## The Good Life program

### benefit differential

# 9 1 50 1 3

#### How to maximize your benefit

Participation is the key to maintaining good health and receiving the maximum benefits from this program.

For more information or to check your progress, log on to the secure member website at bcbswny.com/member and click Get Healthy > The Good Life > Scorecard.



**Health screening** 



**Health assessment** 



**Health coaching** 



#### Complete a health screening

Find out your height, weight, blood pressure, blood sugar, and cholesterol levels.

#### Move on to Step 2

If you do not complete Step 1, you will lose The Good Life advantages and your benefit level will change for the remainder of your plan year.



#### Take the health assessment

Log on to our secure website at **bcbswny.com/member** and complete the assessment in order to maintain your benefit levels for the remainder of your plan year.

#### Move on to Step 3

If you do not complete Steps 1 and 2, you will lose The Good Life advantages and your benefit level will change for the remainder of your plan year.



#### Engage in a healthier you

Depending on your health screening and assessment results, you may need to complete a health coaching program.

#### **Enjoy The Good Life advantages!**

If you are required to complete Step 3 and don't, your benefit level will change for the remainder of your plan year.

**Due Date:** September 30th 2016

If you are required to complete Step 3 of The Good Life program, you have until:

December 31st 2016

#### **Due Date:**

September 30th 2016

**Screening dates/times:** 

August 17th 6am-11:30am hhbewell.hooperho Imes.com/ID/f6034351

#### To Sign up, contact:

Please visit the links above to secure your appointment

Or, submit your **Physician Verification Form by:** September 30th 2016

