



Benefit News

January 2020



New Year Opportunity to Start Fresh!



Looking for an affordable weight management program? Real Appeal is a simple, step-by-step program designed to introduce small changes over time that lead to healthier habits and long lasting weight loss. *The program is offered FREE to all eligible School District U-46 employees, spouses and dependents 18 and older on our UnitedHealthcare insurance with a body mass index (BMI) of 23 or higher.*

Real Appeal comes with a number of **complimentary** tools and resources including a personal transformation coach, a success kit, online resources and an app for your phone.



Get started on this FREE program today by registering at this [site](#) or calling 844-344-7325. If you were enrolled in prior years you may participate again this year. Those who enroll and complete at least 9 coaching sessions in 2020 will earn 30% credit towards their 2020 wellness incentive. Completion will be tracked in Rally.

We Value Your Feedback – [Take the Survey!](#)

Tell us what you think. The District’s health benefit plan is managed by the Health Care Committee, comprised of representatives from administration and the District’s collective bargaining units. Each year, feedback from plan participants is requested about what is working, what needs to be improved or reviewed...share your thoughts by taking a brief survey by January 15th, looking back at the 2019 plan year by clicking [here](#).

Wellness Corner

January is **Take Care of Your Health** month. United Healthcare offers the following resources:

- [Recording – The Basic 8: Self Care Priorities for Managing Chronic Health Conditions](#)
- [Interactive Preventive Care Portal](#)
- [Preventive Care Guidelines for Children and Adults \(English\)](#)
- [Preventive Care Guidelines for Children and Adults \(Spanish\)](#)

ID Cards

Only people who changed plans received new health plan ID cards for 2020. If you kept the same plan, last year’s cards are still valid. You may login at any time to www.myuhc.com to request new cards and print off a temporary card. Remember - dependent names should be listed on medical ID cards, but are NOT listed on dental ID cards (even if you have family dental coverage).

Health Savings Accounts (HSA)

Employees enrolled in the Silver+HSA and the Gold+HSA High Deductible Health Plans enjoy the benefits of a Health Savings Account (“HSA”). If you did not receive a debit card linked to your HSA yet, call Optum Bank at (866) 234-8913. And remember to follow these steps:

- ❑ **Educate** Learn more about how your new health plan works with your HSA – watch quick [2-minute videos](#) and attend an educational [webinar](#) with a helpful Q&A session to get all of your questions answered.
- ❑ **Monitor** Register on www.optumbank.com to view your balance and transaction history.
- ❑ **Contribute** Employees are encouraged to make pre-tax contributions to their own HSA’s. You can start, stop or change how much you contribute anytime by emailing HR at Benefits@U-46.org.
- ❑ **Employer Contributions** Silver+HSA and Gold+HSA Participants receive the employer contribution this month. Contributions post shortly after the January 10th payroll. The amount of the employer contribution is based on your health plan and level of coverage elected:

Health Plan	Single Coverage	Family Coverage
Silver + HSA	\$480	\$960
Gold + HSA	\$600	\$1,200

Onsite Customer Service

A representative from UHC is available to meet with employees in person once a month to help resolve claim issues in Human Resources, 355 E. Chicago Street, Elgin. Email Benefits@U-46.org for an appointment at one of the upcoming meetings on **Thursday, January 16th or Thursday, February 20th, from 2:00 - 4:30 pm.**

Perkspot Discount Program

Register [here](#) for discounts on tax prep, movie tickets, [discounted theme park tickets](#) and more! Start planning that spring break escape or summer vacation now!

STRIDE Wellness Incentive Program

As announced last fall, the District's wellness program has changed for 2020. There will be a base program offering \$120 per year per employee/spouse as an incentive offered through Rally, and a separate bonus program offering \$20 in gift cards per month (\$240 per year) per employee/spouse as an incentive through the Stride Program.

What is Stride?

Stride provides incentives for taking healthy actions through daily exercise. It monitors the number of steps you take or the motion if you are cycling. The program recognizes that each person is different, so it offers a number of options to obtain the incentive reward. Stride is simple and verifies data in real-time so you earn rewards as you demonstrate healthy behaviors.

How do I get started?

Get started with Stride by logging into your Rally account and clicking on the Employer Reward Page (the first time you login to Rally in 2020, you will first be prompted to take your Health Survey). On the Rewards page under Program Activities, you will see the Stride Program listed – click on “View Details” and then “**Get Started**” to enter the activity experience.

- 1) You will be prompted to **select your daily step goal**:
 - Light – 5,000 steps
 - Moderate – 6,250 steps
 - Somewhat active – 8,750 steps
 - Active – 10,000 steps
 - Very Active – 12,500 steps
- 2) You will then be prompted to **sync your motion tracking device**. Please note that devices are required to participate in Stride. If you do not have a wearable device, you can sync with Rally mobile via your smartphone to track your steps.

If you plan on getting your “steps” in through cycling, you may want to consider the following:

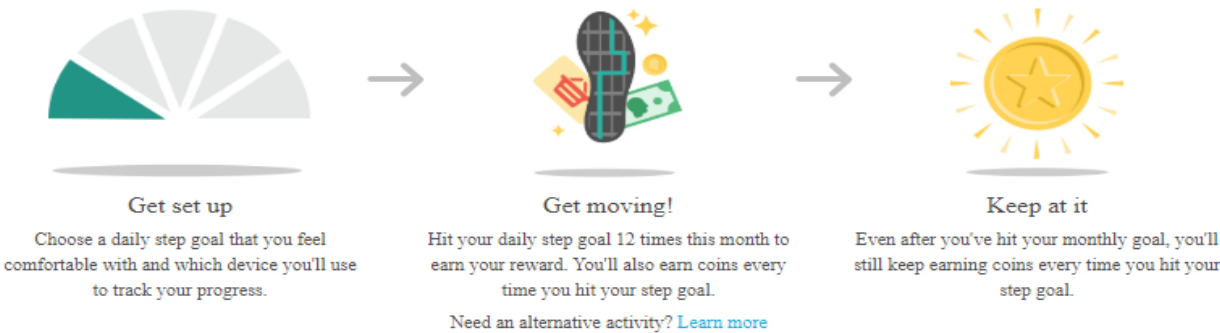
- Since a riders arm does not move as much, you may want to take your device and put in a pocket or tuck it in the leg of your bike shorts. This tracks the movement as you pedal.
- Strava is also a popular app with cyclists and available to sync with Rally. You can use the GPS feature. It will convert to the miles of the ride to an equivalent in steps for Stride.

- 3) Your last step in getting started is to confirm your experience – noting the step goal selected and the device you will be syncing with.

How does it work?

- Once you have set up the activity and launched it, you can sync your device as well as track your daily steps, your reward status and coin earnings
- You can earn the monthly incentive of \$20 once you achieve your step goal for 12 days within the month. You may “cash in” your reward for gift cards once you earn them or accumulate them during the calendar year, but you may not carry over to another calendar year.
- You will also receive Rally coins each day you check in and more Rally coins for every day you reach your daily goal, regardless of whether or not you achieve the 12 days of reaching your goal within a month.

Here's how it works:



NEED HELP?

Contact **Rally Support** 8am – 10pm CST, Monday – Friday: **(844) 334-4944**

Or online at the **Prevention and Wellbeing Consumer Support Center**
<https://helpcenter.werally.com/rally/s/contactsupport>