

# WELLNESS PROGRAMS-PRESBYTERIAN, CIGNA, BLUE CROSS BLUE SHIELD, ACA 1095-C DOCUMENTS, LEAVE: HOLIDAY PAY, AND HR-REMINDERS

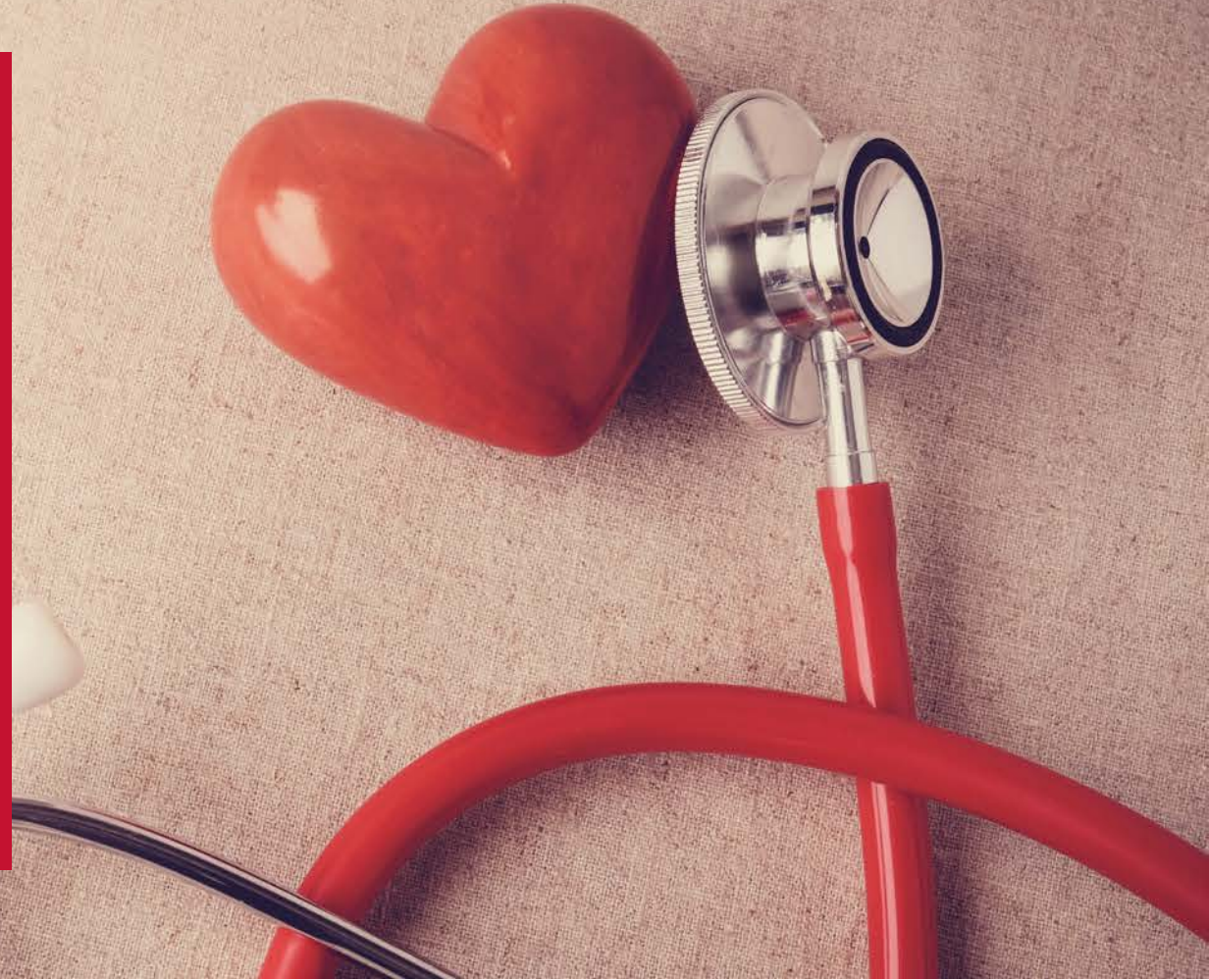
"Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible"

Francis of Assisi





The  
Solutions  
Group



A division of Presbyterian Healthcare Services

# The Solutions Group

## WHO WE ARE

- **The Solutions Group**, a local Corporate Wellness Provider
- Providing wellness solutions for more than 15 years

## HOW WE SUPPORT STATE OF NEW MEXICO

- **Account Team:**  
Sarita Loehr, Director Health and Wellness  
Sharon Griffin, Manager Health and Wellness  
Adriana Lopez, Supervisor Health and Wellness
- **Support Team:** Group of experts in nutrition, exercise, life balance and account management

# The Stress Spectrum

Good  
Stress

Green Zone

Bad Stress

Optimize  
Good Stress

Maximize Green Zone

Minimize Bad  
Stress





## **NUTRITION**

*Nourishment that fuels our bodies for an energetic daily existence.*



## **ACTIVITY**

*Strengthening and maintenance of a healthy body through regular exercise.*



## **REST**

*Rejuvenation that energizes and heals, enabling optimum performance.*



## **AWARENESS**

*Openness to new concepts.*



## **MINDSET**

*Ever-evolving self-understanding.*

# Wellness Offerings

## Fall 2020

### **Good Measures®**

Personalized Nutrition Program

Learn to eat the right way for  
your individual needs.

Nutrition coaching with a registered dietitian  
Smart app and website

### **Health Challenge**

Health for the Holidays®

Individual and team challenge  
Motivation to be active and eat healthy  
Healthy recipes to fuel success  
Motivating tips for daily inspiration  
Family participation

# **2020-2021**

## Wellness Offerings



### Dinner with a Dietitian

Weekly emails with cooking demo video, recipes and tips.



