



FITlife and Healthy Lifestyles

Your University medical plan enrollment encompasses Anthem Healthy Lifestyles as part of a total integrated and comprehensive wellness solution. Anthem Healthy Lifestyles is an online health and fitness motivation program that includes nutrition trackers, activities, and preventive care information that rewards you for taking steps toward a happy and healthier lifestyle.

The wellness program will help you find a healthy lifestyle balance, while measuring your biometrics and receiving rewards for participating. But that is not all—a wellness incentive, \$150, provided by CSU to Anthem enrolled employees, for greater health and financial engagement in 2016! It is simple and easy to obtain—complete the following:

\$150—EMPLOYEE WELLNESS INCENTIVE

If the specified wellness activities, requiring completion prior to December 31, 2015, and the financial check-up are completed between January 1, 2016 and February 29, 2016, employees enrolled in a CSU Anthem medical plan may be eligible for an increased \$150 incentive (available).

Activity completion by Dec. 31, 2015

1. Enrollment in Anthem's online [Healthy Lifestyles](#) program
2. Participate in the [Health Fair](#) (Blood Draw/Biometrics)
3. Complete the online Anthem [Wellness Assessment](#)

Activity completion by Feb. 29, 2016

4. Financial check-up with Fidelity, TIAA-CREF, VALIC or PERA

Don't delay—get started now.



Access Healthy Lifestyles online

Visit Anthem's website at www.anthem.com and login



using your Anthem user ID and password.

Select the "Health & Wellness" tab and click "Get Started".

CSU is committed to providing comprehensive and competitively priced benefits and helping sustain and improve your overall health and well-being.

REGISTRATION REQUIRED (Peak to Even)

Thursday, Nov 12

- [Blood Draw \(May Include Flu Shot\)](#)
- [Flu Shot \(No Blood Draw\)](#)

TUESDAY, Nov 17

- [Blood Draw \(May Include Flu Shot\)](#)
- [Flu Shot \(No Blood Draw\)](#)

Wednesday, Nov 18

- [Blood Draw \(May Include Flu Shot\)](#)
- [Flu Shot \(No Blood Draw\)](#)

Friday, Nov 20

- [Blood Draw \(May Include Flu Shot\)](#)
- [Flu Shot \(No Blood Draw\)](#)

NEW



FITlife financial health & wellness—2015

Healthy Lifestyles

CSU is committed to providing comprehensive and competitively priced benefits and helping sustain and improve the overall health and well-being of you and your family. Staying well and being healthy is something we all want. That's why Colorado State University provides you with the Healthy Lifestyles program.

Anthem Healthy Lifestyles is an online health and fitness motivation program that includes nutrition trackers, activities, and preventive care information that rewards you for taking steps toward a happy and healthier lifestyle. With access to plenty of online tools, trackers and resources—all at no-cost to you. This program is designed to increase health awareness and wellness opportunities to assist you in achieving your desired health goals.

Your university medical plan enrollment accompanies Anthem Healthy Lifestyles as part of a total integrated and comprehensive wellness solution. The wellness program will help you find a healthy lifestyle balance, while measuring your biometrics and receiving rewards for participating, but that's not all—a wellness incentive (\$75) is being launched for greater engagement in 2015!

This incentive provides a monetary incentive for Anthem enrolled employees. It is simple and easy to obtain—complete the following:

\$75—EMPLOYEE WELLNESS INCENTIVE

If all of the wellness activities below are completed prior to December 31, 2014, employees enrolled in a CSU Anthem medical plan will gain eligibility for a \$75 incentive (taxable).

1. Enrollment in Anthem's online [Healthy Lifestyles](#) program
2. Participate in the [Health Fair](#) (Blood Draw/Biometrics)
3. Complete the online Anthem [Wellness Assessment](#)

Don't delay—get started now.

