



NOVEMBER 2020 – SEPTEMBER 2021

GET HEALTHY

Lasell University is pleased to offer the Healthy You wellness initiative again this year for all benefits-eligible employees and covered spouses. In light of the COVID-19 pandemic, it is particularly important to focus on your well-being. For up-to-date tools and resources to help navigate this stressful time, Tufts Health Plan members should visit <https://tuftshealthplan.com/covid-19/member/latest-updates>.

GET REWARDED

Lasell University will award the incentives below to those who complete the program steps between November 1, 2020 and September 30, 2021.

- + 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. Log into mytuftshealthplan.com. If you don't have an account, choose 'Register here' to create one.
2. Once logged in, click 'Start Living a Healthy Lifestyle' under 'Explore Health & Wellness Resources'

OR

1. Log into the Tufts Health Plan mobile app.
2. Click 'More'
3. Select 'Health & Wellness' and choose 'Start Living a Healthy Lifestyle'

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

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 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 11/1/20 – 9/30/2021 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 cholesterol, blood pressure, blood glucose, triglycerides, HDL, and LDL handy.

Physical Activity Challenge

Participate in this quarterly challenge to get and stay active. Log your activity or sync a fitness tracking device and reach the goal for the quarter to receive credit.

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.

edHEALTH Walking Challenge

You'll receive details on how to register for this annual tradition in the Spring of 2021. Accumulate 140,000 steps by the end of the 4-week challenge to receive credit toward your Healthy You incentive. Credit registers up to 4 weeks after the challenge ends.

Lifestyle Coaching*

Work with a health coach via phone or web to improve your diet, activity, stress and more! Enroll in Lifestyle Coaching and complete the initial assessment to receive credit.

**Available to Tufts Health Plan Members only.*

Wellbeing Webinar

Watch a 15-30 minute on-demand webinar about a variety of well-being topics. Credit registers up to 4 weeks after completing this activity.

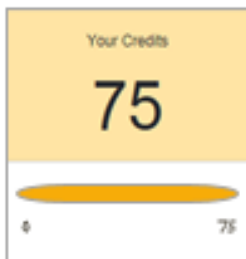
Virtual Coaching

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! In a few weeks you'll receive an email containing your \$\$ 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** or **Vanilla eReward**. Add this email address to your contacts, so the email doesn't get caught in your spam filters.

For FAQ regarding your gift card, visit <https://vanillaereward.com/faq>



Your Lasell University Healthy You Incentive is Here

donotreply@vcdelivery.com to: Laser TEST Pride

"donotreply@vcdelivery.com" <donotreply@vcdelivery.com>

◆ "Laser TEST Pride" [REDACTED]

Please respond to "donotreply@vcdelivery.com" <donotreply@vcdelivery.com>

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