It Pays to Be Well Challenge 2 – Above and Beyond in 2021 program prizes unless you complete the It Pays to Be Well Challenge 1 program requirements.

It is the employee's responsibility to keep track of activities completed. MoDOT & MSHP staff, wellness coordinators and champions will not have the capacity to do this for you.

## QUALIFYING ACTIVITIES:

Individuals must keep track of their own activities and proof of completion throughout the year

1. Flu shot
2. Eye exam
3. Dental exam
4. LiveHealth Online Medical, Psychology, or Psychiatry Visit (For more details see flyer in appendix or go to [livehealthonline.com](https://livehealthonline.com) or download the app and register on your phone or tablet)
5. Tobacco free certification OR completion of a tobacco free program of your choosing if you are currently a tobacco user. Tobacco products include cigarettes, cigars, bidis, kreteks, loose tobacco in a pipe or hookah and chewed tobacco products, such as, chewing tobacco, snuff, dip, and snus. (see Tobacco-Free Affidavit in the appendix)
6. Anthem's Future Moms program (For more details see flyer in appendix, or for information, contact Anthem Customer Service 833-290-2481)
7. Anthem's Condition Care program (For more details see flyer in appendix, or for information, contact Anthem Customer Service 833-290-2481)
8. MyStrength registration and completion of a minimum of one session (For more details see flyer in appendix or visit [www.anthem.com/mystrengthMO](https://www.anthem.com/mystrengthMO) to get started today)
9. Occupational or job specific exams
10. Naturally Slim program completion (10-week class completion. For more information visit: [www.naturallyslim.com/modot-mshp](https://www.naturallyslim.com/modot-mshp) there will be 4 class opportunities in 2021, for more information contact your dedicated wellness champion)
11. Healthy Bytes nutrition counseling (For more details see flyer in appendix, Eligible participants may schedule their own appointments at [www.healthybytesinc.com](https://www.healthybytesinc.com) or by calling 844-473-2455)
12. Lark Diabetes preventive program participation (For more details see flyer in appendix, or for information, contact Anthem Customer Service 833-290-2481)
13. Walker Tracker Challenge 1 completion - New Year's Celebrations (For more details see flyer in appendix, or for information contact your dedicated wellness champion)
14. Walker Tracker Challenge 2 completion - 7 Wonders of the Ancient World (For more details see flyer in appendix, or for information contact your dedicated wellness champion)
15. Walker Tracker Challenge 3 completion - Strive to Thrive Wellness Challenge (For more details see flyer in appendix, or for information contact your dedicated wellness champion)
16. Walker Tracker Challenge 4 completion - Celebrations Around the World (For more details see flyer in appendix, or for information contact your dedicated wellness champion)
17. Walker Tracker Challenge 5 completion - Fall Festivals of America (For more details see flyer in appendix, or for information contact your dedicated wellness champion)
18. Q1 (January – March) registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
19. Q2 (April - June) registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
20. Q3 (July - September) registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
21. Q4 (October - November) registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
22. Completion of an organized group sporting event, such as a softball league, volleyball league, golf, bowling, basketball, etc.

## RANDOM DRAWING PRIZES & WINNERS:

1 approved health & wellness activity = 1 **general prize** entry random drawing

10+ approved health & wellness activity = 1 **grand prize** entry random drawing

### General Random drawing

There will be 150 General random drawing winners. Prizes will be distributed in the order that winners are selected.

Backpacks w/ Wellness Logo - 15

Water bottles w/ wellness logo - 15

Yeti cup w/ Wellness logo - 10

\$50 Amazon Gift Cards - 50

Dumbbells - 15

Yoga Mats - 15

Resistance Bands - 15

Nutri Ninja Blenders - 15

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***150 total general random drawing items***

### Grand Prize

There will be 50 Grand Prize random drawing winners. Prizes will be distributed in the order that winners are selected.

Apple Air Pods - 10

After Shokz Headphones - 10

Cubiis – under desk elliptical - 15

Ninja Professional Blenders - 10

Fitbit Versa 3 - 5

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***50 total grand prize random drawing items***

Only 1 grand prize entry per person. If you are selected as a grand prize winner, you cannot be drawn for the general random drawing. 1 prize per person.

Employees will not be eligible for the It Pays to Be Well Challenge 2 – Above and Beyond in 2021 program prizes unless you complete the It Pays to Be Well Challenge 1 program requirements.

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.

## SAMPLE SURVEY:

Missouri Department of Transportation and Missouri State Highway Patrol is encouraging employees enrolled in an Anthem medical plan to take an active role in managing their health. All eligible members can earn chances at an additional wellness incentive if they complete certain health and wellness activities.

It is possible than an employee may not be able to meet one or more of the below activities due to circumstances beyond their control. If you are not able to complete wellness program activities due to a medical condition, you may still apply to get the reward. Please contact your local wellness champion or MoDOT benefits department to complete the Medical Waiver Form. A form must be completed for each wellness activity you are requesting a waiver.

Personally identifiable data submitted in this survey will not be shared or distributed. We take the protection of your personal health information seriously and any data submitted will not be shared or distributed.

Place a check next to each activity completed between January 1, 2021 – November 30, 2021. This survey must be completed and turned in no later than 5:00 PM CST on November 30, 2021.

Flu shot	Walker Tracker Challenge 2 completion - 7 Wonders of the Ancient World
Eye exam	Walker Tracker Challenge 3 completion - Strive to Thrive Wellness Challenge
Dental exam	Walker Tracker Challenge 4 completion - Celebrations Around the World
LiveHealth Online Medical, Psychology, or Psychiatry Visit	Walker Tracker Challenge 5 completion - Fall Festivals of America
Tobacco free certification OR completion of a tobacco free program of your choosing if you are currently a tobacco user.	Q1 (January – March) Registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
Participation in Anthem's Future Moms program	Q2 (April - June) Registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
Participation in Anthem's ConditionCare program	Q3 (July - September) Registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
MyStrength registration and completion of a minimum of one session	Q4 (October - November) Registration and completion of a running event, such as 5K, half-marathon, marathon, tough mudder, etc. (virtual or in person)
Occupational or job specific exams	Completion of an organized group sporting event, such as a softball league, volleyball league, golf, bowling, basketball, etc.
Naturally Slim program completion (10-week class completion)	
Healthy Bytes nutrition counseling	
Lark Diabetes preventive program participation	
Walker Tracker Challenge 1 completion - New Year's Celebrations	

### Acknowledgments:

I hereby certify that the information submitted above is true and correct to the best of my knowledge. I acknowledge that my submission is subject to review and further understand that any false statements may result in denial or revocation of wellness program incentives and prizes.
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### Please complete the following:

Full Name	
Company & Location	
Email Address	



# 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 5 challenges throughout 2021 that are eligible for the It Pays to Be Well Program. 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](https://modotmshp.walkertracker.com).

## 1. New Year's Celebrations

January 4 – February 14

Individual Steps & Activities Challenge

GOAL: Track 252,000 total steps during the challenge.

How is this calculated? Log a minimum of 6,000 steps/day x 42 days.

Registration opens December 21st at 5:00 PM CST

## 2. 7 Wonders of the Ancient World

March 1 – April 11

Individual Steps & Activities Challenge

GOAL: Track 252,000 total steps during the challenge.

How is this calculated? Log a minimum of 6,000 steps/day x 42 days.

Registration opens February 15th at 5:00 PM CST

## 3. Strive to Thrive Wellness Challenge

May 31 – July 11

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 = 15 points/day

Nutrition (Self-Reported) = 5 points/day

Water Intake (Self-Reported) = 5 points/day

Registration opens May 17th at 5:00 PM CST

## 4. Celebrations Around the World

August 2 – September 12

Individual Steps & Activities Challenge

GOAL: Track 252,000 total steps during the challenge.

How is this calculated? Log a minimum of 6,000 steps/day x 42 days.

Registration opens July 19th at 5:00 PM CST

## 5. Fall Festivals of America

October 4 – November 14

Team Steps & Activities Challenge – Must join a team

GOAL: The team must log a minimum of 252,000 total steps during the challenge. How is this calculated? Individual participants must log a minimum of 6,000 steps/day x 42 days.

The TEAM must meet the challenge goal & the individual participant must average 6,000 steps/day over the 42 days.

Registration for this challenge is not required, must join your District or Troop team by location to participate in the challenge.

Teams will be open to join on September 20th at 5:00 PM CST.

## REWARDS

Completing & meeting the goal of a walker tracker challenge is one of the three requirements in earning a \$100 gift card for the It Pays to be Well Challenge 1 incentive program. It Pays to Be Well Challenge 1 is open to MoDOT & MSHP employees, non-Medicare retirees, and spouses enrolled in an Anthem Blue Cross and Blue Shield medical plan.

