FOCUSING ON YOU

Lasell University is pleased to offer the Healthy You wellness initiative again this year for all benefit-eligible employees and covered spouses. The University is focused on helping you reach and maintain a healthy lifestyle. Staying healthy saves you and the University money by impacting medical premiums. Based on our aggregated de-identified health claims, we know employees (and covered family members) struggle with stress and conditions impacted by lifestyle factors like diet and exercise. This year’s Healthy You program is designed to help with those areas.

INCENTIVE

Lasell University will award the incentives below to those who complete the program steps between October 1, 2019 and September 30, 2020.

+ Tufts Health Plan members earn $250
+ Enrolled Tufts Health Plan spouses earn $250
+ Non-Tufts Health Plan members earn $100

3 EASY STEPS TO GET YOUR $$$

Step 1: Log into the Healthy You Online Portal

Tufts Health Plan Members
1. Go to mytuftshealthplan.com
2. If you have an account, log in.
3. If you don’t have an account:
   + Choose ‘Register here,’ and enter the requested information to create one.
   + Log in.
4. Once you’re in the secure member portal, click ‘Start Living a Healthy Lifestyle’ under ‘Explore Health & Wellness Resources’

Non-Plan Members
1. Go to tuftshealthplanwellness.com
2. If you have an account, log in.
3. If you don’t have an account:
   + Click "Sign Up" in the upper right corner.
   + In the registration dropdown box select ‘with a Keycode,’ and click register.
   + Enter your keycode: THPLC17
   + Click validate.

*If you need assistance, please call Member Services at 800.462.0224

*If you need assistance logging in as a non-member, please call 866.201.7919, option 7
Step 2: Complete 3 activities to earn 75 credits

Once inside the Healthy You Online Portal, complete 3 of the available activities between 10/1/19 – 9/30/2020 to earn 75 credits. Each activity is worth 25 credits. The activities available on the portal are:

**Wellbeing Assessment**
Complete this 15-minute online assessment to receive personalized feedback about your wellbeing. For best results, have your biometric information handy from your last physical (cholesterol, blood pressure, blood glucose, triglycerides, HDL, and LDL). You automatically receive credit for completing this activity.

**Wellbeing Webinar**
Watch a 15-30 minute wellbeing webinar at your convenience. Topics include better sleep, stress management, financial wellbeing, and more! You can watch as many as you’d like. Credit for this activity can be earned once. Credit registers up to 4 weeks after completing this activity.

**Physical Activity Challenge**
Participate in this quarterly challenge to get and stay active. Walking, running, aerobics, swimming, etc – it all counts! Log your activity or sync a fitness tracking device, and reach the goal for the quarter to receive credit automatically. Participate as many quarters as you’d like. Credit for this activity can be earned once.

**Lifestyle Coaching***
Work one-on-one with a health coach via phone or web. For 6 months you’ll have unlimited access to a coach to work on goals such as losing weight, eating better, getting more exercise, quitting tobacco, or dealing with stress. Once you enroll in Lifestyle Coaching and complete the initial assessment, you’ll automatically receive credit.

*Available to Tufts Health Plan Members only.

**Online Videos**
Learn about a new health topic by watching a 15-minute on-demand video and automatically receive credit. A new topic is released each month. Watch as many as you’d like. Credit for this activity can be earned once.

**Virtual Coaching**
Reach your health goals working at your own pace. Set goals, and take action to improve your diet, manage stress, get more active and more!

Step 3: Receive your $$

You’ve completed 3 activities on the portal, and your credits now display as 75. Congratulations! What happens next? In a few weeks you will receive an email containing your $5 incentive in the form of a VISA gift card. Watch for the subject line Your Lasell University Healthy You Incentive is Here from the sender donotreply@vcdelivery.com. Add this email address to your contacts, so the email doesn’t get caught in your spam filters.

**Please note this money is taxable, as required by the IRS.**