### 30-Day Wellness Connection

Here you could describe the topic of the section



### Wellness Webinars

Informative interactive sessions on advancing your wellness journey



### Wellness at Work<sup>®</sup>

Personal Health Assessment tool, and other health resources.



### Stay Informed

Home mailings with information about current programming



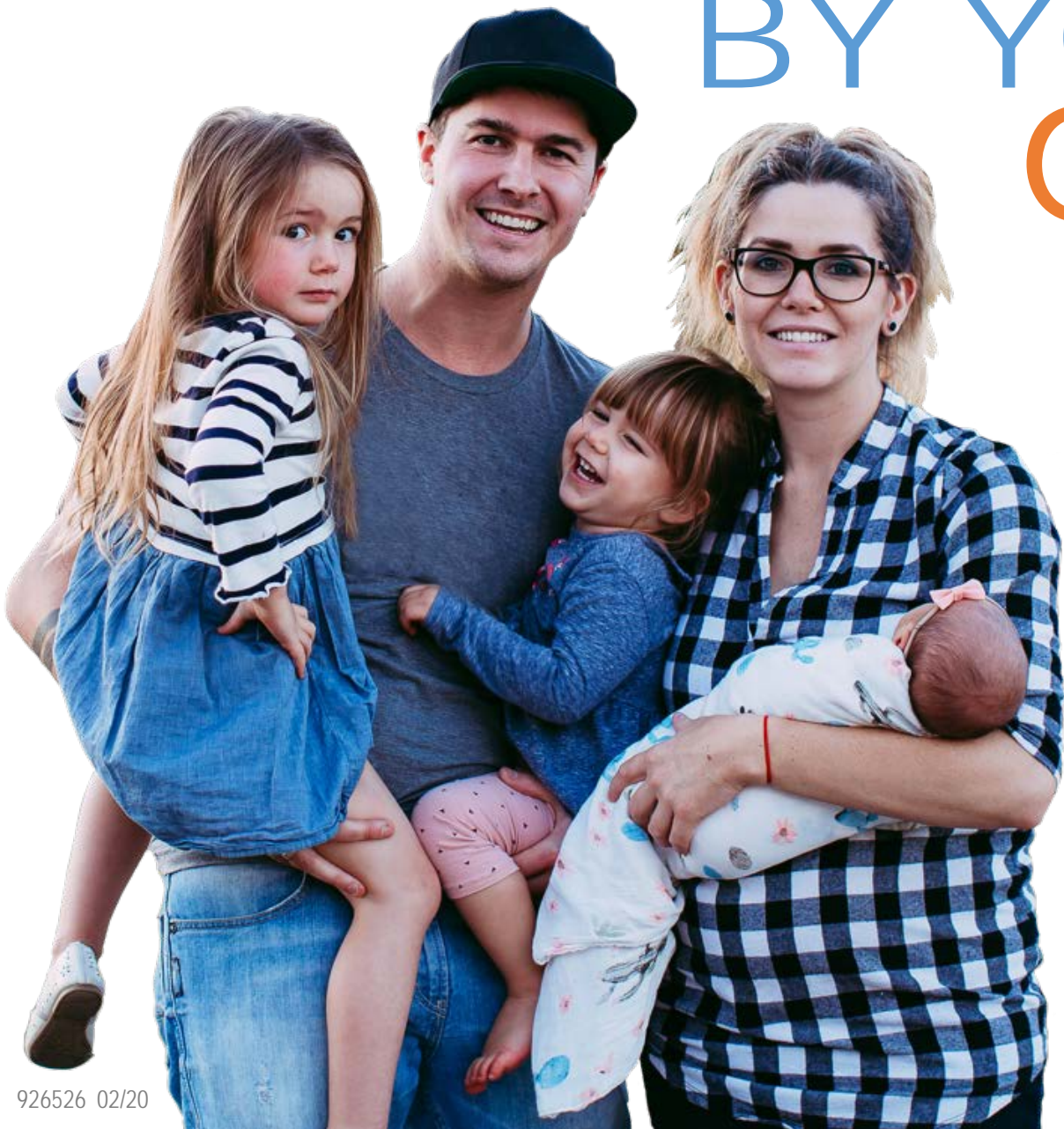
## **You can help foster wellness**

By understanding that wellness is  
a series of positive choices you  
make to live your life to the fullest!



