

## ROOFERS' LOCAL UNION NO. 33 INSURANCE FUND

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### Announcing: Roofers Union Local #33 Wellness Program

The Roofers Union Local #33 Wellness Program is a new and great way to earn valuable rewards while improving your health! Participate in various healthy living activities throughout the year to be entered into raffles for prizes.

#### You are eligible to be entered in raffles for incentive rewards if:

1. You are a Roofers Union Local #33 member and enrolled in the BCBSMA medical plan OR
  2. You are a spouse of a Roofers Union Local #33 member and you are enrolled in the BCBSMA medical plan
- AND** you are registered for an account on [ahealthyme.com](http://ahealthyme.com)

Please go ahead and review this document in its entirety so you know what needs to be completed throughout the year. We especially urge you to check out the September – October raffle described below (raffle prize awarded for getting your well-visit).

If you participate in at least two of the activities listed below (NOT including signing up on [ahealthyme](http://ahealthyme.com)) you'll also be entered into a raffle at the end of 2019 for one of two \$300 gift cards.

#### Complete the activities within the time-frames below to be entered:

Dates	Activity	Reward
By 1/31/2019	<b>Sign up on <a href="http://ahealthyme.com/login">ahealthyme.com/login</a></b>  The <a href="http://ahealthyme.com">ahealthyme</a> website has an array of wellness resources and programs to help you meet your well-being goals. Simply register to be eligible for a raffle prize.	<b>Entry into a raffle* for one of 33 Fitbit Charge 2s.</b>  Raffle prize winners will be selected in mid to late February.
By 2/28/2019	<b>Additional chance to sign up on <a href="http://ahealthyme.com/login">ahealthyme.com/login</a>.</b>  Forgot to sign up by 1/31? You can still be eligible for a raffle prize! Those who registered by 1/31 will be entered into both raffles.	<b>Entry into a raffle for one of five \$100 gift cards or one \$200 gift card.</b>  Raffle prize winners will be selected in mid to late March.
By 4/30/2019	<b>Take the Health Assessment on <a href="http://ahealthyme.com">ahealthyme</a></b>  Log into your <a href="http://ahealthyme.com">ahealthyme</a> account and take the Health Assessment, a 10-15 minute questionnaire about your everyday lifestyle habits. After taking it, you'll receive personal well-being recommendations.	<b>Entry into a raffle for one of five \$100 gift cards or one \$200 gift card.</b>

	<p>Don't worry – your information is confidential; learn more about BCBSMA's policy on confidentiality here:  <a href="http://www.bluecrossma.com/common/en_US/pdfs/Commit_Confidentiality.pdf">http://www.bluecrossma.com/common/en_US/pdfs/Commit_Confidentiality.pdf</a></p>	<p>Raffle prize winners will be selected in mid to late May.</p>
<p><b>5/1/2019 – 6/30/2019</b></p>	<p><b>Log your Exercise via the Cardio Log in ahealthyme</b></p> <p>Log your exercise in ahealthyme by hovering over “Exercise” → “Exercise Logs” → “Cardio Log” in your ahealthyme portal account.</p> <p>Don't forget to log the exercise you get while roofing! You burn about an equivalent number of calories roofing as you would weight lifting. While roofing isn't a choice in the cardio log, you can choose “Weight Lifting – Moderate” or “Weight Lifting – Vigorous” (depending on your work load) as an option for similar stats.</p> <p><b>Log an average of 3 days per week or more (at least 30 days between 5/1 – 6/30) to be eligible for the incentive</b></p>	<p><b>Entry into a raffle for one of five \$100 gift cards or one \$200 gift card.</b></p> <p>Raffle prize winners will be selected in mid to late July.</p>
<p><b>By 7/31/2019</b></p>	<p>Check out the September – October Raffle (last row on this grid) to learn more about the incentive available for receiving your well-visit. We strongly urge you to get your well-visit by 7/31/2019 to be eligible for the incentive. See below for further details.</p>	<p>See below for further details.</p>
<p><b>7/1/2019 – 8/31/2019</b></p>	<p><b>Your Choice of one of the three options:</b></p> <p><b>1. Complete a workshop on ahealthyme</b>  There are a number of interactive workshops to choose from on ahealthyme. Workshops are designed to be engaging and fun, while providing the tools you need to reach your wellness goals. Each workshop takes approximately 4-7 weeks to complete. They're self-paced, allowing you to complete them on your own time.  You can sign up for a workshop by going to <a href="http://ahealthyme.com/login">ahealthyme.com/login</a> and clicking on wellness workshops</p> <p><b>2. Participate in BCBSMA's Care Management Program</b>  BCBSMA's care management programs are suitable for and available to any Blue Cross member who has:</p> <ol style="list-style-type: none"> <li>A chronic condition</li> <li>A serious injury or illness</li> <li>A complex medical and behavioral health need</li> </ol>	<p><b>Entry into a raffle for one of five \$100 gift cards or one \$200 gift card.</b></p> <p>Raffle prize winners will be selected in mid to late October.</p>

