Earn points in the *HealthyBlue* Portal between July 1, 2017 and May 31, 2018 to earn credits towards your medical premium or contributions to your HSA for the 2018-19 plan year.

**Record 9 Points in the *HealthyBlue* Portal:**

Complete three action items:
- Biometric Screening (2 points)
- *My BluePrint* Health Assessment (5 points)
- One “Local Employer Activity” (2 points)

**Record 20 Points in the *HealthyBlue* Portal:**

Complete:
- Biometric Screening (2 points)
- *My BluePrint* Health Assessment (5 points)
- Your Choice of Local Employer Activities, Preventive Screenings and BlueCross BlueShield of AZ wellness activities (1 to 5 points each)

Log-in to your account at [azblue.com](http://azblue.com) and:
- Click on Health and Wellness
- Choose the link under *Healthy Starts Today* for your Personal *HealthyBlue* Home Page
- Enter all your completed activities during the year
- Use this guide for helpful information

Contact Employee Wellness: *email* pcc-wellness@pima.edu | *phone* 206-4690

Visit Employee Wellness on the Intranet: Employee Service Center, Wellness
Wellness Activities and Point Values

Employees are responsible for tracking their own activities in the HealthyBlue Portal at azblue.com.

Plan to earn 20 points by May 31 to earn the full $500 reward!

<table>
<thead>
<tr>
<th>Program Activity</th>
<th>Point Value (each)</th>
<th>Annual Max</th>
<th>Award Process</th>
</tr>
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<tbody>
<tr>
<td><strong>ASSESS</strong></td>
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</table>
| My BluePrint Health Assessment (REQUIRED)  
You will need your biometric screening results to complete this activity. | 5 | 5 | Auto |
| Biometric Screening  
Should include height/weight, blood pressure, cholesterol and glucose.  
Available through your healthcare provider and offered on-site and at local laboratories in April/May. | 2 | 2 | Affidavit (In “Other ways to earn”) |
| Annual Physical Exam | 3 | 3 | Affidavit |
| Preventive Screenings. Choose up to three:  
- Prostate Cancer Screening  
- Cervical Cancer Screening  
- Breast Cancer Screening (Mammogram)  
- Colon Cancer Screening (Colonoscopy)  
- Other Screening (vision, dental exam, vaccination or skin cancer) | 2 | 6 | Affidavit (In “Complete forms and surveys”) |
| **ENGAGE: BlueCross BlueShield Programs** | | | |
| One Percent Challenge (August 1 – 31, 2017) | 3 | 3 | Auto |
| Compassion Challenge (October 1 - November 30, 2017) | 3 | 3 | Auto |
| Declutter Challenge (February 1 – February 28, 2018) | 3 | 3 | Auto |
| Real Food Challenge (May 1 – May 31, 2018) | 3 | 3 | Auto |
| Telephonic Lifestyle Coaching | 5 | 5 | Auto |
| **LEARN: BlueCross Blue Shield Online Learning** | | | |
| Online Monthly Seminars. Choose up to six throughout the year from a new topic each month in the HealthyBlue portal Library. | 1 | 6 | Auto (Complete in the “Library”) |
| **INOLVE: PCC Employee Wellness Opportunities** | | | |
| Local Employer Activity. Choose up to four:  
- Attend a PCC Employee Wellness on-site workshop, which may be part of a series such as Prevent T2, Living Well & Stress Mastery  
- Attend a PCC Employee Wellness cooking demo  
- Attend one Diabetes Prevention and Education Center class  
- Certify you are tobacco-free  
- Complete one month of the Worksite Walking Club  
- Complete one month of the Cappa Health Diabetes Prevention Prog.  
- Complete one PCC Employee Wellness Challenge  
- Complete three WELCOAZ on-site health coaching sessions  
- Complete an Independent Fitness Achievement Log demonstrating 8 weeks of achieving 150 or more minutes of weekly exercise | 2 | 8 | Affidavit (In “Complete forms and surveys”) |

Each Local Employer Activity is worth two points and should be recorded after completion of the program or month, or after attending the activity. You are responsible for keeping track of these throughout the year using the HealthyBlue Portal at azblue.com.

| Total Opportunity | 47 |
Blue Cross Blue Shield Programs
Register for coaching or challenges through the HealthyBlue Portal. Points will be automatically awarded after meeting the program requirements.

Telephonic Lifestyle Coaching pairs you with a coach who works with you over the phone as you work towards achieving your health goal. Coaching programs typically last 5 to 6 sessions. Coaching is worth 5 points.

Challenges help you practice specific healthy living action steps while you learn and track your progress online. Registration and tracking is completed in the portal and points are automatically awarded when the program goal is met. Each BlueCross BlueShield Challenge is worth 3 points. You may complete all four challenges for a total of 12 points.

One Percent Challenge Aug
Challenge yourself to move your body and break a sweat for 14 minutes a day at least 18 days this month.

Compassion Challenge Oct/Nov
Challenge yourself to find 90 minutes to practice compassion by giving back to your community and serving others.

Declutter Challenge Feb
Donate, recycle, give away, or throw away 21 things this month that are no longer useful or meaningful to you.

Real Food Challenge May
To get involved in this nutrition focused challenge, change your eating habits to include real, whole foods and avoid processed, less healthy options.

PCC Employee Wellness “Local Employer Activity” Activities and Challenges
All Local Employer Activities are worth 2 points each. You may complete up to four Local Employer Activities for a total of 8 points annually. Please visit Employee Wellness on the PCC Intranet for additional program descriptions and registration.