**[wellness-SONM@phs.org](mailto:wellness-SONM@phs.org)**

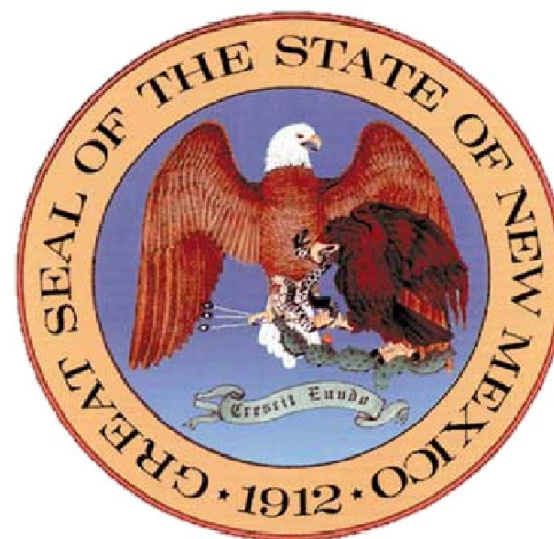




# BY YOUR SIDE AND ON YOUR SIDE

Engagement & Wellness

January 1, 2021 – December 31, 2021

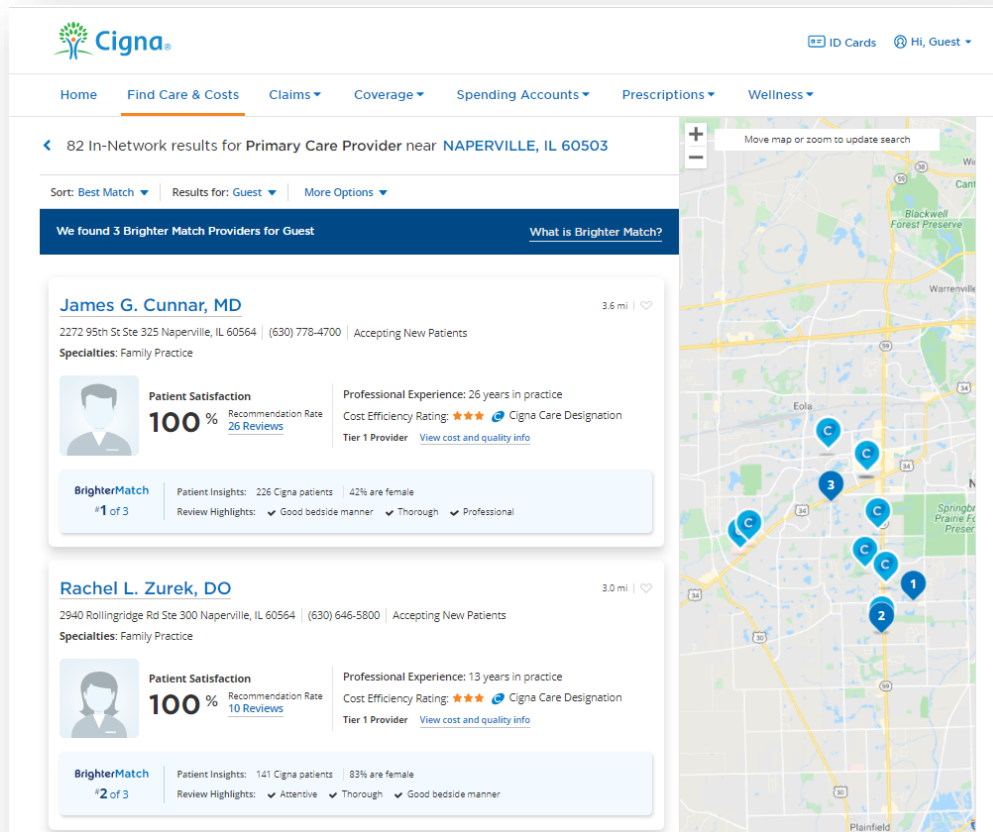


State of New Mexico

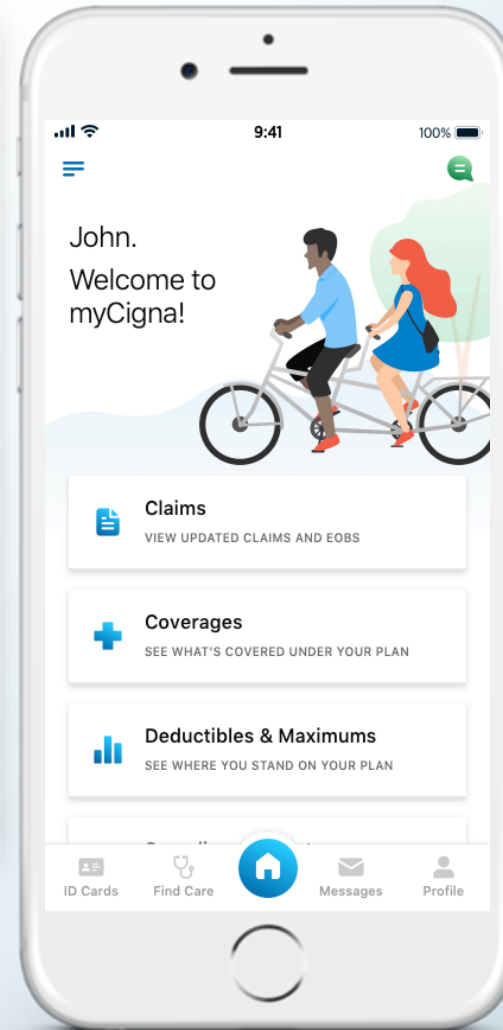


Offered by Life Insurance Company of North America or Cigna Life Insurance Company of New York.  
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# MYCIGNA.COM – TODAY'S SIMPLIFIED DIGITAL EXPERIENCE

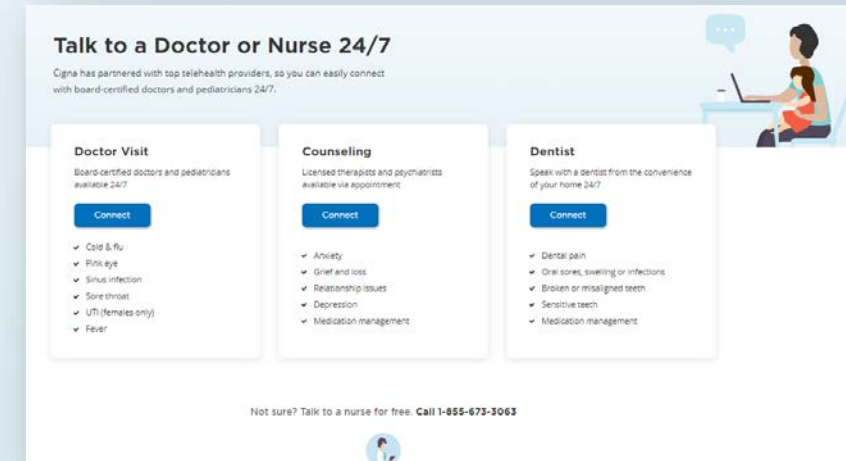


Guide customers to high performing PCP's with greater ease and satisfaction using proprietary match technology



Simple & Intuitive

Making better use of white space to reduce clutter



Virtual options based on customers plan information

# VIRTUAL CARE

For 24/7 access

See a doctor 24/7/365 with virtual care services. You will usually get an appointment in an hour or less, anytime, day or night.

