



WELLNESS PROGRAM FAQ

NBOE Cares about you! That's why we launched **NBOE Well**.

- You perform at your best when your health is in check. The 2022 wellness goal is to encourage you to connect with your primary care physician (PCP) to help you discover and manage any medical conditions you may have.
- Based on data from recent claims, NBOE has been able to identify key targets that should be in the wellness program:
 - Visiting your PCP and
 - Managing your medical health conditions

Who can participate in the **NBOE Well** program?

All employees enrolled in Aetna's medical plan are eligible to participate (see below for exceptions), however, we encourage all employees to stay up to date with your annual exams and health screenings.

Where is the best place to locate all NBOE Well program information?

Visit [HRConnection.com](https://hrconnection.com) with guest code "NBOE" and navigate to the Healthy Actions tab to access all wellness related information.

What are some health areas of focus for our organization?

Conditions that rate above acceptable standards:

- High Blood Pressure
- High Cholesterol
- Diabetes

Services that are not being used enough:

- Preventive office visits
- Physician visits



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Conditions that are not being properly managed:

- Chronic diseases (diabetes and heart disease)
- Undiagnosed Cancers

Why Preventive Care?

- You get one body, and you want to keep it moving. Getting older shouldn't mean you stop. One of the best ways to stay on the move is with preventive health care.
- Understand the difference between preventive care and diagnostic services.
 - Don't let cost keep you from having these tests.
 - Under the Affordable Care Act (ACA), you can get certain preventive health care services, covered at 100%, without any cost to you.
 - Diagnostic (non-preventive) services are also covered, but you may have to pay a copayment, coinsurance or deductible.

What is Preventive Care?

General Preventive Care

- Wellness exam
 - Blood pressure
 - Blood work
- Depression screening
- Flu shot and other immunizations
- Healthy diet behavioral counseling
- Obesity screening
- Tobacco cessation screening/behavioral counseling
- Healthy diet behavioral counseling – with cardiovascular disease risk factors

Age & Gender Preventive Care

- Colorectal cancer screenings – Beginning at age 45-75
- Mammography screening
 - 1-2 years for women over the age of 40
- Well-woman routine visit – Pap Smear women 21-65 years old



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Why Wellness?

1. Engaging with your primary care physician for an annual physical help to provide valuable information. This can help you avoid serious health conditions; help you feel better and help you better manage your health.
2. Reduce the number of unknown health risks which also reduces the likelihood of a catastrophic health event.
3. Fight rising health care costs.
4. Address lifestyle issues in a confidential and non-threatening manner.

Why PCP Engagement?

- Immediate care for you if you have high cholesterol, diabetes or high blood pressure.
- Better survival rate when cancer is detected at an earlier stage.
- Have a private discussion with your physician about how to better manage your health.
- Connect to your physician resources to:
 - Lose weight
 - Stop smoking
 - Reduce and manage stress
 - Help with substance abuse

How do I find a PCP?

Visit: <https://www.aetna.com/individuals-families/find-a-doctor.html>

What if I have already had my physical earlier in the year and want to receive the incentive?

Download your proof of visit (or EOB) from Aetna:

Step 1: Visit Aetna's website at www.Aetna.com



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Step 2: Click "Login"

- Under Member Login, click "Login" to access your Aetna account. Use the credentials that you registered with (username and password). Or create an account.

Step 3: Click "Claims & Spending"

Step 4: Clicking on "Download Claims," will download an excel document for viewing claims in an excel format

OR

Step 5: To view a specific claim, click the right arrow on that claim:

- On the right-hand side, under Review of Explanation of Benefits, click "View Summary" and then "View Explanation of Benefits." A statement will appear on screen for viewing or printing.

What other wellness offerings are available?

- [PeerFit](#)
 - Switch up your fitness routine with Peerfit: a platform that gives you access to thousands of fitness studios and gyms across the nation, all under one account. Discover your favorite workouts and immerse yourself in a community of fitness lovers. Completely personalized, powered by community, with the potential to be sponsored by your employer.
- [Teladoc](#) – 24/7 call with doctor or therapist
- [*Headspace for Educators](#)
- [AbleTo via Aetna](#)
 - eight-week program with two telephonic or video chat sessions per week. Sessions are offered to members dealing with the following examples:
 - Infertility issues, breast or prostate cancer recovery, heart issues, diabetes, digestive health issues, pain management, breathing problems, alcohol or substance use disorder, depression, anxiety or panic, postpartum depression, caregiving stress, grief or loss, and military transitions.



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- [*Employee Assistance Program \(EAP\)](#) – offer through Charles Nechtem Associates
- *While:
 - o 370+ mini-courses and 9,000+ video/audio sessions, tips, articles and exercises are based on decades of experience in neuroscience, mindfulness, emotional intelligence, positive psychology and adult learning theory
- Earn \$50 gift card by taking [SimpleSteps with Aetna](#):
 - o Take the health assessment and at least one online coaching session through the Journey Program
- [Aetna Maternity Program](#):
 - o Get help from the time you start planning a family, through your pregnancy and well after your baby is born. The program is staffed by nurses with maternity experience.
- [Aetna's Get Active Program](#): Offers individual and team challenges targeting tracking steps, exercise minutes and weight loss

*Programs available to **all** employees (you do not have to be enrolled on the medical plan)