

# Personal Program Requirements

## Your Health Status is: **CHRONIC CONDITION (eCoaching)**

You have been identified with a condition that qualifies you for the eCoaching program in 2021. Follow these steps to earn the best discount on your medical plan for 2022. Up to 30%.

### What does it mean if your health status says “Chronic Condition”?

You’ve been identified with at least one of the chronic conditions listed below (but may not have all of them):

View the dashboard on your Healthy Choice portal to learn which conditions apply to you. You’ll need to join and participate in eCoaching, and meet the goals that are set just for you. It’s really important to write down your goals and set reminders for yourself throughout the program.

 Weight (BMI at or above 27)

 Hyperlipidemia (High Cholesterol)

 Nicotine/Tobacco use

#### How do I earn full credit?

To earn full credit, you must enroll by Mar. 31, 2021 and meet all the goals that are set for you by Sept. 30, 2021.

- Enroll in eCoaching no later than Mar. 31, 2021.
  - Click the link on your portal dashboard to enroll. Next, make sure to respond to the welcome email from your Health Coach.
- Actively participate in eCoaching for a minimum of six months.
  - Send your Health Coach an email update at least once per week for at least 20 weeks throughout the program.\*
- Meet all the goals that were set for you and submit your final results no later than Sept. 30, 2021.

#### How do I earn partial credit?

Members may be eligible for partial credit if they actively participate but don’t meet all the criteria to earn full credit. You could earn partial credit in two ways:

- Enroll by June 30, 2021.
- Send your Health Coach an email update at least once per week for at least 12 weeks throughout the program.\*
- Meet all the goals that are set for you by Sept. 30, 2021.  
—OR—
- Enroll by Mar. 31, 2021.
- Send your Health Coach an email update at least once per week for at least 20 weeks throughout the program.\*
- Maintain or lower your starting weight or LDL level by Sept. 30, 2021.

It is your responsibility to complete all your goals and submit results, by email, to your Health Coach by the deadline.

\* You may email your Health Coach several times during the week, but only one email each week will be counted for participation credit.

*continued*

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### Guidelines for setting goals

Your Health Coach will set realistic, personalized goals for each condition that is identified for you, including some educational goals as you work together throughout the program.

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#### **Weight Management**

Your weight loss goal will be based on your starting BMI (Body Mass Index).

- **Weight Loss Goal Guidelines:**

**Goal:** Lose 1 BMI point or reach a BMI less than 27

**NOTE:** *If your final weight is above your starting weight, or you do not report a final weight, you will get no credit for participating in the Weight Management program.*

**NOTE:** *Some members with a higher muscle mass may be eligible to complete a Body Fat Analysis if the BMI is not an accurate measurement of body composition. If you do not agree with your weight diagnosis, you must contact the health plan to request an appeal before you can start participating. If you're already enrolled in eCoaching, contact your Health Coach to make this request.*

#### **Weight Management for Pregnant Moms:**

Pregnancy changes your program requirements. Contact your Health Coach for information and updates.

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#### **Hyperlipidemia (High Cholesterol)**

Your Health Coach will work with you to establish an LDL goal.

- **LDL Goal Guidelines:** Annual LDL at or below 130

**NOTE:** *If your LDL reading is above your starting LDL, or you do not report a final LDL, you will get no credit for the program.*

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#### **Nicotine/Tobacco use**

Your Health Coach will work with you to establish a plan to quit using nicotine/tobacco.

#### **Goal Guidelines:**

- To be eligible for full credit you must participate for a minimum of three months and submit a negative cotinine test by Sept. 30 to verify that you quit nicotine/tobacco.
- To be eligible for partial credit you must participate for a minimum of three months by Sept. 30.

If you believe these guidelines don't apply to you, or if you have other questions about eCoaching, contact your Health Coach.

Questions? Call **216.448.2247** (option 2) or toll-free at **1.877.688.2247** (option 2)

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