	<p>Eligible members as described above have direct access to a team of health care professionals – nurses, dietitians, physical therapists, and more – who can play an active role in managing your health. Simply pick up the phone when they call to connect with their experts. Or, you can call them today at 1-800-392-0098. Earn credit by engaging in a Care Management program (if eligible).</p> <p>If you do not qualify for a Care Management program, check out the other options available.</p> <p><b>Remember:</b> You must also be registered for an account on ahealthyme to be eligible for the raffle.</p> <p><b>3. Utilize Nicotine Replacement Therapy through BCBSMA.</b></p> <p>Members who access Nicotine Replacement Therapy through their BCBSMA pharmacy plan in an effort to quit tobacco use will be eligible to be entered into a raffle for incentive prizes.</p> <p><b>Remember:</b> You must also be registered for an account on ahealthyme to be eligible for the raffle.</p>	
<p><b>9/1/2019-10/31/2019</b></p>	<p><b>Get a Well-Visit</b></p> <p>Members who are up-to-date with their well-visit will be eligible to be entered into a raffle for incentive prizes. Any of the following count for credit:</p> <ul style="list-style-type: none"> <li>• Routine physical exam</li> <li>• Adult Office Visit</li> <li>• Adult Office Visit Family Planning</li> <li>• Adult Cancer Screenings: colonoscopy, mammogram, pap</li> </ul> <p><b>Please note that it can take up to 90 days for your claim to process from the date of your visit.</b> We strongly urge you to get your well-visit by 7/31/2019. If you received your well-visit between 8/1/2019 – 10/31/2019, or if you have received your last well-visit within the past three years but were not yet on the BCBSMA medical plan through Roofers Union #33, please contact the Fund Office by 10/31/19 at 781-341-1657 to ensure that you are entered into the raffle.</p> <p><b>Remember:</b> You must also be registered for an account on ahealthyme to be eligible for the raffle.</p>	<p><b>Entry into a raffle for one of five \$100 gift cards or one \$200 gift card.</b></p> <p>Raffle prize winners will be selected in mid to late November.</p>

**Please keep in mind the following take up to 30 days to be reported. For this reason, raffle prizes will be distributed approximately 1 ½ months prior to the respective activity deadlines.**

- Nicotine Replacement Therapy Utilization
- Care Management Program engagement

**Please keep in mind the following take up to 90 days to be reported.**

- Well-visit claims

**For this reason, we urge you to get your well-visit 90 days prior to the official deadline. If you receive your well-visit within 90 days of the program deadline, please contact the Fund Office at 781-341-1657 to ensure you are entered into the raffle.**

**Finally, if you've participated in at least 2 activities listed above (excluding signing up on ahealthyme), you'll also be eligible for one final raffle prize: one of 2 \$300 gift cards! Final raffle prize winners will be selected in mid to late November.**

If you have any questions, please contact the Fund Office at 781-341-1657.

**Wishing you a Happy & Healthy New Year**

**Roofers Local #33 Insurance Fund**

**\*all eligible raffle winners are selected at random**