



# 2022 COUNTYWIDE WELLNESS

GET REWARDED FOR  
YOUR JOURNEY TO  
BETTER HEALTH



Get rewarded for completing your biometric screenings. Receive a \$100 reward card.\*

\*While supplies last. ONLY employees enrolled in County-sponsored medical plans are eligible for the reward card. In accordance with applicable tax law, reward cards you receive will be reported by the County as taxable wages on your W-2, and applicable payroll taxes will be withheld from your regular pay.



(Reward Cards are limited for each Plan)

#### HOW TO EARN YOUR \$100 REWARD CARD

1. **Complete your Biometric and online Health Risk Assessment** between 1/1/2022 and 12/31/2022 to earn a \$100 reward card credit redeemable at a variety of retailers. **See your medical plan instructions below** on how to submit and complete biometric information.
2. Visit [www.LaCountyGetsFit.com](http://www.LaCountyGetsFit.com) and create a user account. Or, log into your existing account. Track your progress towards earning a \$100 reward card while supplies last.
3. **Choose your reward options** for the \$100 credit earned. Employees will receive an email with redemption instructions to be used to obtain their credit in the form of an e-gift card. Allow two to eight weeks for email(s) to be sent after qualifying for an award.
4. **For questions** about [www.LaCountyGetsFit.com](http://www.LaCountyGetsFit.com) or about your \$100 reward card, email customer support at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com). See website or ask for FAQs on how to qualify for, track, and identify your reward email(s).

For more information, visit [www.LaCountyGetsFit.com](http://www.LaCountyGetsFit.com) or email customer support at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com).

These rewards are available to County employees who are 18 and older and enrolled as a direct subscriber in County-sponsored medical plans. **Medical plan dependents are not eligible.**

#### COMING SOON! CFC VIRTUAL EDITION REWARDS

The CFC Virtual Edition will return in Spring 2022. More opportunities to earn rewards. Stay tuned.

**HURRY! REWARDS ARE ONLY AVAILABLE WHILE SUPPLIES LAST.**

1. Complete an online Health Risk Assessment (HRA) at [anthem.com/ca/countyoflosangeles](http://anthem.com/ca/countyoflosangeles) and provide validated biometric values from your physician. For 2022, Anthem members do not need to submit biometric values on a separate physician fax back form. Before completing the online assessment, obtain your updated biometric information from your most recent 2022 doctor visit. The following biometric information is needed for the assessment: blood pressure, cholesterol (HDL/LDL), triglyceride, glucose and A1C.
  2. To access the Anthem County employee website, login using your User ID and password. If you do not have a User ID and password, click on **“Register Now”** and follow the prompts. If you are a new user and are looking for your Member ID, then it is located on the front of your ID card and is typically nine characters with both letters and numbers.
  3. Once you login, you will be directed to the Member Access page.
  4. Click on the **“My Health Dashboard”** tab located at the top of the page and then (from the drop down menu) click on **“Programs”** to access the HRA under **“WebMD Health Risk Assessment.”** You will be asked to input your biometric information (indicated above) on the **“Lab Tests”** tab and complete the entire assessment in order to receive credit for the incentive.
- **Website:** [anthem.com/ca/countyoflosangeles](http://anthem.com/ca/countyoflosangeles)



**KAISER PERMANENTE, UNITEDHEALTHCARE, & CIGNA on following page.**

(Reward Cards are limited for each Plan)



- Register on [kp.org/engage](https://kp.org/engage) to see if you are up to date with biometric screenings, including body mass index, blood pressure, cholesterol, and glucose. Also, complete your Total Health Assessment by going to [kp.org/tha](https://kp.org/tha).
- For any questions about the biometrics rewards program, contact the Rewards Customer Service team at [rewardscustomerservice@kp.org](mailto:rewardscustomerservice@kp.org) or at **(866) 300-9867** and provide the following:  
name, issue, employer name and daytime phone number
- Reward: \$100 – Biometric Screening & Total Health Assessment
- **Website:** [kp.org/engage](https://kp.org/engage) or [kp.org/tha](https://kp.org/tha)



- Complete your online health risk assessment and Biometric Screenings with Physician Form. Visit [www.healthyatcola.com](https://www.healthyatcola.com) for information.
- For questions about the biometric form, please contact Quest Diagnostics at
  - Phone: **(844) 350-4779** either Monday – Friday between 7 a.m. – 8:30 p.m. CST or on Saturday 7:30 a.m. – 4 p.m. CST.
  - Online FAQs: [QuestForHealth.com/WEFAQs](https://QuestForHealth.com/WEFAQs)
  - Contact Form: [My.QuestForHealth.com/Contactus](https://My.QuestForHealth.com/Contactus)
  - Email: [Wellness@QuestDiagnostics.com](mailto:Wellness@QuestDiagnostics.com)
- **Website:** [www.healthyatcola.com](https://www.healthyatcola.com)