Completing & meeting the goal of any additional walker tracker challenges will earn employees random drawing entries into the It Pays to be Well Challenge 2 incentive program. Challenge 2 Above and Beyond is only open to MoDOT & MSHP employees enrolled in an Anthem BCBS medical plan.

## EARN MORE - RANDOM DRAWING:

There will be a random drawing at the end of each of the 5 It Pays to Be Well Walker Tracker Challenges.

**Eligibility:** MoDOT & MSHP employees enrolled in an Anthem medical plan. Retirees and spouses are not eligible for random drawing prizes.

3 MoDOT & 3 MSHP winners. Selected random drawing winners will have their choice between a \$50 gift card (Visa or Amazon) or a Fitbit Versa 2. While Supplies last.

**Prize redemption:** employees 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 once available from the troop headquarters or GHQ if applicable

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

Employees can win multiple prizes throughout 2021. However, employees will not be eligible for two of the same prizes. Only one prize type per person per year. Only one prize per program activity. For example, if an employee wins a Fitbit from a Walker Tracker challenge random drawing they will not be eligible to win a Fitbit in It Pays to Be Well Challenge 2 random drawing.

To join, please log in or register at

[MODOTMSHP.WALKERTRACKER.COM](https://MODOTMSHP.WALKERTRACKER.COM)

## WANT TO DO MORE? ADDITIONAL WALKER TRACKER CHALLENGES:

### NOT ELIGIBLE FOR THE IT PAYS TO BE WELL INCENTIVE PROGRAM (Challenge 1 or Challenge 2)

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

#### 1. 1-Week Leaderboard Challenge

May 3rd – May 7th

Individual Steps & Activities Challenge

GOAL: Track 50,000 total steps during the challenge. How is this calculated? Log a minimum of 10,000 steps/day x 5 days.

Prize: \$50 Visa Gift Card. 15 winners will be selected.

#### 2. National Employee Health & Fitness Day

May 21, 2021

Individual Steps & Activities Challenge

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

Prize: Yeti Tumbler. 100 winners will be selected.

#### 3. 2021 Virtual 5K

September 20th – September 24th

Individual Steps & Activities Challenge

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

Prize: Fitbit Versa 2. 50 winners will be selected.

## PRIZE REDEMPTION:

Employees 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 2021 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.

The MoDOT & MSHP Total Wellness Program is not an Anthem program. Anthem Customer Service cannot accurately answer any questions related to the It Pays to Be Well Incentive Program.

### 2021 Wellness Champions

District/Troop	Name	Email Address
<b>Troop A</b>	Amy Davis	Amy.Davis@mshp.dps.mo.gov
<b>Troop B</b>	Greg Leftwich*	Gregory.Leftwich@mshp.dps.mo.gov
	Melissa Murr	melissa.murr@mshp.dps.mo.gov
<b>Troop C</b>	Janis Leesmann*	Janis.Leesmann@mshp.dps.mo.gov
	Kevin Malugen	kevin.malugen@mshp.dps.mo.gov
<b>Troop D</b>	Michelle Horn	Michelle.Horn@mshp.dps.mo.gov
<b>Troop E</b>	Darin Stevens	Darin.Stevens@mshp.dps.mo.gov
<b>Troop F</b>	Tammy Mahaney	Tammy.Mahaney@mshp.dps.mo.gov
<b>Troop G</b>	Cole Chatman	Cole.Chatman@mshp.dps.mo.gov
<b>Troop H</b>	Lauren Clausen	Lauren.Clausen@mshp.dps.mo.gov
<b>Troop I</b>	Jessica Heyer	Jessica.Heyer@mshp.dps.mo.gov
<b>GHQ</b>	Brittney Walters	Brittney.walters@mshp.dps.mo.gov
<b>Central District</b>	Jason Vanderfeltz	Jason.Vanderfeltz@modot.mo.gov
<b>Central Office</b>	Josh Carey	Joshua.Carey@modot.mo.gov
<b>Kansas City</b>	Courtney Thompson	Courtney.Thompson@modot.mo.gov
<b>Northeast</b>	Susan Cernea*	Susan.Cernea@modot.mo.gov
	Marisa Ellison	Marisa.Ellison@modot.mo.gov
	Brady Bogear	Brady.Bogear@modot.mo.gov
<b>Northwest</b>	Melanie Proffit	Melanie.Proffit@modot.mo.gov
<b>Southeast</b>	Kristy Pettit	Kristy.Pettit@modot.mo.gov
<b>Southwest</b>	Gary McLarry*	Gary.McLarry@modot.mo.gov
	Deborah Sartin	Deborah.Sartin@modot.mo.gov
<b>St. Louis</b>	Judith Hausner	Judith.Hausner@modot.mo.gov
<b>MPERS</b>	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 WebMD 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 WebMD Health Risk Assessment, click start your assessment.

Step by step instructions with screenshots on how to find the Health Assessment can be found in the appendix. 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 Anthem Wellness Coordinator will receive a report on a monthly basis with the name and completion date of individuals that completed the assessment, but nothing else.

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, 2021 – November 30, 2021 is one requirement for the It Pays to Be Well incentive program.

#### What is considered an annual exam?

An annual exam is done with your primary care doctor. These visits can include an adult wellness visit, annual physical, cancer screening, mammogram, PSA screening, or pap screening/routine GYN exam.

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

You can find a doctor on 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 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.

Once the preventive care claim has processed fully in the Anthem system a monthly report will generate for your Anthem wellness coordinator. The report will only provide your name, date of birth, member ID, and date the service was completed. This will serve as your proof of completion. No other action is necessary on your end.

### **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.

### **Do immunizations or flu shots count as preventive care?**

No, not for the It Pays to Be Well Program. In 2021 immunizations and flu shots will not count as a completion for this requirement. Flu shots will earn a random drawing entry for Challenge 2: Above and Beyond. See Challenge 2: Above and Beyond for more details on eligibility and incentives.

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

No, not for the It Pays to Be Well 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 for the 2021 It Pays to Be Well requirement. However, a job specific physical will earn a random drawing entry for Challenge 2: Above and Beyond. See Challenge 2: Above and Beyond for more details on eligibility and incentives. Challenge 1: Ready, Set, Go must be completed before you are eligible for incentives in Challenge 2. See Challenge 2: Above and Beyond for more details on eligibility and incentives.

### **I usually get my preventive care exam in December, but the program ends on November 30th?**

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, 2020, you can schedule another annual physical in January 2021. 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](https://modotmshp.walkertracker.com) and select *register now*.

**It is important to make sure you are registered on Walker Tracker with your FULL LEGAL NAME as well as an updated email address. This is important for purposes of receiving the \$100 gift card.** You can update your name and email address in your profile settings.

### 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](mailto: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.

## **IT PAYS TO BE WELL – CHALLENGE 1: READY, SET, GO**

### **How do I know if I am able to participate in this program?**

MoDOT and MSHP employees, non-Medicare retirees, and spouses enrolled in an Anthem Blue Cross and Blue Shield medical plan are eligible to participate.

### **How do I know if I earned the \$100 gift card?**

Unfortunately, there is not a single place to confirm if you have completed all the necessary requirements, so it is recommended to keep track for your own records. However, once all three activities in the It Pays to Be Well program have successfully been completed and are showing in reporting results (there is a month lag in the reporting) individuals will be added to the next gift card distribution list.

Gift card distribution is done by email. A series of three emails will go out to individuals email address that is on file with Walker Tracker. The first email will come from Anthem Missouri letting an individual know they have completed the requirements and should be on the lookout for the \$100 gift card email. The next two emails will come from the gift card vendor, SVM Gift Cards.

If you would like to check your status in the program to you can reach out to your wellness champion for more details.

### **I received my Anthem Email notification for my \$100 gift card, but have not received anything from the gift card vendor?**

It can take 2-3 weeks to receive your SVM gift card email with the redemption code following your Anthem notification email. The redemption code email will come from SVM Digital Products at [do-not-reply@wgiftcard.com](mailto:do-not-reply@wgiftcard.com). The email you have on file with Walker Tracker is the email that will be provided to SVM. Please make sure this email is accurate and up to date. Please check your junk and spam folders.

### **How do I get my \$100 gift card?**

Once you receive your program completion notification email from Anthem you will receive a series of 2 emails from the gift card vendor, SVM Digital Products. It can take 2-3 weeks to receive your SVM gift card email with the redemption code following your Anthem notification email.



The first SVM email will be the redemption code email. This will come from SVM Digital Products at **do-not-reply@wgiftcard.com**. There will be a link and a code to select your electronic gift card. This code does have a 1-year expiration date.