Online Wellness Tools

Access Healthy Lifestyles, Anthem's online system, by visiting their website at www.anthem.com and login using your Anthem user ID and password.

Select the "Health & Wellness" tab and click "Get Started".



REGISTRATION REQUIRED (PICK TO GO!)

MEAN

Tues, Nov 11 (less than 10 blood draw slots available)

- Blood Draw (May include Flu Shot)
- Flu Shot (No Blood Draw)

Mon, Nov 17 (availability remaining)

- Blood Draw (May include Flu Shot)
- Flu Shot (No Blood Draw)

Wed, Nov 19 (availability remaining)

- Blood Draw (May include Flu Shot)
- Flu Shot (No Blood Draw)

Fri, Nov 21 (availability remaining)

- Blood Draw (May include Flu Shot)
- Flu Shot (No Blood Draw)



Benefit Program Highlights for Calendar Year 2014

Program features for calendar year 2014, continued

Eligibility Waiting Period—Temporary Academic Faculty and Administrative Professionals

Benefits eligible Academic Faculty and Administrative Professionals on temporary appointments of half-time or greater are eligible for benefits, except the Defined Contribution Plan employer match, as of the date of appointment.

Note: The one-year benefits eligibility waiting period for the CSU Benefits Plan (Cost Share) has been eliminated for 2014.

Anthem Health Rewards

This program is designed to increase health awareness and wellness opportunities to assist you in achieving your desired health goals. It is so much more than a simple incentive program. Anthem Health Rewards is an online health and fitness motivation program that includes nutrition trackers, activities, and preventive care information that rewards you for taking steps toward a happy and healthier lifestyle. The University's medical plan enrollment accompanies Anthem Health Rewards as part of a total integrated and comprehensive wellness solution. The wellness program will help you find a healthy lifestyle balance, while measuring your biometrics and receiving rewards for participating. You will have the opportunity to obtain valuable health and wellness education when you join. The new Anthem Health Rewards program will be communicated in January 2014. Maintaining your health while receiving no-cost preventive care services (new in 2014) will help keep your medical plan premiums (Gold, Green, POS) competitively priced.

We encourage employees enrolled in a University Anthem medical plan to participate by registering at www.anthem.com during the month of March 2014.

Anthem 

Get started on
a healthier you.



Earn points for
healthy activity.

GET STARTED

CY14 – AF/AP Open Enrollment Recommendations*(For discussion with the University Benefits Committee)***Plan Eligibility Changes**

- **One year waiting period** - remove for 'temporary employees' (AF/AP and Non-Classified Staff). Benefits effective immediately upon date of hire newly eligible status.
(Note: DCP match requires 1-year waiting period.)
- **Senior Teaching Appointment (STA)** - employment category effective 1/1/14.
- **Multi Year Research Appointment (MYRA)** - removed from use in Faculty Manual E.2.1.
- **Civil Union Partners** - create relationship category for same and opposite gender Civil Union partners in accordance with State law. Imputed income applies for non-qualified federal tax dependents.
- **Same Sex Marriage** - federal definition of "spouse" now inclusive of same sex marriage.

Medical

- 0% premium increase (Gold, Green, POS)
- Minor POS copay and/or out of pocket increases
- Plans remain in grandfathered status
- Add Mental Health Parity Act benefits
- Enhance preventive care services not subject to copay, deductible, coinsurance, or other cost sharing requirements when service is delivered by in-network Anthem providers
 - Examples
 - Immunizations recommended by the Centers for Disease Control and Prevention
 - Preventive care screenings for infants, children, and adolescents*
 - Preventive care screenings for women*
- * Health Resources and Services Administration (HRSA) recommendations
- **Initiate wellness benefit program**
 - Anthem - \$30,000 wellness support
 - Healthy Rewards Program - Anthem rewards
 - No-cost flu shots (Green, Gold and POS)
 - No-cost baseline blood test and other biometric screenings at annual Health Fair (Green, Gold and POS)