So, whether you're at home, at work or on vacation, and you can't see your doctor, a board-certified doctor will treat you by phone or online video chat for minor, nonemergency conditions such as cold and flu symptoms, nausea and vomiting, sore throats, earaches or sinus pain.







# 24-HOUR HEALTH INFORMATION LINE

Call to speak with a trained nurse who is ready to provide information and help answer your health questions. This toll-free number is printed on the back of your Cigna ID card.

Get information to help you decide where and when you should get treatment.

If you need general health information or have a specific health concern.

You can also listen to hundreds of podcasts anytime to help you stay informed about your health.

Select a topic and download podcasts to your mobile device\* or listen via live-stream on your computer via [myCigna.com](https://myCigna.com).

\*Standard mobile phone carrier and data usage charges apply.

# One contact. Many connections.

## YOU

One-on-one sessions,  
personalized based on  
your health goals

## YOUR COACH

- Appointment reminders – email or text
- Works with a team of experts – registered dietitians, exercise physiologists, pharmacists and medical directors
- Plan resources and program referrals





# CIGNA LIFESTYLE MANAGEMENT PROGRAMS

The support you need to change your life.

- If weight, tobacco or stress is affecting your health or your ability to live an active life, it may be time to make some changes.
- Learn to manage your weight using a non-diet approach that helps you build confidence, change habits, eat healthier and become more active.
- Develop a personal quit plan to become and remain tobacco-free.
- Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job.

To learn more about our Lifestyle Management programs please call us using the number in your enrollment materials.

# CIGNA'S YOUR HEALTH FIRST® PROGRAM PROVIDES WHOLE PERSON SUPPORT – BODY AND MIND.

Cigna health coaches can help you navigate the challenges of living with chronic conditions

**Coaches are trained to support 16 common conditions** that can be impacted by behavioral change

- Asthma
- Coronary artery disease (CAD), angina, acute myocardial infarction (AMI), heart disease
- Heart failure
- Chronic obstructive pulmonary disease (COPD)
- Diabetes I and II
- Metabolic syndrome
- Peripheral arterial disease
- Low back pain
- Osteoarthritis
- Depression, anxiety, bipolar disorder

Cigna chronic care coaches are trained to:

- Provide support for co-occurring conditions
- Engage and educate through a range of online tools and evidence-based resources

## **Evidence-based health coaching**

Helps you:

- Create plans to achieve your goals
- Maintain compliance with your plan
- Adhere to medications as needed



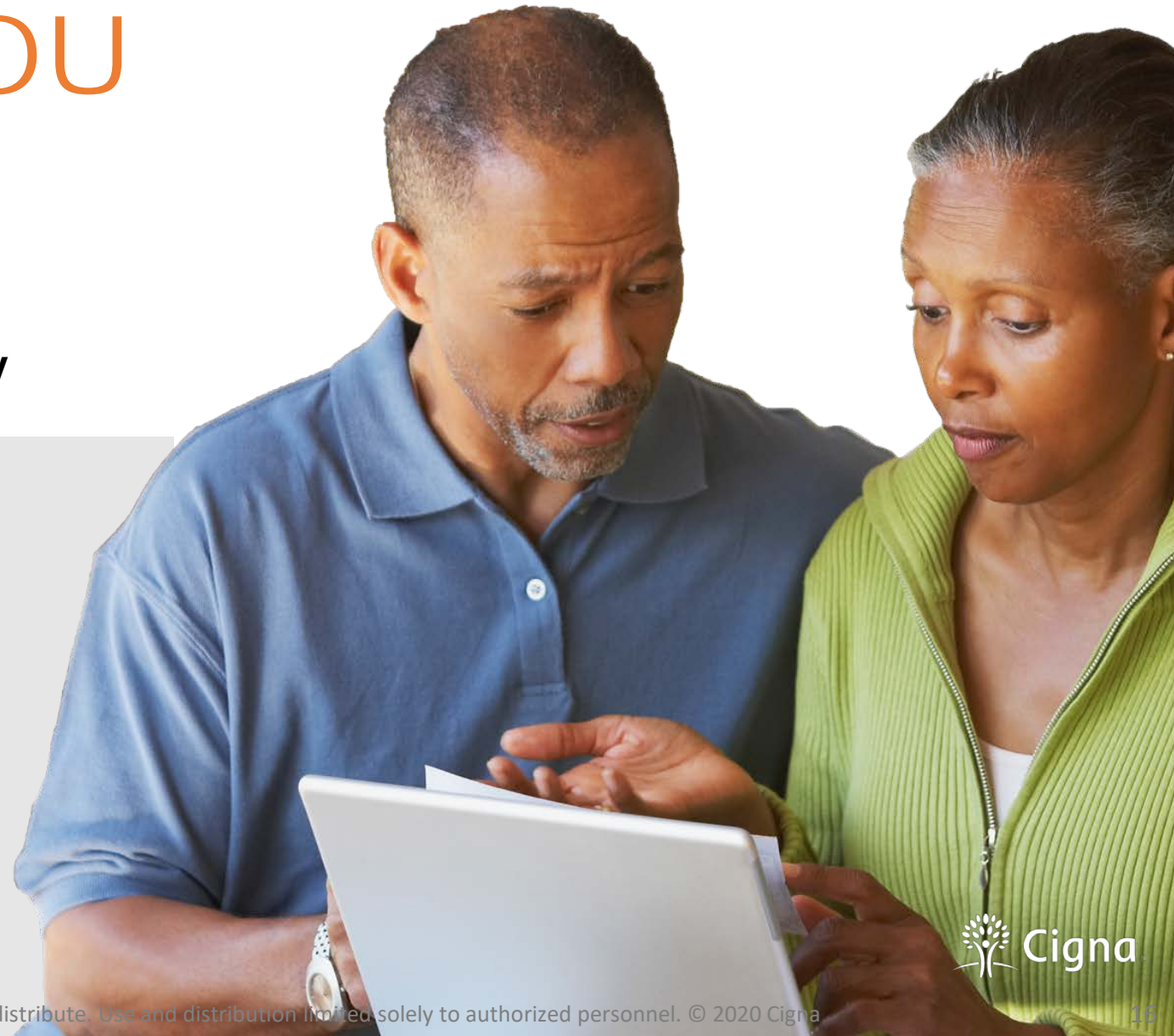
# ACCESS TO BEHAVIORAL CARE WHEN YOU NEED IT.

