



## 2012 Wellness Discount

To receive the \$30 wellness discount on your health insurance premium, you must attend at least one wellness class between Jan. 1 and Dec. 31, 2012. (This is in addition to having participated in the biometric screening in September, filling out the BCBSNC Health Risk Assessment between Jan. 1 and March 31 2012, and getting a physical exam during 2012.) Classes are available through the city or online through the Blue Cross Blue Shield NC website. **Class attendance must be documented to receive the discount.**

### For City of Winston-Salem 2012 Holistic Wellness Classes

#### Employees:

- Go to the Employee Center Page. Click on **LifeSmart** to see a monthly calendar of classes.
- Pre-register by sending an e-mail to [mistym@cityofws.org](mailto:mistym@cityofws.org) or calling 748-3863.
- To receive credit, sign in at the class with your full name, employee number and department.

#### Retirees:

- Go to [www.cityofws.org](http://www.cityofws.org). Click on **Most Requested**, then select **Retiree Center** from the drop-down menu to view a monthly calendar of classes.
- Pre-register by sending an e-mail to [mistym@cityofws.org](mailto:mistym@cityofws.org) or calling 748-3863.
- To receive credit, sign in at the class with your full name, date of birth and "Retiree."

### For Classes Taken Online from Blue Cross and Blue Shield of North Carolina

- Follow the directions on the back of this flier.
- BCBSNC will send a monthly report of each employee/retiree who enrolled in Member Health Partnerships or in On-Line Healthy Living-Healthy Conversations
- No further documentation is necessary

### For Classes Taken Elsewhere (including but not limited to Community Colleges, Recreation Centers, Churches, the YMCA & YWCA, and BestHealth at Hanes Mall)

- Send a copy of a Certificate of Completion via interdepartmental mail to Jennifer Moore, Employee Medical Services or [jennifem@cityofws.org](mailto:jennifem@cityofws.org)
- If no certificates are issued, ask the instructor to send an email to [jennifem@cityofws.org](mailto:jennifem@cityofws.org) to confirm your participation.

#### SAMPLE TOPICS FOR QUALIFYING HEALTH & WELLNESS CLASSES

- Cooking Classes/Nutrition
- Weight Watchers
- Safety @ Work-Home-Vehicle
- Financial Wellness
- Learn a New Hobby for Relaxation
- Yoga/Zumba
- Heart Health/Stroke/Diabetes
- Juggling Work & Personal Life
- Self Discovery
- Relationships and Personality
- Men's Health /Women's Wellness
- Alternative Medicine
- Health & Spirituality
- Self-Esteem and Body Image
- Overcoming Cancer
- Stress Management and Resilience
- Tobacco Cessation
- Violence Prevention

# How to Participate in Online Health & Wellness Classes Offered by Blue Cross Blue Shield

## Online Wellness Courses

- Go to **www.bcbsnc.com** and log in. (If you do not have a log in, register for member services.)
- Look under **Supporting Your Health** and click on **Explore All Wellness Programs**.
- Under **Taking Care of Yourself**, click on any of these topics:
  - Asthma
  - Diabetes
  - Heart Disease
  - Hear Failure
  - Migrains
  - Fibromyalgia
  - Pregnancy
  - High Blood Pressure/Cholesterol
  - Weight Management
  - Stress Management
  - Quitting Smoking
- Enroll in **Member Health Partnerships** and participate in the program.
- BCBSNC sends the City a report to verify your participation.

## Online Healthy Conversations Programs

- Go to **www.bcbsnc.com** and log in. (If you do not have a log in, register for member services.)
- Look under **Supporting Your Health** and click on **Explore All Wellness Programs**.
- Under **Online Healthy Living**, click on **Healthy Conversations**.
- Read the disclaimer concerning health information and click the **I Understand** box.
- Click on the **Healthy Living** tab and select one of these Healthy Conversations topics:
  - Getting Active
  - Healthy Eating
  - Healthy Weight
  - Healthy Thinking
  - Quitting Smoking
  - Sleeping Well
  - Dealing with Low Back Pain
- Participate in the program.
- BCBSNC sends the City a report to verify your participation.