

# 2022-23 B-Well at Bryan Health Employee Wellness Program

Points for Your Health (12 points by 8/31/2023) – employees hired on or before 9/1/2022

<https://asethhealth.com/bwell>

## “Health Assessments” PARTICIPATION GROUP 1: Health Assessments (2 points REQUIRED):

- Complete onsite biometric screening or physician biometric screening by 10/31/2022 (1 point)
  - Physician form must be submitted no later than 11/30/2022
  - If 2 or 3 of the 3 health outcomes are not met, employee will need to complete 2 health coaching sessions with a Bryan Health wellness team member. Contact the wellness team at [employee\\_wellness@bryanhealth.org](mailto:employee_wellness@bryanhealth.org) or 402-481-8874
- Complete online Health Assessment by 10/31/2022 (1 point)

## “Preventive Care” PARTICIPATION GROUP 2 (1 point REQUIRED):

- Complete and report 2 preventive care appointments between 9/1/2022 and 8/31/2023
  - Preventive care appointments may be self-reported and do not require documentation/verification

## “Annual Physical” PARTICIPATION GROUP 3 (1 point REQUIRED):

- Documentation must be uploaded to your Asset Health account for verification; employee may submit annual form from the Asset Health website or a summary from MyChart – forms of verification DO NOT need to include any personal health information from the visit.

## “Nicotine Usage” PARTICIPATION GROUP 4 (1 point REQUIRED):

- Complete online Nicotine affidavit (1 point)
- OR
- Complete in person B-Well Nicotine Cessation Program (1 point)
- OR
- Complete the online Asset Health Nicotine Cessation Program (1 point)

## “Cardiac Risk Outcome” PARTICIPATION GROUP 5 (1 point REQUIRED):

- In a healthy range (<3.5) or any improvement from the 2021-22 screening (1 point)
- OR
- Complete and report 1 of the following B-Well targeted programs (1 point)
    - Cardiac Management Program
    - Weight Management Program
- OR
- Complete and report an approved community targeted program (1 point)
    - Heart Aware Program
    - Jenny Craig
    - WW
    - Local fitness center
- OR
- Complete the online Asset Health program “My Heart Health”; 70% min. on post-lesson quizzes (1 point)

## “Blood Pressure Outcome” PARTICIPATION GROUP 6 (1 point REQUIRED):

- In range ( $\leq 120/80$ ) or any improvement from the 2021 to 2022 screening (1 point)
- OR
- Complete and report 1 of the following B-Well targeted programs (1 point)
    - Cardiac Management Program
    - Weight Management Program
    - Stress Management Program
- OR
- Complete and report an approved community targeted program (1 point)
    - Heart Aware Program
    - Physician tracking
    - Employee Health and Wellness tracking

OR



- Complete the online Asset Health program “Managing Hypertension”; 70% min. on post-lesson quizzes **(1 point)**

**“Glucose Outcome” PARTICIPATION GROUP 7 (1 point REQUIRED):**

- In range (<100, fasting or <140, non-fasting) or any improvement from the 2021-2022 screening **(1 point)**

**OR**

- Complete and report 1 of the following B-Well targeted programs **(1 point)**
  - Weight Management Program

**OR**

- Complete and report an approved community targeted program **(1 point)**
  - Community based diabetes management/prevention program
  - Community based weight management program
    - Jenny Craig
    - WW
    - Local fitness center

**OR**

- Complete the online Asset Health program “Preventing Diabetes”; 70% min. on post-lesson quizzes **(1 point)**

**“Asset Health Activities” PARTICIPATION GROUP 8 (1 points REQUIRED):**

Complete any 1 of the following online Asset Health activities:

- All entity employee challenges **(1 point each)**
- Reach 250k Steps **(1 point/250k steps)**
- Online Asset Health educational programs; 70% min. on post-lesson quizzes **(1 point each)**
- Online Asset Health virtual grocery store program; 1 time only **(1 point)**

**“B-Well Activities” PARTICIPATION GROUP 9 (1 points REQUIRED):**

Complete and self-report any 1 of the following B-Well activities:

- Self-report completing 1 year of medication adherence; 1 time only **(1 point)**
- Participate and report 4 community based or Bryan Health sponsored health events; must participate in 4 events to earn point; report each individual event **(1 point)**
  - Blood drive
  - Run/walk
  - Health fair
- Complete 40 hours of community service; report 1 time after completing a total of 40 hours **(1 point)**
- Complete and report 3 health coaching sessions; must complete 3 sessions to earn point; report each individual session **(1 point)**
  - Bryan Health wellness specialist
  - Personal trainer
  - Dietician/nutritionist

**“Healthy Habits” PARTICIPATION GROUP 10 (2 points REQUIRED; maximum 2 points towards program total):**

Set, track, and complete any 2 Asset Health online SMART goals.

\*\*Bryan Health is committed to helping you achieve your best health. All Bryan Health employees and Bryan Health medically insured spouses are encouraged to participate in the B-Well program. Benefit eligible employees may be eligible to earn an annual incentive. If you think you might be unable to meet a standard for the incentive under this wellness program, you might qualify for an opportunity to earn the same incentive by different means. Please contact the Bryan Health wellness specialists at [employee\\_wellness@bryanhealth.org](mailto:employee_wellness@bryanhealth.org) and they will work with you to find a wellness program with the same incentive that is right for you in-light of your health status.



# 2022-23 B-Well at Bryan Health Employee Wellness Program

Points for Your Health (8 points by 8/31/2023) – employees hired on or between 9/2/2022 and 5/31/2023

<https://asethhealth.com/bwell>

## “Health Assessments” PARTICIPATION GROUP 1: Health Assessments (1 point REQUIRED):

- Complete online Health Assessment by 8/31/2023 (1 point)

## “Preventive Care” PARTICIPATION GROUP 2 (1 point REQUIRED):

- Complete and report 2 preventive care appointments between 9/1/2022 and 8/31/2023
  - Preventive care appointments may be self-reported and do not require documentation/verification

## “Annual Physical” PARTICIPATION GROUP 3 (1 point REQUIRED):

- Documentation must be uploaded to your Asset Health account for verification; employee may submit annual form from the Asset Health website or a summary from MyChart – forms of verification DO NOT need to include any personal health information from the visit.

## “Nicotine Usage” PARTICIPATION GROUP 4 (1 point REQUIRED):

- Complete online Nicotine affidavit (1 point)
- OR**
- Complete in person B-Well Nicotine Cessation Program (1 point)
- OR**
- Complete the online Asset Health Nicotine Cessation Program (1 point)

## “Asset Health Activities” PARTICIPATION GROUP 8 (1 points REQUIRED):

Complete any 1 of the following online Asset Health activities:

- All entity employee challenges (1 point each)
- Reach 250k Steps (1 point/250k steps)
- Online Asset Health educational programs; 70% min. on post-lesson quizzes (1 point each)
- Online Asset Health virtual grocery store program; 1 time only (1 point)

## “B-Well Activities” PARTICIPATION GROUP 9 (1 points REQUIRED):

Complete and self-report any 1 of the following B-Well activities:

- Self-report completing 1 year of medication adherence; 1 time only (1 point)
- Participate and report 4 community based or Bryan Health sponsored health events; must participate in 4 events to earn point; report each individual event (1 point)
  - Blood drive
  - Run/walk
  - Health fair
- Complete 40 hours of community service; report 1 time after completing a total of 40 hours (1 point)
- Complete and report 3 health coaching sessions; must complete 3 sessions to earn point; report each individual session (1 point)
  - Bryan Health wellness specialist
  - Personal trainer
  - Dietician/nutritionist

## “Healthy Habits” PARTICIPATION GROUP 10 (2 points REQUIRED; maximum 2 points towards program total):

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# 2022-23 B-Well at Bryan Health Employee Wellness Program

Points for Your Health (1 point by 8/31/2023) – employees hired on or between 6/1/2023 and 7/31/2023

<https://asethhealth.com/bwell>

## “Health Assessments” PARTICIPATION GROUP 1: Health Assessments (1 point REQUIRED):

- Complete online Health Assessment by 8/31/2023 (1 point)

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