**Access and guidance for you and your family**

**Easy to find the right provider.** Use the myCigna<sup>®</sup> search/directory or talk with a personal guide\*

- Licensed counselors
- Nurse practitioners
- Psychologists
- EAP counselors
- Psychiatrists
- Substance use Centers of Excellence
- Specialized coaching and counselors (oncology, fertility, etc.)

\*Personal guide available with Cigna One Guide. Cigna One Guide<sup>®</sup> is available as a buy-up service with most Cigna-administered medical plans.





# HEALTHY INCENTIVES

Get rewarded for the healthy actions you take. When you achieve certain health and wellness goals, you'll automatically receive rewards.

Depending on your plan, you can earn rewards for things such as:

Taking a health  
assessment

Getting a  
biometric  
screening

Participating in a  
wellness program

Getting annual  
preventive  
screenings





# CIGNA HEALTHY REWARDS<sup>®</sup>\*

Get discounts on the health products and programs you use every day, for:

- Weight management and nutrition
- Vision and hearing care
- Daily Burn
- Fitness clubs and equipment
- Mind/body programs and equipment
- Alternative medicine
- Vitamins, and health and wellness products
- Online food delivery (MOMS)



\*Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance and you must pay the entire discounted charge.



# ENROLL WITH CIGNA AND RECEIVE A FITBIT!

- Employees who enroll in a plan administered by Cigna are eligible to receive a Fitbit Versa 3.
- Once we've verified your enrollment and you've registered on **myCigna.com**, we'll send you a link where you can order your Fitbit at no cost to you. It's that easy!



# WANT TO LEARN MORE?

**PRE EFFECTIVE:** 888.806.5042 | CIGNA.COM

**POST EFFECTIVE:** 800.244.6224 | MYCIGNA.COM

# HOW TO ACCESS?

**POST EFFECTIVE:** 800.244.6224 | MYCIGNA.COM

# Thank You







BlueCross BlueShield  
of New Mexico

# Health and Wellness Resources

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Heather Leclerc,  
*Senior Wellness Consultant*

Marlene Mier  
*Wellness Coordinator*

Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of Montana,  
Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma,  
Blue Cross and Blue Shield of Texas