You will be prompted to put the code in and select your gift card of choice. There are 16 different brands to choose from, you must select one brand for the entire \$100 credit. You cannot split the balance. When selecting your gift card, you will need to provide your home address, but your gift card will be delivered to you electronically, via your email address NOT via your home address.

After you make your selection, you will receive a second email from SVM Digital Products with your electronic gift card. If you don't receive the gift card within a few days of making your selection, check your spam folder.

If you have any questions, you can contact SVM Digital Products directly at [svm-us-digital@bhnetwork.com](mailto:svm-us-digital@bhnetwork.com).

## **IT PAYS TO BE WELL – CHALLENGE 2: ABOVE AND BEYOND IN 2021**

### **How do I know if I am able to participate in this program?**

MoDOT and MSHP employees enrolled in an Anthem Blue Cross and Blue Shield medical plan are eligible to participate. Retirees and spouses are not eligible for this program.

### **How do I track my activities?**

A list of qualifying activities is included in the Challenge 2 section of this document. It is up to the employee to track their activities and keep proof of each activity completion throughout the year. Your wellness champion, wellness coordinator, and benefits team will not keep track of any individual activities.

### **How will my activities be tracked and submitted?**

Individuals must keep track of their own activities and proof of completion throughout the year. A Survey Monkey link will be sent out to all employees on November 15, 2021 and will close on November 30th. Individuals must complete the survey questionnaire no later than 5:00 PM CST on November 30, 2021. The survey will allow you to select all activities completed during the year. You must fully complete the survey prior to the deadline to qualify for random drawing entries.

### **How do I know how many random drawing entries I have?**

Each approved health and wellness activity completed will earn you one random drawing entry into the general prize drawing. Ten or more approved activities completed will earn you one random drawing entry into the grand prize drawing.

1 approved health & wellness activity = 1 general prize random drawing entry drawing

10+ approved health & wellness activity = 1 grand prize random drawing entry drawing

### **For example:**

- › If you complete 5 of the qualifying activities, you earn 5 random drawing entries into the general random drawing.
- › If you complete 10 of the qualifying activities, you earn 10 random drawing entries into the general random drawing and 1 random drawing entry into the Grand Prize drawing.
- › If you complete 20 of the qualifying activities, you earn 20 random drawing entries into the general random drawing and 1 random drawing entry into the Grand Prize drawing
- › Only 1 grand prize entry per person.
- › If you are selected as a grand prize winner, you cannot be drawn for the general random drawing.
- › 1 prize per person.

### **How do I know if I won a prize?**

Employees 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 when available from the troop headquarters or GHQ if applicable. MoDOT random drawing winners can pick up their prize when available from their District Office

### **Can I still participate in Challenge 2: Above and Beyond if I haven't completed It Pays to Be Well Challenge 1?**

Yes, you can start tracking all your health and wellness activities as soon as January 1, 2021. However, you will not be eligible for the Challenge 2 random drawing prizes unless you have fully completed Challenge 1 prior to the deadline of November 30, 2021.

### **When will the random drawing take place?**

Employees will have from November 15, 2021 – November 30, 2021 to complete the health and wellness activity tracking survey. Survey results will be compiled during the month of December 2021. The random drawing will take place at the end of 2021/early 2022.

### **How many random drawing prizes will there be?**

There will be 50 grand prize random drawing winners and 150 general random drawing winners. Prizes will be awarded in the order that winners are selected. Selected individuals will not have a choice between prize items. Only 1 grand prize entry per person. If you are selected as a grand prize winner, you cannot be drawn for the general random drawing. Only 1 prize per person.

### **What if I already won a prize in another random drawing?**

Multiple prizes can be won throughout 2021 for different program activities. However, employees will not be eligible for two of the same prizes. Only one prize type per person per year.

For example, if an employee wins a Fitbit from a Walker Tracker challenge random drawing they will not be eligible to win a Fitbit in It Pays to Be Well Challenge 2 random drawing.

### **Will my rewards, prizes and incentives be taxed?**

All rewards, incentives, and prizes earned in the It Pays to Be Well wellness program may be taxable. Members may consult with a tax advisor as to the proper tax treatment of their reward.

## 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](https://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)

### **MyStrength – Am I eligible & how do I register?**

Anthem BCBS members have access to an emotional well-being resource. To get started visit [anthem.com/mystrengthMO](https://anthem.com/mystrengthMO) to get started. You must first register online prior to downloading and logging in to the mobile app. (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.

## **DETAILS/DISCLAIMERS**

It Pays to Be Well Challenge 1 acts as a gatekeeper for It Pays to Be Well Challenge 2. Employees must complete the It Pays to Be Well Program in order to qualify for prizes/incentives in Above and Beyond in 2021.

Anthem medical preventive care claims reports are pulled on a monthly basis. This report will show completely processed claims only. There is a month lag in data. January reports will be ready at the end of February, February reports will be available at the end of March, so on and so forth.

Health Assessment completion reports are pulled on a monthly basis. There is a month lag in data. January reports will be ready at the end of February, February reports will be available at the end of March, so on and so forth. It is recommended to save your certificate of completion for your own records.

Walker Tracker completion reports will be available 1 week after each challenge has ended.

The three requirement reports (Preventive Care, Health Assessment, and Walker Tracker) are combined at the end of each of the walker tracker challenges to determine who at that time has completed the three necessary requirements.

Full names must match on ALL three reports. Your full legal name will populate on the preventive care report and the health assessment report. If you are registered on Walker Tracker with a shortened name or nickname your activity completion will error out in the reporting combination.

For example: full name is Michael, but you go by Mike. Or Melissa, but you go by Missy, etc. This will error out the report. It is recommended you update your Walker Tracker account with your full legal name to lessen the likelihood of error.

Non-Medicare retirees and spouses enrolled in an Anthem BCBS medical plan are only eligible for the \$100 gift card incentive. These individuals are not eligible for any other wellness program prizes or incentives.

Once all three activities in the It Pays to Be Well program have successfully been completed and are showing in reporting results individuals will be added to the next gift card distribution list.

Gift card distribution is done by email. A series of three emails will go out to individuals email address that is on file with Walker Tracker.

Employees can win multiple prizes, just not two of the same prizes. Only 1 prize type per person per year.

All rewards, incentives, and prizes earned in the It Pays to Be Well wellness program may be taxable. Members may consult with a tax advisor as to the proper tax treatment of their reward. For any questions on the It Pays to Be Well program, please reach out to your dedicated wellness champion.

For any questions regarding the MoDOT & MSHP wellness program or incentives please contact your wellness champion.

## **NOTICE REGARDING WELLNESS PROGRAM**

MoDOT & MSHP It Pays to Be Well is a voluntary wellness program available to all MoDOT & MSHP employees, non-Medicare retirees 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

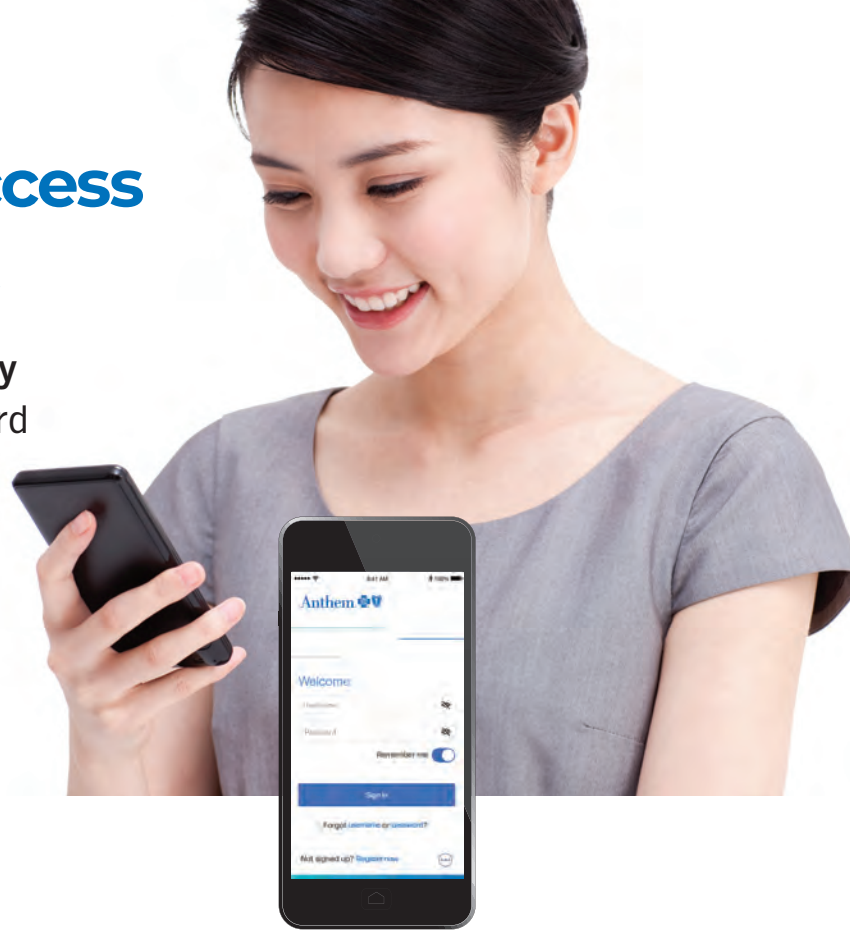
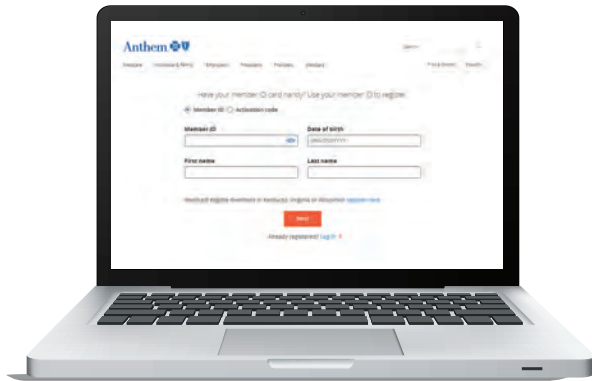
as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

