

## TRACK YOUR SUCCESS WITH HEALTHGRAM TRAX

SouthCoast Health encourages a healthy and active lifestyle as part of the wellness initiative. Continuing this year, SouthCoast has partnered with Healthgram to provide a Wellness Reward system with incentive options to reward those who are living a healthy and active lifestyle. Participants will have an opportunity to earn additional Health Savings Account (HSA) dollars by participating in the program outlined below.

Healthgram will be able to track all completed requirements through an online checklist called Healthgram Trax. Participants will be able to access Trax by logging onto [members.healthgram.com](http://members.healthgram.com). All mandatory requirements have to be met to earn points towards HSA rewards.

The incentive points translate to the amount of HSA dollars you can earn. The incentives and earned HSA dollars apply to plan members only and will be loaded as you achieve points monthly. Contributions will be made in \$100 increments for a maximum possible contribution of \$500.

100 – 199 points = **\$100 HSA Contribution**  
 200 – 299 points = **\$200 HSA Contribution**  
 300 – 399 points = **\$300 HSA Contribution**  
 400 – 499 points = **\$400 HSA Contribution**  
 500 points = **\$500 HSA Contribution**

### HOW TO ACCESS HEALTHTRAX

Conveniently located within your Healthgram member portal, this tool allows you to monitor your participation in the SouthCoast Wellness Program through a simple points system and help you reach your goals. From your Healthgram Trax dashboard you can review your points, see what modules you still need to fulfill, and what modules you have submitted to HR to earn more points.

**HealthTrax** YOU ARE HERE: [Members](#) / [Dashboard](#)

**2016 SouthCoast HealthTrax**

If you are unable to achieve the standards for the reward under this program, we will work with you and your Primary Care Physician to develop another way to qualify for the reward. Contact HR for more information.

**Completed Modules**  
525 points earned, 2/2 required modules completed

100%  
75%  
50%  
25%  
0%

Required Participation Member  
Member Complete: 19%

**REQUIRED MODULES**

- Health Risk Assessment** 50 Points  
You must complete the online Health questionnaire to receive points  
[View Results](#)
- Wellness Agreement** 50 Points  
must sign online wellness agreement  
[View Agreement](#)

**MEMBER MODULES**

- Approved Fitness Device (Fitbit/Jawbone)** 75 Points  
Submit three consecutive months of activity to HR to receive points
- Connect with Healthgram Health Coach** 75 Points  
Complete a minimum of 4 calls with the telephonic Health Coach in order to receive points
- Fitness Workshop** 75 Points  
Participate in a fitness workshop (such as Zumba®) and submit proof of participation to HR to receive points

**PARTICIPATION MODULES**

- Edugame: Eating Healthy on a Budget** 20 Points  
must take this Edugame in order to receive points
- Edugame: Fitting Activity in Busy Schedule** 20 Points  
must take this Edugame in order to receive points
- Edugame: Heart Healthy Diet** 20 Points  
must take this Edugame in order to receive points
- Edugame: Maintaining a Healthy Weight** 20 Points  
must take this Edugame in order to receive points
- Edugame: Physical Activity** 20 Points  
must take this Edugame in order to receive points
- Physical** 50 Points  
You must be compliant on your physical exam to receive points
- Prevention Management** 100 Points  
You must be compliant on all Prevention Management (Age and Gender Recommended Screenings) based on AMA guidelines  
[View PM Indicators](#)

**GYM MEMBERSHIP**

- Gym Membership** 75 Points  
Submit proof of gym membership enrollment to HR to receive points

From either the Dashboard or Health Trackers page, you will be able to access your HealthTrax program. From here, you can view the modules required for your program (1), and track submitted data to HR to work towards your total points (2).

## PROGRAM OUTLINE

MODULE	POINTS	MANDATORY/ OPTIONAL	REPORT METHOD
Health Risk Assessment	25	Mandatory	Complete annual Health Risk Assessment in your online member portal
Wellness Agreement	25	Mandatory	Submit electronic signature in your online member portal
Connect with Healthgram Health Coach	150	Optional	Complete a minimum of 3 calls with the telephonic Health Coach in order to receive points*
Compliant with Preventive Screenings	125	Optional	You must be compliant on Prevention Management (Age and Gender Recommended Screenings) based on AMA guidelines. Reported through claims
Physical	75	Optional	You must be compliant on your physical exam to receive points
Organized Run/Walk	75	Optional	Must complete a 5K or Organized Race and submit proof to HR to receive points; up to 5 events (Virtual 5k allowed)
Participation in a weight management program	50	Optional	Submit Weight Management Program participation to HR to receive points
Tobacco Cessation Program	50	Optional	Current tobacco users may participate; submit proof of completion to HR in order to receive points
Gym membership	25	Optional	Submit proof of gym membership to HR to receive points
Fitness Workshop	75	Optional	Participate in a fitness workshop (such as Zumbathon) and submit proof of participation to HR to receive points
Weekly Fitness Classes	75	Optional	Participate in a minimum of 5 weekly fitness classes and submit proof of participation to HR to receive points
Quarterly Step Goal	100	Optional	Sync your device with Healthgram Trax to track activity. Achieve an <u>average</u> of 3,000 steps per day to receive points each quarter. May submit documentation to HR if device not supported by Healthtrax.
Lunch and Learn/HR sponsored event	50	Optional	See HR for events and participation details to include financial fitness events; up to 4 events
Annual Flu Shot	75	Optional	Submit proof to HR to receive points
COVID-19 Vaccination	100	Optional	Submit proof to HR to receive points (must show both doses for Pfizer and Moderna).
Edugame: Heart Healthy 101	20	Optional	Complete Edugames in your online member portal
Edugame: Healthy Sleep Habits	20	Optional	Complete Edugames in your online member portal
Edugame: Mental Health	20	Optional	Complete Edugames in your online member portal
Edugame: Stress Management	20	Optional	Complete Edugames in your online member portal
Edugame: Managing High Blood Pressure	20	Optional	Complete Edugames in your online member portal
* You may contact the Health Coaches via email or phone (please provide full name, employer [SouthCoast], and best day/time to be contacted): <a href="mailto:healthcoach@healthgram.com">healthcoach@healthgram.com</a> and 704-944-6200			

**Total Points Required for Maximum Incentive: 500**