



Volunteers of America®

Helping America's most vulnerable™

**Volunteers of America values each of you and encourages you to be part of and participate in our 4<sup>th</sup> annual wellness program. Employees that complete the PHA and the biometric screening are eligible to participate in the program and will receive 50 points and a 10% reduction in your health insurance premium. Employees who achieve 50 additional points will receive another 10% reduction in your health insurance premium.**

Activity	Points	Deadline	Incentives
Complete a Personal Health Assessment (PHA) mandatory	25 Points	10-31-2018	10% Reduction in premium upon completion of these two items.
Biometric Screening mandatory	25 Points	10-31-2018	
Health Coaching (2)	25 Points	10-31-2018	10% Reduction in premium with 50 additional points.
Hello Health Lectures complete online quiz (3)	10 Points each		
Dental Visit	5 Points		
Eye Exam	5 Points		
Donate Blood	5 Points		
Flu Vaccine	5 Points		
Volunteer	5 Points		
Participate in walk/run	5 Points		
Age Appropriate Cancer Screening	5 Points		
Online Workshop	15 Points		
Skin Cancer Screening	5 Points		
Track Activity (steps must be verified by a device connected to wellness portal)	1 point for reaching 7K steps per day		

Participation in the wellness program is strictly voluntary and will not have any impact on employment or health care coverage. If you are unable to meet the requirements for these activities, please contact Frank Lee at 504-842-6017 or [frank.lee@ochsner.org](mailto:frank.lee@ochsner.org)

**Instructions to Log Activities on back**



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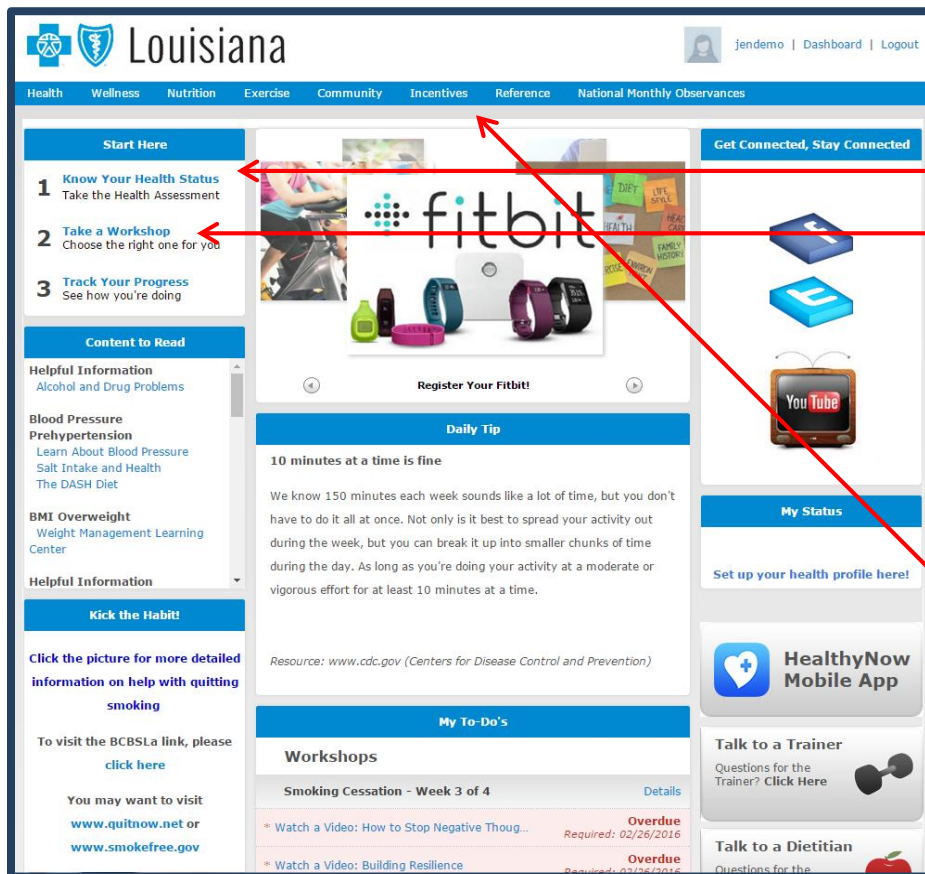
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Log on to [www.bluewellnessla.com](http://www.bluewellnessla.com)



**First Time Users:**

Click "Register New Account" and fill out one page registration form. Enter location code **78H74ERC**. Accept terms of use and click "Submit" to enter portal.



**To take the PHA:**

Click "1 – Know Your Health Status"

**To take a Workshop:**

Click "2 – Take a Workshop" to participate in a workshop

**To log All Other Activities:**

Click "Incentives" then "Healthy Habit". Click "Complete" box on Activity Name and give activity name and date. Click "Update" then verify information to be accurate by clicking "OK".