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](mailto: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](http://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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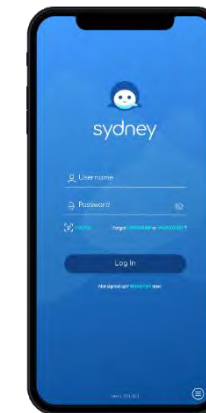
## You've got quick access to your health care!

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- 5 Follow the prompts to complete your registration



# WebMD Health Risk Assessment

Step by step instructions from your computer

- Log in to your anthem.com account or register at: <https://www.anthem.com/>
- Navigate to the My Health Dashboard, select Programs
- Scroll down to WebMD Health Risk Assessment, click learn more
- Click start your assessment
  - You will have to accept the GINA authorization before you can begin
- If you have already completed the Health Assessment in previous years you can click “Update Score” Under Your Health Score




**For Members**  
Print ID cards, view claims, pay bills



**For Employers**  
Manage your employees' benefits



**For Producers**  
Find the tools to grow your business



**For Providers**  
Request authorizations, submit claims, and access training



**Return Shopper**  
Pick up where you left off

Please select your account type.

Medicare, Individual & Family, and Employer Group Plans  Medicaid

[Log In](#)

[Forgot Username or Password? >](#)

Not signed up? [Register now. >](#)



## Log in to your member account

Not signed up? [Register now](#)

**Username**

**Password**



Log In


[Forgot Username or Password?](#)

Are you trying to shop for plans? You need to log in to [shop.anthem.com](#)

Are you eligible for Medicare? Shop for Medicare plans today at [shop.anthem.com/medicare](#)


WELCOME



 [Stay informed about COVID and its vaccines](#)

[Update profile access and settings](#)

[Additional insurance policies](#)

 You have **8** unread messages in your inbox.  
[View Message Center](#)

## Connect With Care



### Find Care

Find health services from doctors, hospitals and more in your plan.



### Virtual Visit With A Provider

Visit with a doctor or other care provider 24/7.



### Primary Care Provider

View or update your Primary Care Physician (PCP) information.



### Your ID Card

View or request member ID cards.




### Discounts

View member exclusive offers


- Dashboard
- Activity Tracking
- Action Plans
- Badges
- Programs**
- My Health News

WELCOME

 Stay informed about COVID

[Update profile access and settings](#)

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## Connect With Care



### Find Care

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View or request member ID cards.



### Discounts

View member exclusive offers



### WebMD Health Risk Assessment

Want to be more energetic? Happier? More balanced? Your assessment is here to help

[Learn more](#)



### Cancer

No medical jargon here: Access straightforward resources for managing cancer symptoms and

[Learn more](#)

[Activity Tracking](#)

[Action Plans](#)


[Badges](#)

[Programs](#)


[My Health News](#) 


### Around The Web


Heart Disease Care 

[Towards an Improved Understanding of the Anorexia Nervosa](#) 

Healthy Pregnancy 

[Mindfulness in Pregnancy](#) 

Digestive System Care 

[Pregnancy, delivery, and neonatal outcomes among women with celiac disease](#) 

## WebMD Health Risk Assessment



Take the First Step

[Start your assessment](#)

**What it is:** When you complete your health assessment, you'll open the door to additional tools that will help you with your custom health goals. You'll be asked questions about your overall health, medical history and things like diet and exercise to get a complete picture of your well-being.

**Benefit to you:** Each question will help create an overall view of where your health is today so you can take the next step toward improvement – whether you're looking to eat healthier, reduce stress, quit smoking or sleep better.

**Cost:** Free for plan members and their covered family members.

**Getting started:** Take the assessment whenever you're ready! It will take about 10 minutes to complete.

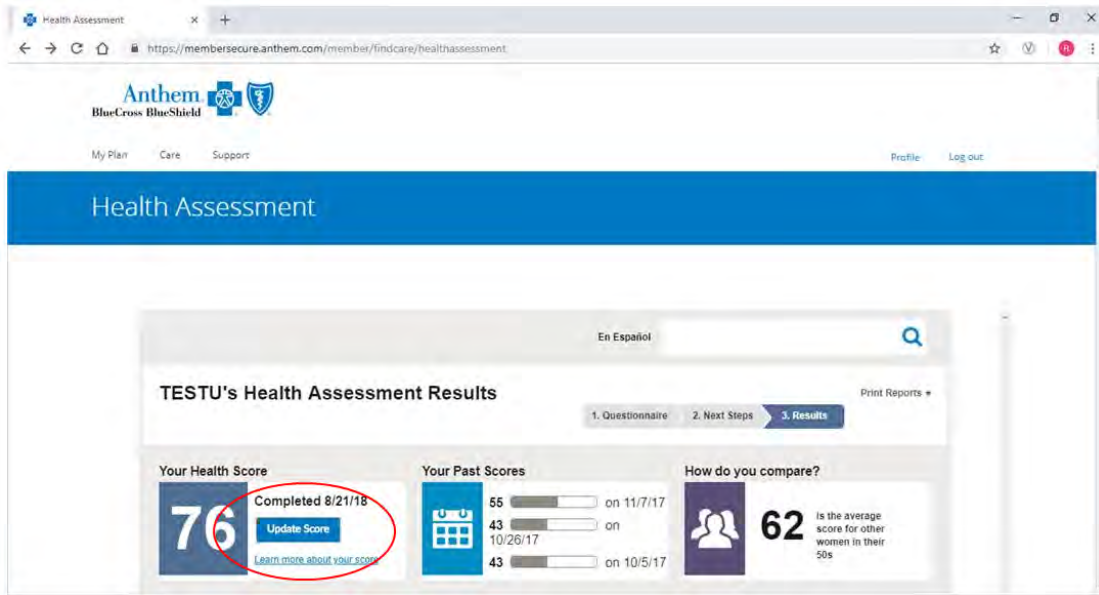
# WebMD Health Risk Assessment

Step by step instructions from your computer

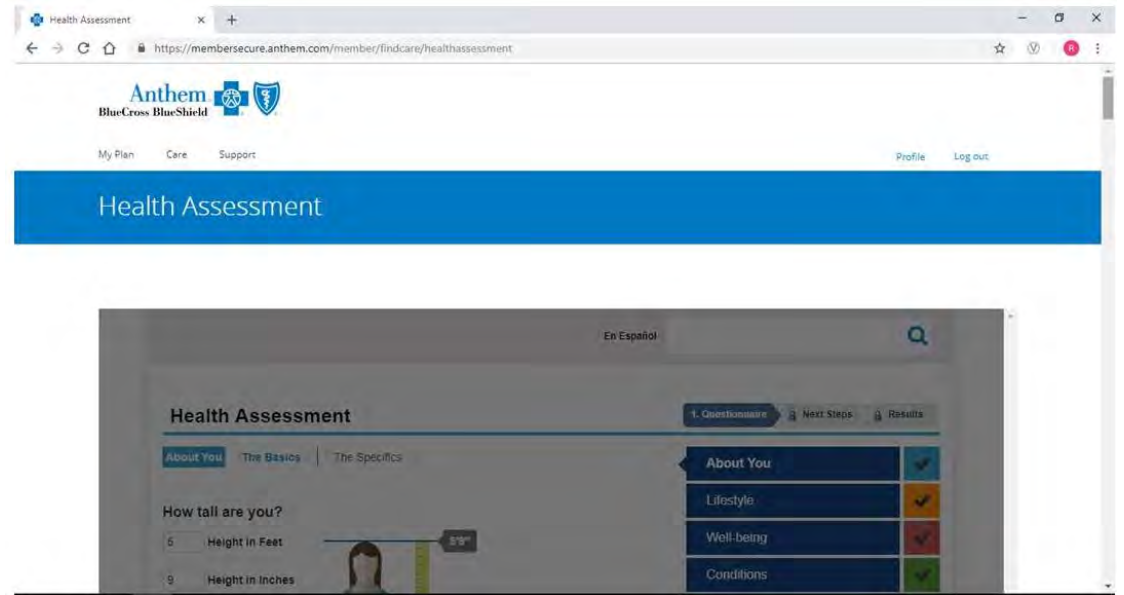
- If you have already completed the Health Assessment in previous years you can click “Update Score” Under Your Health Score to retake the assessment