On-site Workshops: Various topics offered at multiple locations each month plus workshop series offered throughout the year. Series include Prevent T2 Diabetes Prevention, 3-part Stress Mastery and 6-part Living Well with Chronic Conditions.

On-Site Cooking Demos: Scheduled for multiple sites in both the fall and spring semesters.

Worksite Walking Club: Register to walk with a group, a buddy or on your own, log at least 12 worksite walks in a month.

Cappa Health 360/Diabetes Prevention Program: Complete one month of weekly modules with activity, weight and food tracking as part of this year-long program. New series to begin in Sept. and Feb.

Independent Fitness Achievement: Employees who exercise regularly on their own who don’t want to join a Challenge may record and submit their own log and receive points when achieving at least 150 minutes each week for eight weeks. May be completed multiple times during the year. Cannot be combined with participation in a fitness challenge.

WELCOAZ Health Coaching: Meet with an on-site coach for three sessions to work on a personal health goal. Sites vary. May be completed multiple times.

Diabetes Prevention and Education Center Class: Attend any workshop or cooking demo at this community center and obtain a signature on a Pima Healthy Rewards attendance form. Center located at Ajo/Country Club with many evening options.

Tobacco-Free Affidavit: If you have been tobacco, nicotine & smoke-free for at least six-months and plan to stay tobacco-free, certify this as an activity in the portal. This activity may be completed each plan year. Use the current date for the activity date.

Scheduled Challenges:
Fitness Challenges Quarterly
8-week team or individual challenge to exercise and record activities with an achievement goal of 150 weekly minutes.

July-Aug: Firecracker Challenge
Sept-Nov: Fall Challenge
Jan-Mar: Winter Challenge
Mar-May: Spring Challenge

Stress & Resilience Challenge Sept-Nov
8-week on-line and booklet based challenge to learn about and practice stress management and resilience building strategies.

Walktober Challenge Oct
One month of step tracking to achieve 10,000 daily steps.
PCC Employee Wellness: Scheduled Challenges, continued

**Maintain Don't Gain Challenge Nov-Jan**
Weigh-in before Thanksgiving and work to maintain your weight through the holidays.

**6% Healthy Body Weight Challenge Jan-May**
Work on your own or with a coach to lose 6% of your body weight or maintain a healthy BMI.

**Mindfulness Challenge Jan-Feb**
Learn how you can be more mindful to enhance your overall well-being and practice mindfulness activities while you report in on your progress.

**Healthy Blood Pressure Challenge Feb-Apr**
Measure your numbers regularly as you learn and practice strategies to reduce hypertension or maintain a healthy blood pressure.

**Eat Right for Life On the Go Challenge Mar-Apr**
Using a copy of the “On the Go” Guide, you'll learn how to make healthy food choices all month long, then you’ll practice and record specific action items.

**Step Into Spring Challenge Mar-Apr**
Track your daily steps to work towards the recommended 10,000 daily steps.

**“Complete Anytime” Programs**
Using a book and activity log or online portal for guidance, these programs may be started anytime and completed according to the individual program’s schedule. Visit the Intranet for more offerings throughout the year.

- Available July 1:
  - 8-Week Fiscally Fit Challenge
  - 5-Week Eat Right for Life Challenge

Tracking Your Points
You will be able to track your points as they are earned throughout the year on your personal HealthyBlue Portal. Be sure to earn and record your points before the May 31 deadline. You do not need to submit anything to the ESC - just complete and record all required items in the portal.

Your 2018 Rewards
In June of 2018, the Employee Service Center will provide you an email confirmation of your total reward amount for the 2018-2019 medical plan. If you earn the full 20 points including the Health Assessment completion earlier, you may receive confirmation earlier than June.

Frequently Asked Questions
A complete list of FAQ’s and answers is available on the Intranet. You may also contact Employee Wellness directly with any questions throughout the year: email pcc-wellness@pima.edu or phone (520) 206-4690.

The Pima Healthy Rewards Program is designed to promote health and prevent disease by helping you learn more about your personal health while providing action steps you can take towards health improvement and prevention. The program ultimately rewards you for taking an active role in your health and well-being.

The MyBluePrint Health Assessment includes questions about your dietary and lifestyle habits in addition to your cholesterol, blood pressure, glucose or A1c and height and weight data. If you obtain a biometric screening, this information is typically collected. BlueCross BlueShield of Arizona and its wellness partner Alere Health (also known as Optum) use the collected information to provide you with a customized wellness report and programming and to connect you with a health coach or case manager should you choose to participate in any follow-up programming. BCBSAZ also provides the College with aggregate reports in order to offer appropriate health and wellness programming. Your individual health information is kept confidential and is never shared with the College or an outside entity. The College only receives individually-identifiable reports on Local Employer Activity and point completion in order to verify credits are appropriately earned.

All entities are bound to the strictest privacy regulations including HIPAA, ADA and GINA. Please review the Notice Regarding Wellness Program, including Protections from Disclosure of Medical Information on the Intranet for additional information.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Pima Community College is an equal opportunity, affirmative action employer and educational institution committed to excellence through diversity. Upon request, reasonable accommodations will be made for individuals with disabilities. Every effort will be made to provide reasonable accommodations in a timely manner. For public and employee accommodation requests, as well as information related to the ADA complaint process, contact the College ADA Coordinator at 520-206-4539 or 4905C E. Broadway Blvd., Tucson, AZ 85709-1130.