- Complete the online Health Risk Assessment (HRA) at [myCigna.com](https://myCigna.com) and provide validated biometric values from your physician.
- The Health Risk Assessment (HRA) is available online at [myCigna.com](https://myCigna.com)
- Login using your User ID and password; if you do not have a User ID and password, please click on Register Now and follow the prompts.
- Once you login, at the top of the page click on the **“Wellness”** tab and then under **“Tools”** click on **“My Health Assessment”**. For all other questions on biometric screening, eligibility and incentives, call the Member Services number on the back of your Cigna ID card.
- Direct reward card questions to Cigna’s Customer Service at **(800) 244-6224**.
- **Website:** [myCigna.com](https://myCigna.com)

## 2022 ADDITIONAL DISCOUNTS AND PROGRAMS OFFERED THROUGH COUNTY SPONSORED MEDICAL PLANS

Please note: This information is subject to change without notice. Please contact the medical plan directly for questions and updates. Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.



- Jenny Craig **(800) 597-JENNY** or **(800) 597-5366** or [click here](#) to visit the website.
- GlobalFit **(800) 294-1500** or [globalfit.com](http://globalfit.com), a network of 10,000 participating local, regional and national fitness clubs including: Curves, 24 Hour Fitness, Anytime Fitness and many more.
- Living Lean: [shop.selfhelpworks.com/](http://shop.selfhelpworks.com/)  
Receive 15% off of online video coaching.

For more information on the discounts available, log on to [anthem.com/ca/countyoflosangeles](http://anthem.com/ca/countyoflosangeles) and click on “Care” then select “Discounts” or call the customer service phone number at **(844) 730-1931**.



- Most Kaiser Permanente facilities provide interactive health workshops focused on variety of topics, including weight management, diabetes prevention, heart health, diabetes management, and smoking cessation for their members. Most workshops are offered at no charge to Kaiser Permanente members and are available in English and Spanish. Topics and availability varies at each facility. Healthy Balance, [kp.org/healthybalance](http://kp.org/healthybalance), the weight management diabetes prevention program, is available to Kaiser Permanente members at no charge. To learn more about these and other resources go to [kp.org/centerforhealthyliving](http://kp.org/centerforhealthyliving).
- Wellness Coaching by phone is available at no charge to Kaiser Permanente members. Whether you need support to quit tobacco or manage your weight, you can work with a wellness coach to build a plan tailored just for you. To schedule a phone appointment, call **(866) 862-4295** between 7 a.m. and 7 p.m., Monday through Friday.
- Tap into the power of self-care. Adult members can download both the Calm and myStrength apps at [kp.org/selfcareapps](http://kp.org/selfcareapps).
- ChooseHealthy™ – Receive preferred rates on select fitness club memberships and get reduced rates for health services, such as: chiropractic care, acupuncture, and massage therapy. No referral necessary.

Call **(877) 335-2746** or visit [kp.org/choosehealthy](http://kp.org/choosehealthy).



Cigna Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. This program is separate from Cigna coverage, the services don't apply to your plan's copays or coinsurance, and doctor referrals are not required.

Using Healthy Rewards is easy. No referrals or claim forms needed! If you're enrolled in a medical, behavioral or dental plan, you're eligible. Here's how to get started...

- Review this online program under the “My health” tab on [mycigna.com](http://mycigna.com) or call **(800) 870-3470**
- Print your **Healthy Rewards Discount Card**
- Show your Cigna ID card or Healthy Rewards Discount Card to get the discount
- Make your discounted payment

### Start saving today with Cigna Healthy Rewards\*\*

Get discounts on the health products and programs you use every day: Weight management and nutrition, Fitness, Mind/body, Vision and hearing care and Alternative medicine.

Healthy lifestyle **Real brands. Real discounts. Real awesomeness.**



- Log into [success.realappeal.com](http://success.realappeal.com) for your free online weight loss program where you are given one on one coaching and a success kit with a food scale, weight scale, workout DVD, meal planner and more to help you lose weight and keep it off.
- Save 10 to 50 percent on health and wellness products and services beyond what are included in your benefit plan. No referrals required and no claim forms to submit, log on to [myuhc.com](http://myuhc.com) or call **(800) 367-2660**.
- At [myuhc.com](http://myuhc.com), also find (1) free Peloton App: enjoy a 1 year Peloton Digital Membership that allows them access to thousands of Peloton's live and on-demand classes, and receive special discounts on Peloton bikes and tread; (2) free Sanvello app: find clinical techniques to help dial down the symptoms of stress, anxiety and depression; share it with covered family members age 13 and over -- learn more at [sanvello.com](http://sanvello.com) or [info@sanvello.com](mailto:info@sanvello.com); (3) free 12 months of Apple Fitness+: get started at [uhc.com/apple-fitness-plus](http://uhc.com/apple-fitness-plus), and learn about the multiple workout options, trainers and fitness options; share this subscription with family.
- For questions, call **(800) 367-2660**.