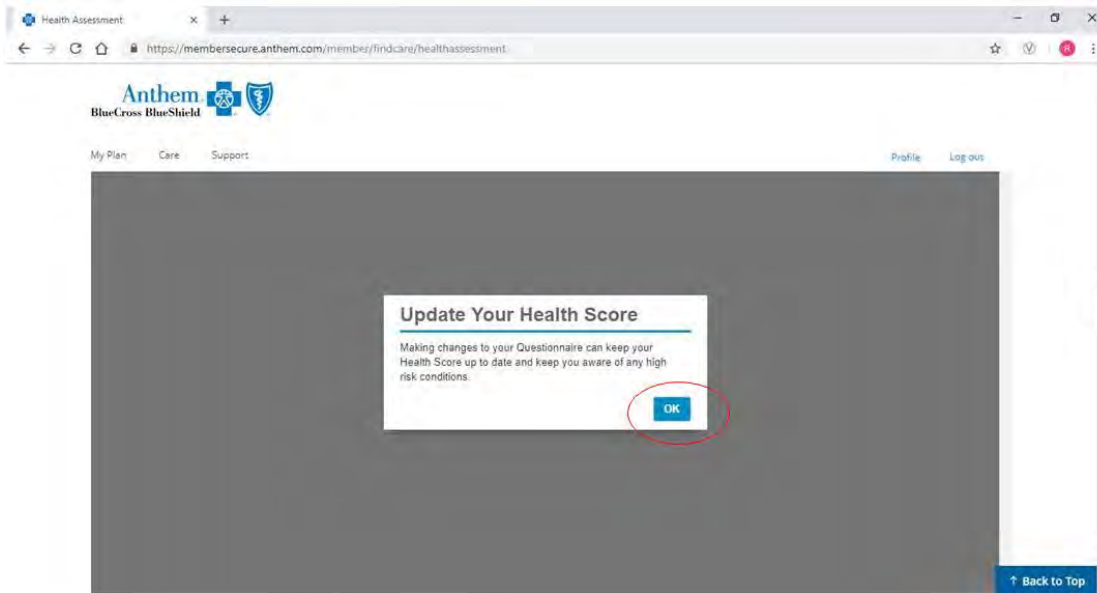
Click "UPDATE SCORE" under Your Health Score



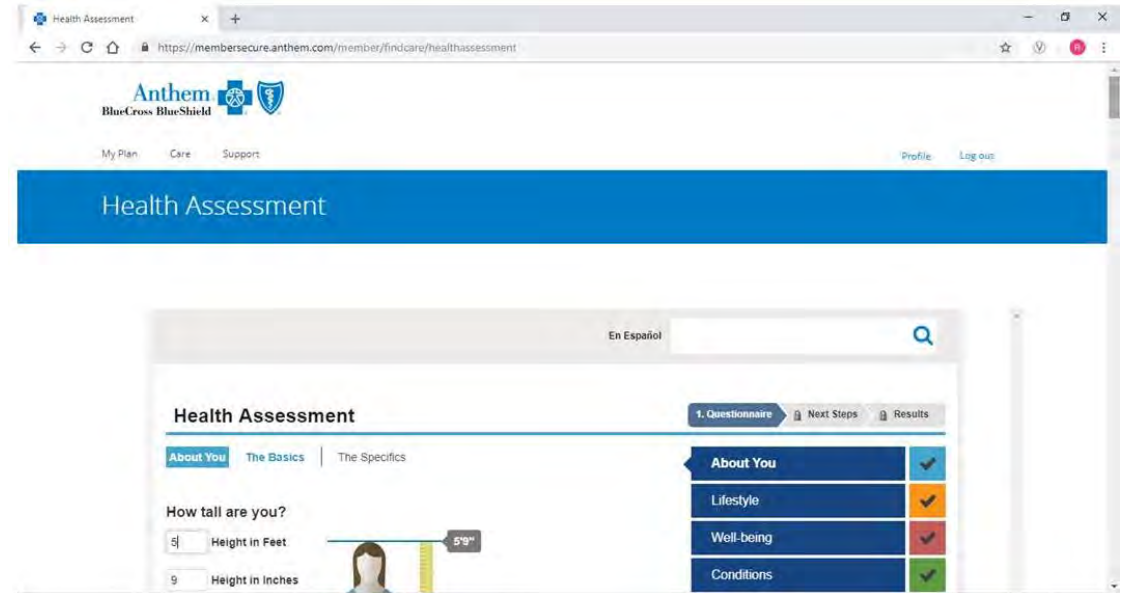
This brings up the Health Assessment Questionnaire, but it is *Grayed Out*.



Scroll down on this page quite a bit. This is where you will locate the “UPDATE YOUR HEALTH SCORE” icon.



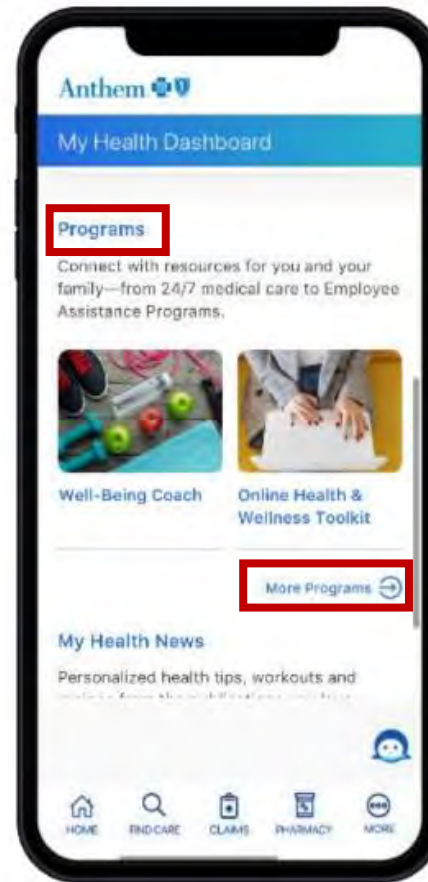
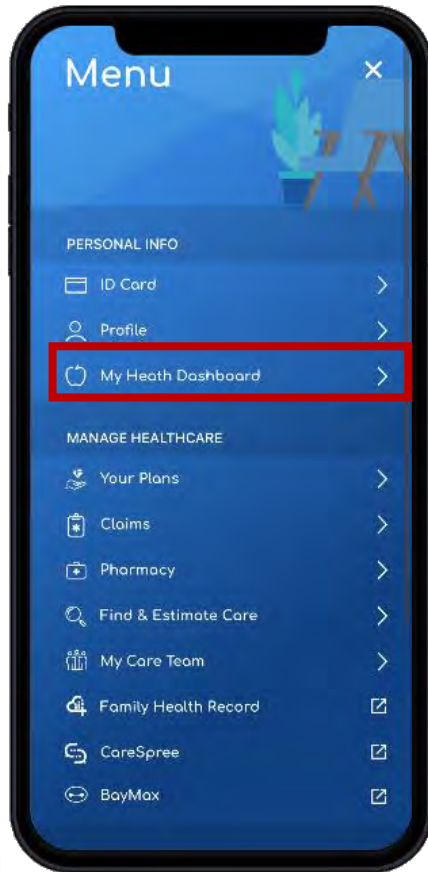
Click “OK” and then you will be able to retake your Health Assessment. Now you can retake your Health Assessment or update sections (lifestyle conditions, etc.)



# WebMD Health Risk Assessment

## Step by step instructions from your mobile device

- Log in to the Sydney Health app
- To view the main menu, click “MORE” from the menu at the bottom
- Click on “My Health Dashboard” from the main menu
- Scroll down to “Programs” and select “More Programs”
- Scroll down and select “WebMD Health Risk Assessment”
- Click start your assessment
  - You will have to accept the GINA authorization before you can begin



# 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.<sup>1</sup> 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.**<sup>2</sup> 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.**<sup>3</sup> 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](https://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**.



# Take a deep breath with myStrength

Your go-to for emotional well-being and peace of mind

Life gets busy. And sometimes it's hard to keep up. That's why as a part of your health care benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being.



