



*A Ministry of
Church of
the Beatitudes
United Church
of Christ*

Affiliated with:

*Duet:
Partners
in
Health & Aging*

Campus Services:

Independent Living

*Assisted Living
with
Early Memory Support*

Skilled Nursing

*Beatitudes at Home
Companion Services*

Beatitudes Home Health

*Comfort Matters
Dementia Care Education*

December 9, 2016

Dear Staff and Family Members of Team Beatitudes,

As you know, the cost of medical care and health insurance continues to rise each year more often than not. As your employer, we negotiated hard on your behalf and were able to hold or reduce your insurance premiums for the 2016-2017 plan year. This was a fabulous outcome, but if we all work together, we may be able to lower medical premiums further over the next few years.

This is where you come in. Studies estimate that 50% of medical costs are due to lifestyle choices. As a nation, the United States needs to lower cholesterol, stop smoking, wear seat belts, exercise regularly, lose weight, etc. A review of aggregate reports shared with us after past health fairs shows as an organization, many of us struggle with these same items, myself included. What if we could improve our lifestyles together? Imagine the potential savings from needing less doctor visits, prescriptions, and hospitalizations from making small changes towards healthier choices?

The senior leadership team at Beatitudes Campus is working with Blue Cross Blue Shield of Arizona (BCBSAZ), to help each of us live a healthier lifestyle. They have a program called HealthyBlue® which will give us a jump start. Many of you have already taken the first step; you attended the Beatitudes Campus Employee Health Fair on November 16, 2016 and obtained your current biometric information. Thank you!

The second step is to find out where we are now health-wise and where we need to go. Therefore, I want each employee at Beatitudes Campus to take the My BluePrintSM Health Assessment. This is an online health assessment which will take about 20 minutes to complete, which you may do on company time. BCBSAZ may give us a participant report so our HR Department will know who completed the assessment so you can receive an incentive. (Please see attached Privacy Pamphlet for more information.)

Once you've completed the assessment, the computer will give you an immediate "Wellness Score" and provide suggestions on how to improve your health. Then you can take advantage of the many tools and resources available on BCBSAZ's secure web site including the Healthy Living Programs which offer step-by-step guidance tailored to your specific needs. These programs can help you make beneficial lifestyle changes.

More Exciting News: Because I feel it is so important to get started, the Campus is offering the following incentives:

Staff and Covered Spouses/Domestic Partners:



- Complete the My BluePrint by December 18, 2016 and get a \$50 Sprouts Gift Card (from HR office) **AND** a raffle ticket for a new Apple iPad (winner drawn 12/21, just in time for the holidays!).
- Complete the My BluePrint by January 15, 2017 and get a \$50 Sprouts Gift Card (from HR office).
- Complete the My BluePrint by July 31, 2017 and get a \$25 Sprouts Gift Card.

You will be hearing about additional wellness offerings from the Campus Wellness and HR teams as well as the Blue Cross Blue Shield team through this year. I encourage you to take advantage of all the Campus has to offer to live a healthier lifestyle including the employee line salad bar, onsite discounted gym, discounted Zumba classes and much more!

All employees interested in obtaining wellness discounts on their insurance premiums next year (10/1/17 to 9/30/18), must complete all required wellness items to be eligible. Additional items may be required, but at the minimum they include:

- Obtain biometric information (glucose, cholesterol, etc.) from your physician or use the health fair data;
- Enter biometric information in the My BluePrint assessment at www.azblue.com/healthyblue (instructions included with this letter); and,
- Complete a basic dental exam or cleaning (discounted vendor information available in HR office as well as a confirmation form).

If you have other ideas on programs the Campus can bring to help you live a healthier life, please send a note to the HR team.

Yours in good health,



Michelle Just
President & CEO