Divisions of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



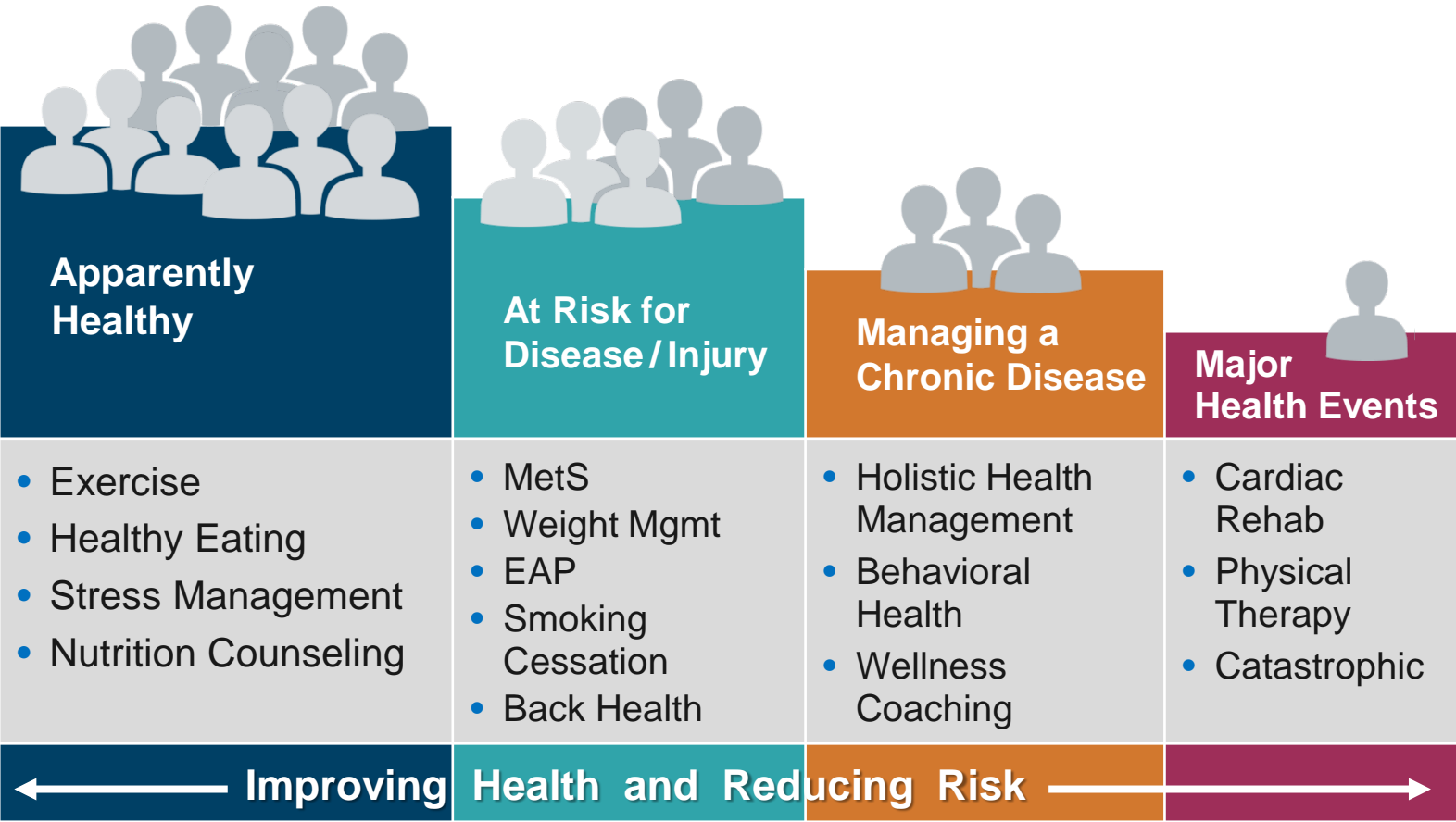


“Health is a state of complete physical, mental and social wellbeing and not merely just the absence of disease or infirmity.”

– World Health Organization 1946



# Total Population Health Management



# Well onTarget® – Our Total Wellness Solution



## MEMBER WEB PORTAL

- Well onTarget portal
- AlwaysOn mobile app
- Self-management programs
- Trackers
- Health articles
- Interactive symptom checker
- Fitness Program
- Secured messaging
- Fitness and nutrition device integration
- Personal Challenges



## ASSESSING HEALTH

- Health Assessment
- Personal Wellness Report
- Biometric screenings\*



## ENGAGING EVERYONE

- Blue Points<sup>SM</sup>
- ondemand client website
- Personalized member communications
- Blue Resource



## WORKSITE WELLNESS

- Wellness webinars and seminars\*
- Health fairs\*
- Collaborative Support for Employers through BCBSNM Wellness Consultant and Wellness Coordinator model \*

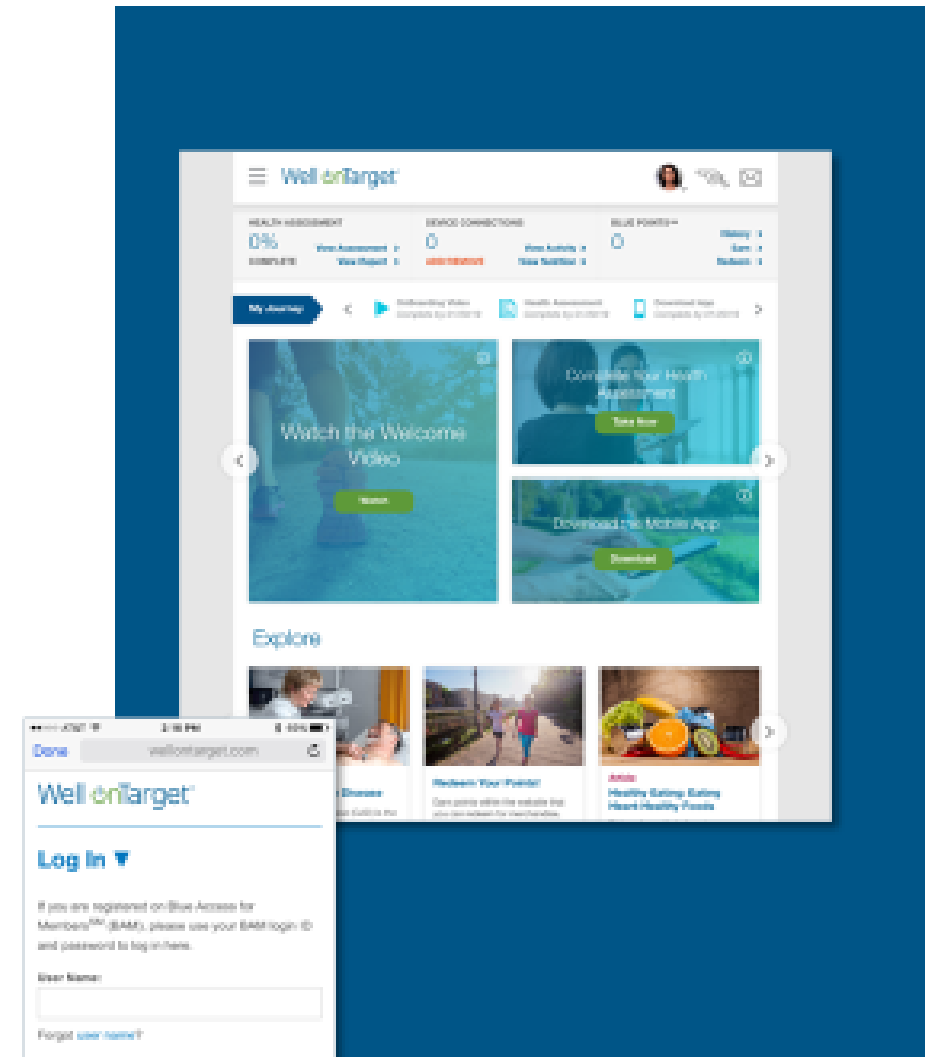
\*Buy-up dependent for ASO and FI accounts 50+

\*\*Included with Empower+ and HAS; available as a buy-up for Enable. Blue Points Program rules are subject to change without prior notice. Blue Points monetary value, once redeemed for merchandise may be considered taxable. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com) for further information.