The program's tools and resources are available to help you and your eligible dependents manage:

- Addiction
- Anxiety
- Chronic pain
- Depression
- Problems with sleep
- Stress

Think of myStrength as a private, 24/7 *health club for your mind*™. You can try out:



Positivity-training tools.



A daily mood tracker.



Inspirational videos, articles and quotes.



Step-by-step eLearning programs.

It's time you felt your best again! Let myStrength help you get there. Visit [anthem.com/mystrengthMO](https://anthem.com/mystrengthMO) to get started today.



The health club for your mind is a trademark of myStrength, Inc.

myStrength is not a health care provider and does not provide medical advice, diagnosis or treatment. If you are currently thinking about or planning to harm yourself or someone else, please call 911, go to the nearest hospital emergency room or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

In Missouri, (excluding 30 counties in the Kansas City area) Anthem Blue Cross and Blue Shield is the trade name of 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. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.

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## Your 3 'Ds' for Better Health

### Doctor. Dentist. Dietitian?

You probably already have a physician and a dentist on your personal healthcare team. What about a Registered Dietitian (RD)?

Makes sense. More than 2 in 3 adults are considered to be overweight or have obesity—a condition that 'sets the table' for multiple healthcare complications that can compromise your health and quality of life.

Still others aren't sure exactly what to eat for good nutrition—the number one reason most people visit a dietitian.

You'll be glad to know that Healthy Bytes is covered by most healthcare benefit plans. Our Registered Dietitians provide you with one-on-one personalized nutritional counseling that can help you:

- Slim down
- Lower your cholesterol
- Feel energized again
- Simply eat better

And yes, even guide you with meal planning that features tasteful options for you and your family. Not a fad. Healthy Bytes is medically supervised by highly trained and certified registered dietitians. It's easy to access, too.

## Healthy Bytes is the Smart Choice to Complement Your Personal Healthcare Team

Take these easy steps to begin your journey to better health!

1

Book your private consultation online. Call 844.473.2455 or visit [healthybytesinc.com](http://healthybytesinc.com), click 'schedule an appointment' and follow the simple instructions.

2

See your Registered Dietitian. At your designated time, attend the virtual meeting and discuss your confidential nutritional goals.

3

Begin your journey to better health! With our follow up communications and on-going meetings with the dietitian, progress is underway.

4

Insurance billing process. We will bill your insurance company, and collect the co-pay, if any, at the time of the visit.



## 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.<sup>1</sup> 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.<sup>2</sup> 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](https://lark.com/anthemBC) and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.



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

<sup>2</sup> 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.



JOIN THE COMPETITION

# 2021 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. 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.

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

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

## THERE ARE FIVE CHALLENGES IN 2021:

### New Year's Celebrations

📅 January 4 – February 14

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

### 7 Wonders of the Ancient World

📅 March 1 – April 11

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

### Strive to Thrive

📅 May 31 – July 11

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

### Celebrations Around the World

📅 August 2 – September 12

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

### Fall Festivals of America

📅 October 4 – November 14

**Goal:** Individuals must track a minimum of 6,000 steps a day for 42 days, and the team must track a minimum of 252,000 total steps during the challenge

## REWARDS



Completing a walker tracker challenge is one of the three requirements in earning a \$100 gift card for the It Pays to be Well Challenge 1 incentive program. It Pays to Be Well - Challenge 1 is open to MoDOT & MSHP employees, non-Medicare retirees, and spouses enrolled in an Anthem Blue Cross and Blue Shield medical plan.

Additionally, there will be a random drawing at the end of each of the five challenges. The random drawing is only open to MoDOT & MSHP employees enrolled in an Anthem BCBS medical plan. Retirees and spouses are not eligible for random drawing prizes.

For more details please see the 2021 Wellness Program Guide or contact your wellness champion.

To join, please log in or register at

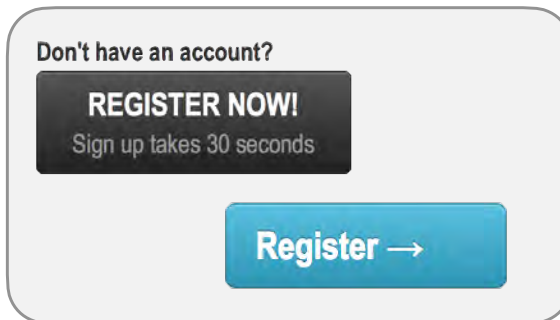
[MODOTMSHP.WALKERTRACKER.COM](https://MODOTMSHP.WALKERTRACKER.COM)



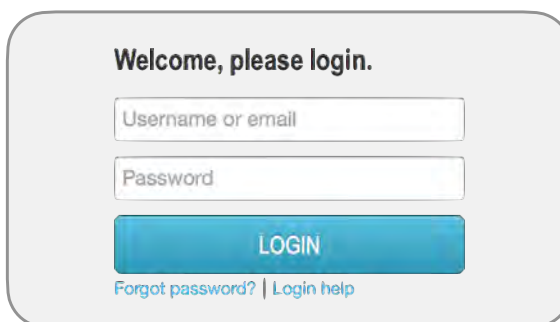
# GETTING STARTED

## 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".

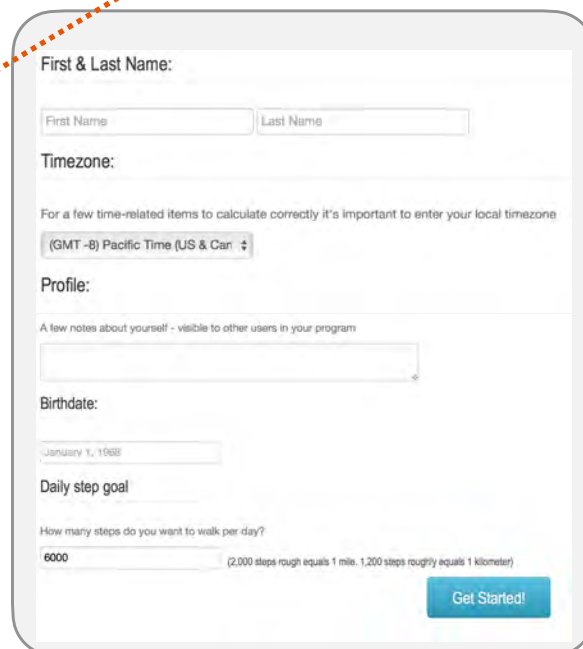
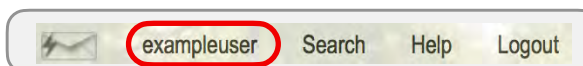


**1.A Login**  
 If you already have an account, enter your username/email and password and click "Login"



**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?

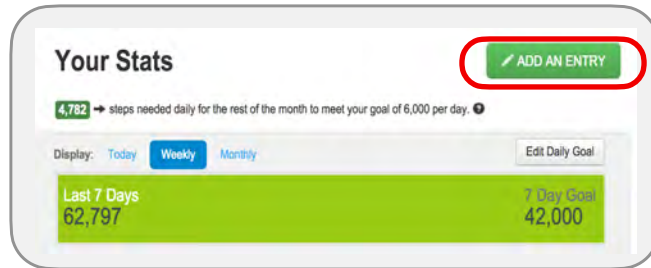
Look for the purple button on the lower right-hand corner when you are logged into your program.



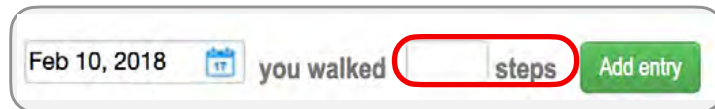
# STEP ENTRY - MANUAL

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

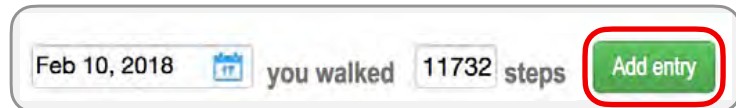
**1** From “Your Stats” page, click on “Add an Entry”



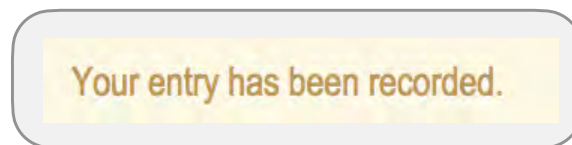
**2** Enter in the number of steps you walked on a particular day.



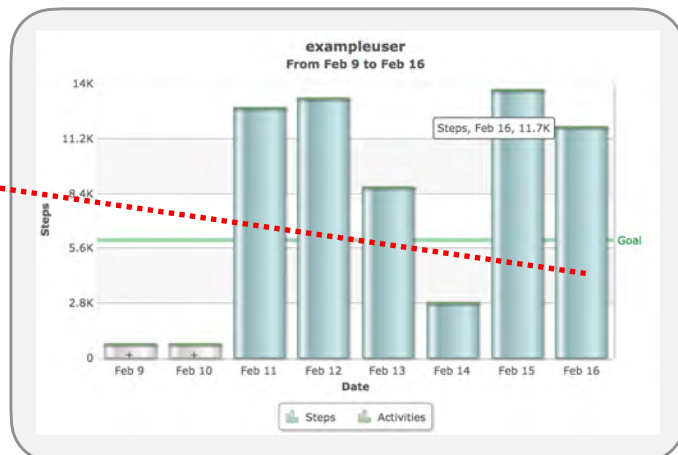
**3** Click on “Add Entry”




**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.



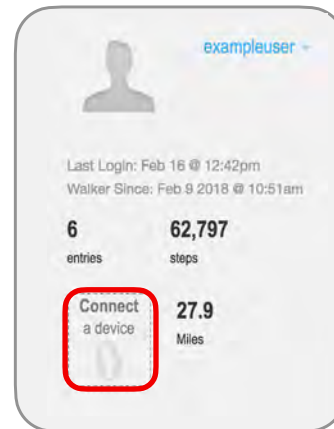
# STEP ENTRY - WIRELESS

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.

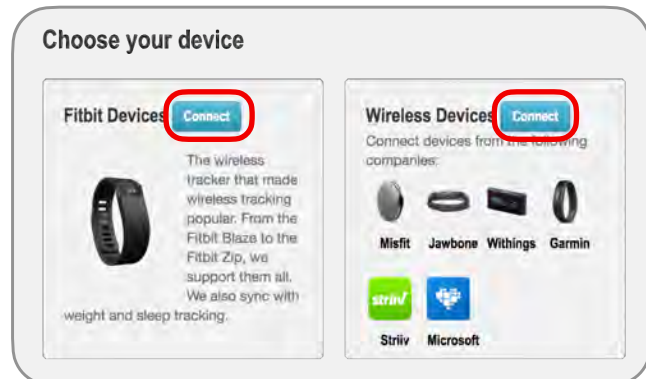
**1** First, make sure you have created an account with your wireless pedometer's app or website. EX: Fitbit to the Fitbit app, Misfit to the Misfit app, etc.



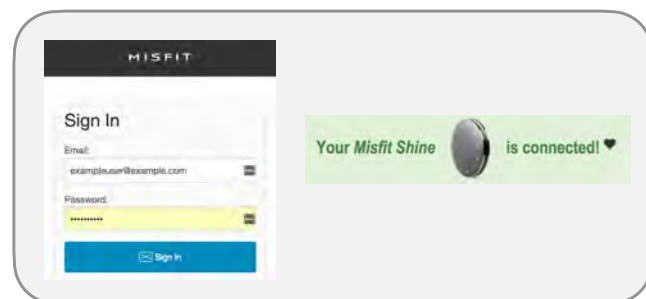
**2** While logged into your Walker Tracker account online, click on "Connect a Device" below your avatar.




**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?

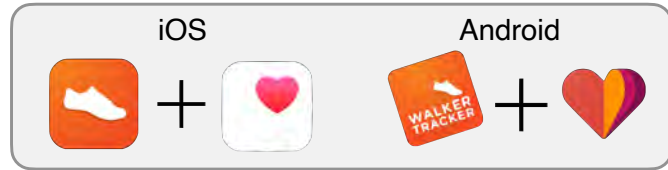
Look for the purple  button on the lower right-hand corner when you are logged into your program.



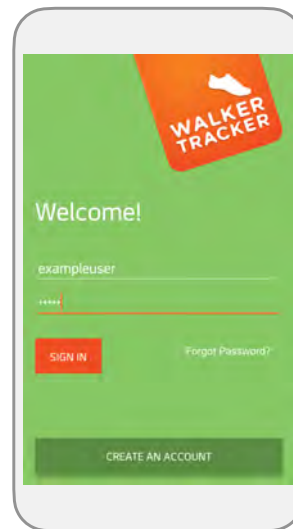
# STEP ENTRY - MOBILE APPS

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

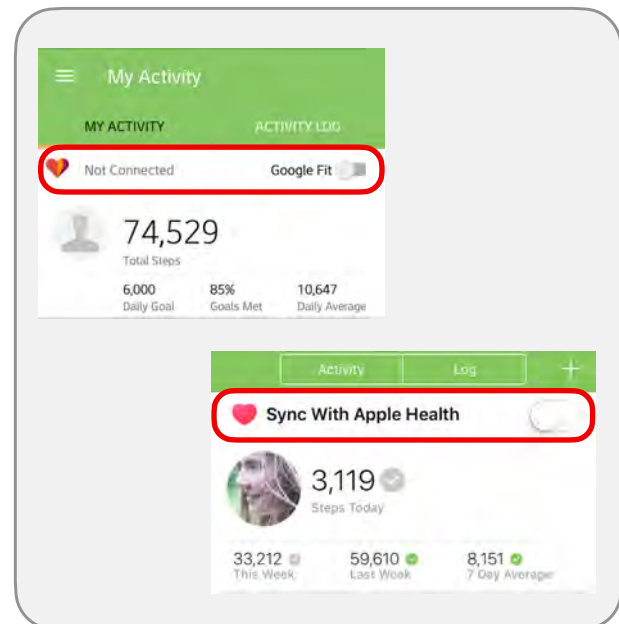
**1** Download the Walker Tracker mobile app for iOS or Android. Verify that you have the Apple Health app or Google Fit (Android) app on your device. You may need to download these to your phone as well.




**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.

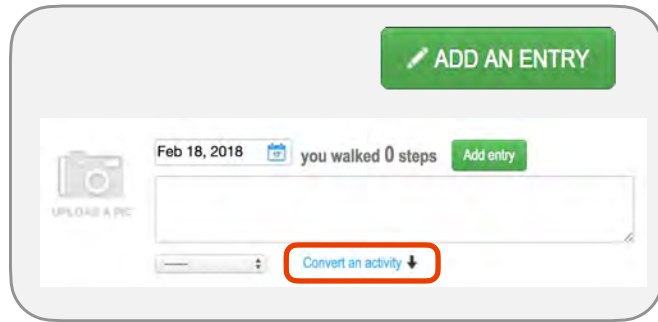




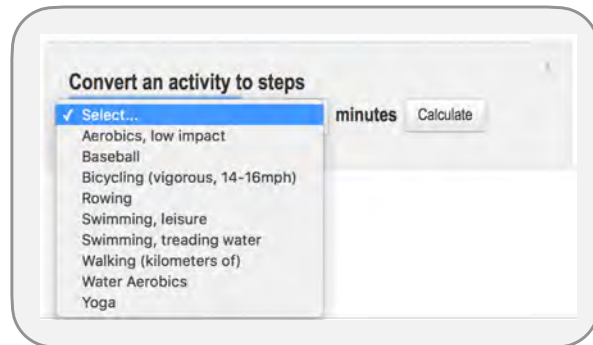
# CONVERT AN ACTIVITY

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

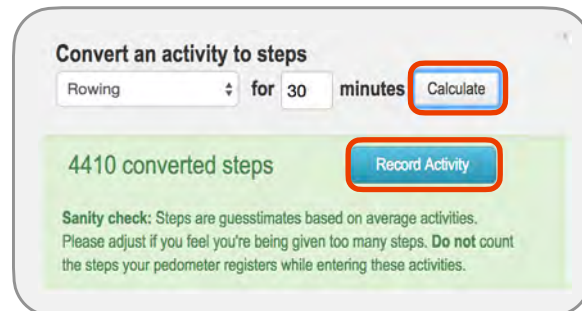
**1** While logged in online, click on “Add an Entry” and then “Convert an Activity”.



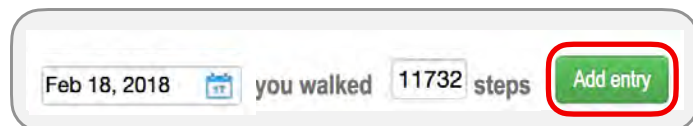
**2** You will see a dropdown where you can select the type of activity you would like to convert.



**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.

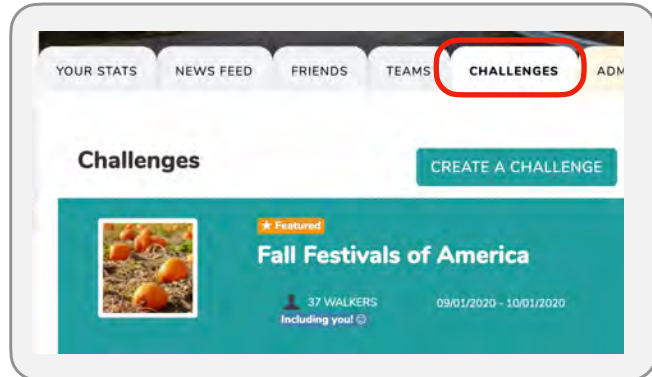


# GET TO KNOW YOUR CHALLENGE

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.