# Member Wellness Portal

## Well onTarget® Highlights

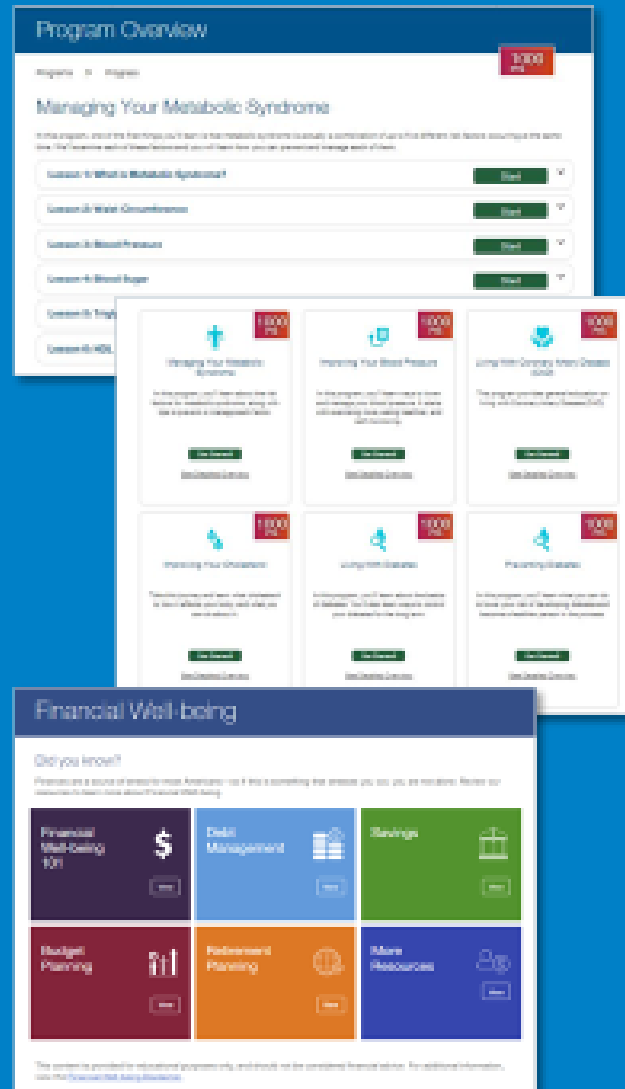
- Health Assessment
- Member dashboard
- Digital self-management programs
- Trackers and tools
- Interactive symptom checker
- Health and wellness content
- Text message alerts
- Blue Points™ rewards\*
- Fitness Program
- Tracking for fitness and nutrition and also device integration
- Personal wellness challenges



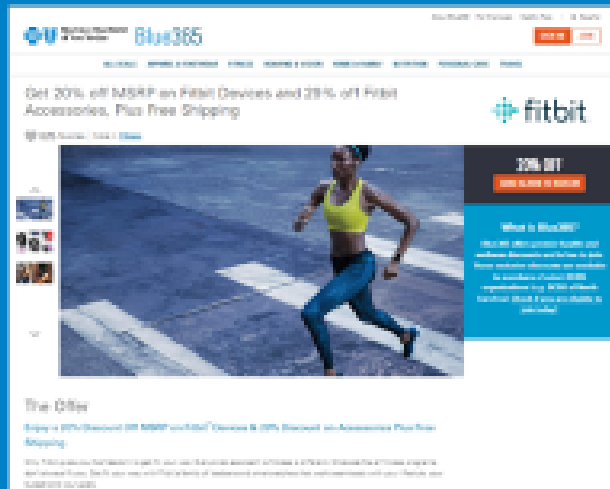
# Wellness Information, Right at Your Fingertips

## New digital self-management programs on a range of wellbeing topics

- Stress management
- Tobacco cessation
- Weight management
- Nutrition
- Physical fitness
- Blood pressure
- Dental health
- Metabolic syndrome
- Sleep health
- Diabetes
- Preventive health
- Cholesterol
- Tobacco free maintenance
- Weight maintenance
- Musculoskeletal disorders
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Maternity health
- Financial wellbeing
- Complete self-management programs

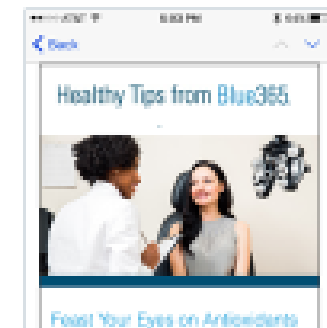


## Member discounts simply for being a BCBSNM member



## Blue365<sup>®</sup> Member Discount Program

- Exclusive health and wellness deals from national and local retailers
- Save money on gym memberships, vision exams and services, hearing aids, fitness devices and nutrition-related services
- Log in to Blue Access for Members<sup>SM</sup> and click "Member Discount Program" in Quick Links to view your available discounts and to register for weekly emails

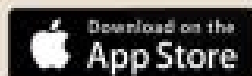


# Ovia Health



## your maternity & family benefits

Download the Ovia app that's right for you and enter your health plan name and employer to access your Ovia Health benefits



oviahealth





# The Fitness Program

- Flexible, no-excuses, budget-friendly fitness program from Tivity Health™
- Offered to members of participating Blue Cross and Blue Shield of New Mexico plans and their dependents
- Unique program designed to promote health, wellness and activity for adults 18+\*
- Access to multiple fitness locations, nationwide, where members live, work and travel; existing and potential members can search for locations by accessing the Fitness Program page through Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) or through the Well onTarget Fitness Program mobile app.
- Easy online enrollment (or by phone) plus fitness location finder
- Unique member ID assigned to each member on enrollment

\* Individuals must be 18 years old to purchase a membership. Dependents, 16 -17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.