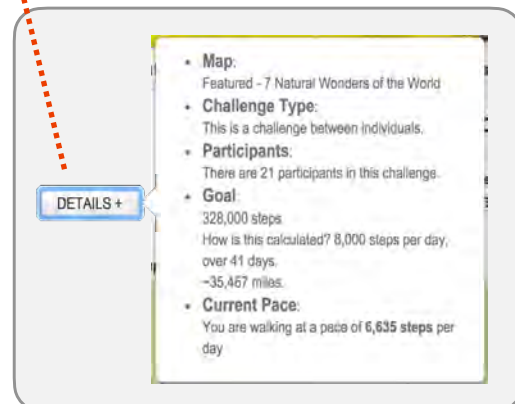
2

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.

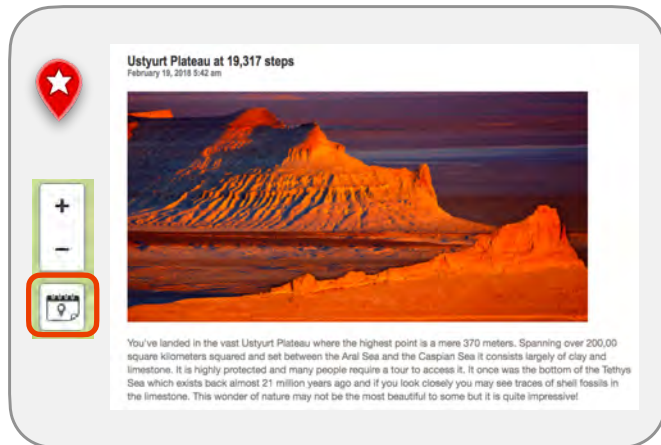
Red pins are milestones you have passed and unlocked.

You will see other participants along the route.



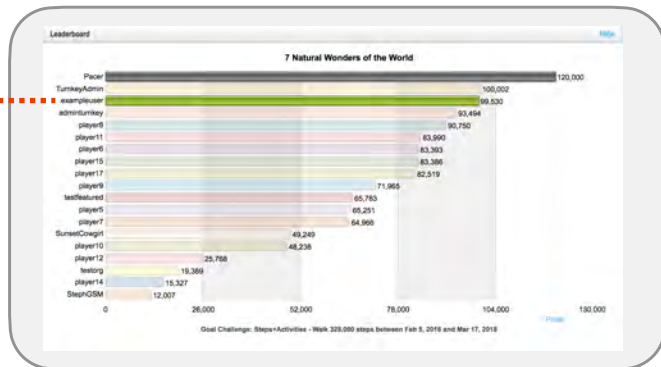
2

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.



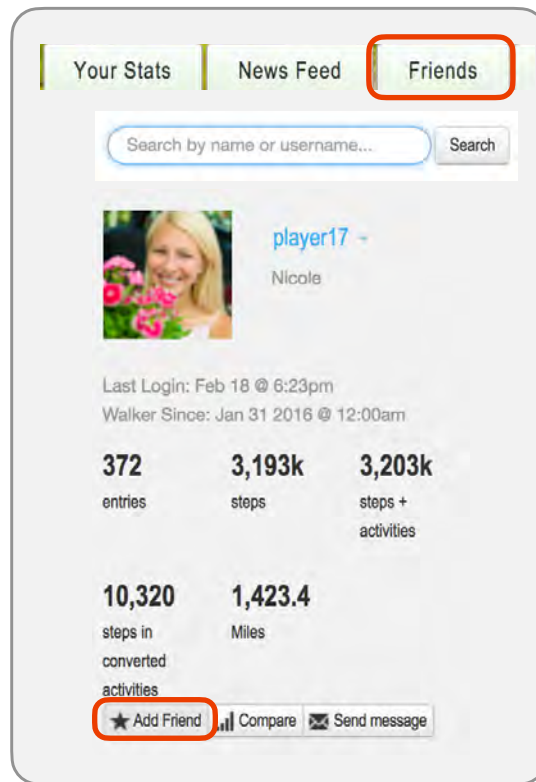
# INTERACT & SHARE

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

1

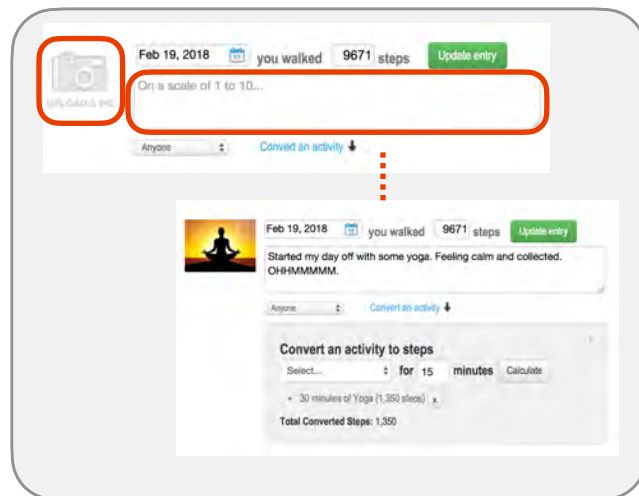
**There are two ways to add friends:**

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.



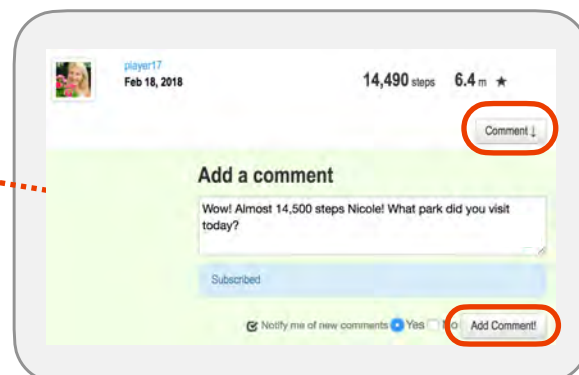
2

**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 Tobacco-Free Affidavit

### Section 1: Reason for this form

A tobacco-free environment helps create a safe and healthy workplace. Smoking and secondhand smoke are known to cause serious lung diseases, heart disease and cancer. Missouri Department of Transportation and Missouri State Highway Patrol is offering rewards to MoDOT & MSHP employees enrolled in an Anthem BCBS medical plan who do not use tobacco products OR are actively enrolled in a tobacco cessation program.

Completion of the Tobacco-Free Affidavit will earn employees ONE random drawing entry in to the It Pays to Be Well, Challenge 2 Incentive Program. Please see the [2021 Wellness Program Guide](#) for full details and requirements on the incentive program.

### Section 2: Form to be completed by the employee

I, \_\_\_\_\_ (print full name), certify that (please check one)

- I attest that I am tobacco-free and have not used any tobacco product in the last 6 months preceding signing this affidavit. I also commit to being tobacco-free for the next 12 months. Tobacco-free means I have not used cigarettes, pipes, cigars, chewing tobacco, Snuff, or any other type of smoking or smokeless tobacco. I understand that one usage of any tobacco product is considered tobacco use.
- I am currently a tobacco user, or I have used tobacco products in that last 6 months preceding signing this affidavit, and I commit to enrolling and completing a Tobacco Cessation program of my own choosing.

I understand the nature and content of this document, I am of legal age, and I am fully competent to truthfully execute this affidavit. By signing this form, I certify that the information on this form is true and correct.

Last Name	First Name	M.I.	DOB
Email		Department/Division:	
Signature <b>X</b>		Printed name	

**Section 3:** After the form is completed, please keep for your own records. Individuals must keep track of their own activities and proof of completion throughout the year in the It Pays to Be Well, Challenge 2 Incentive Program. Individuals will have the opportunity to earn their random drawing entry credits between November 15 – November 30, 2021.

*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. For more details on the It Pays to Be Well Incentive Program (Challenge 1 or Challenge 2) please see the 2021 Wellness Program Guide.*



## 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, non-Medicare retirees and spouses 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 wellness program due to a medical condition.
- It is medically inadvisable for you to complete the wellness 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 – employee or spouse

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	
<b>X</b>			

### 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	
<b>X</b>			

**Section 4:** After the form is completed, please submit to your Wellness Coordinator and Employee Health & Wellness Benefits Specialist via email at [marissa.juenger@anthem.com](mailto:marissa.juenger@anthem.com) & [Brook.Luecke@modot.mo.gov](mailto:Brook.Luecke@modot.mo.gov).