**Multiple gyms**



**No contracts**



**Flexible Plans**

# Flexible Gym Network

A choice of gym networks to fit budgets and preferences.\*

Plan Options	Base	Core	Power	Elite
Monthly Fee	\$19	\$29	\$39	\$99
Gym* Facility Network Size	3,000	7,500	12,000	12,400
\$19 Initiation Fee				

- **Studio Class Network:** Boutique-style classes and specialty gyms are pay-as-you-go with 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount. Member pays only one enrollment fee per family.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

\* Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

## Selecting Options

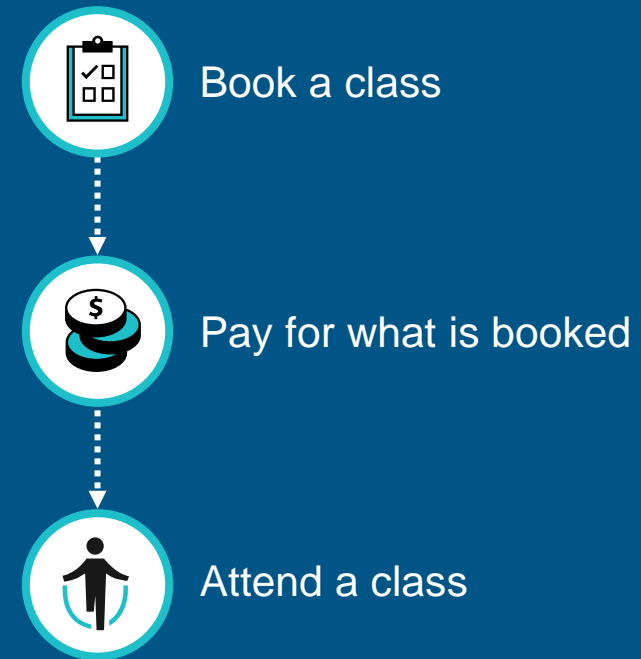
- You can select an option based on your preference. Once you pay, you'll have access to all locations within the purchased plan and those at the lower price too.
- The Elite plan will have the option to select one home elite gym and access to all other gyms.
- You have the option to change your elite home gym monthly.

# Studio Class Network

- Boutique-style classes and specialty gyms are pay-as-you-go with 30% off every 10th class.
- Easily schedule, find and pay for studio and boutique gyms near you. Choose from:
  - Yoga
  - Sports Training
  - Dance
  - Martial Arts
  - Pilates
  - Health Club Personal Training
  - Fitness Studio Wellness Center

## Studio Class Pricing

### Pay As You Go



# Make it Easy with the Mobile App

The Well onTarget® Fitness mobile app allows members to:

- Access location search, studio class registration, location check-in and activity history
- Get real time check-in/activity reporting
- Schedule studio classes
- Explore nearby locations in the Fitness network
- Track current/past studio classes
- Get easy access to membership card



- Real-time data: Provided to the mobile app and Well onTarget® portals
- Web resources: Go online to find fitness locations and track your visits

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THANK YOU

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# ACA 1095-C DOCUMENTS

## DOCUMENT

## 2020 Reporting Year

400116

Form **1095-C** **Employer-Provided Health Insurance Offer and Coverage** ☐ VOID ☐ CORRECTED **2019**  
Department of the Treasury  
Internal Revenue Service  
OMB No. 1545-2251  
▶ Do not attach to your tax return. Keep for your records.  
▶ Go to [www.irs.gov/Form1095C](https://www.irs.gov/Form1095C) for instructions and the latest information.

**Part I Employee** **Applicable Large Employer Member (Employer)**

1 Name of employee (first name, middle initial, last name)	2 Social security number (SSN)	7 Name of employer	8 Employer identification number (EIN)
3 Street address (including apartment no.)		9 Street address (including room or suite no.)	10 Contact telephone number
4 City or town	5 State or province	6 Country and ZIP or foreign postal code	11 City or town
			12 State or province
			13 Country and ZIP or foreign postal code

**Part II Employee Offer of Coverage** **Plan Start Month** (enter 2-digit number):

	All 12 Months	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
14 Offer of Coverage (enter required code)													
15 Employee Required Contribution (see instructions)	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$
16 Section 4980H Safe Harbor and Other Relief (enter code, if applicable)													

**Part III Covered Individuals**  
If Employer provided self-insured coverage, check the box and enter the information for each individual enrolled in coverage, including the employee. ☐

(a) Name of covered individual(s) First name, middle initial, last name	(b) SSN or other TIN	(c) DOB (if SSN or other TIN is not available)	(d) Covered at 12 months	(e) Months of Coverage											
				Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
17			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
18			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
19			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

➤ DEADLINE- MARCH 2, 2021



# State Agency HR-Administrators

## ➤ State Agency HR-Administrators

### ADDRESS

#### ➤ HOME Address—No Exceptions

1. Log into SHARE
2. My Homepage
3. Employee Self Service
4. Personal Details
5. Address'
6. Home Address

\*STAY TUNED\*



# Local Public Body Agency HR-Administrators

## ➤ Local Public Body Agency HR-Administrators

- ✓ Name
- ✓ Address
- ✓ Social Security Number



Employees information must match what is with the IRS



# HR-Reminders

- Open Enrollment
  - Deadline October 31, 2020









# RESOURCES

<https://www.mybenefitsnm.com>

## PRESBYTERIAN

- <https://www.phs.org/tools-resources/member/health-wellness-information/Pages/default.aspx>
- **wellness-SONM@phs.org**

## CIGNA

- <https://www.cigna.com/>
- <https://my.cigna.com>

## BLUE CROSS BLUE SHIELD

- <https://www.bcbsnm.com/sonm/wellness>