



This program is available to employees and their spouse if enrolled in the medical plan.

The wellness program encourages employees (and enrolled spouses) to proactively manage their current health conditions. By engaging with the wellness program, employees will increase their awareness and make more informed decisions about their health.

If you are receiving the premium discount beginning 8-1-18, go to Step 3.

2018 Wellness: It's as easy as...

1

GET STARTED AND COMPLETE YOUR HEALTH RISK ASSESSMENT. Go to www.wellvibelogin.com to register and log into the Wellvibe portal. Complete the Health Risk Assessment - a tool used to provide you information about your current health status. Complete by 10/31/18.

*If your spouse is enrolled in the medical plan, you each will need to login to Wellvibe with your own credentials.

2

CONFIRM YOUR TOBACCO USE STATUS. Answer the intake questions to declare your status on tobacco use. If you are an admitted nicotine user, view the "Thinking About Quitting Smoking" video. Complete by 10/31/18.

3

ENROLL IN THE TOBACCO CESSATION PROGRAM. If you are a tobacco user, after you have completed step 2, you will be required to enroll in the tobacco cessation program with BCBSGA by 11/30/2018.

4

COMPLETE THE TOBACCO CESSATION PROGRAM. Once you enroll in the tobacco cessation program, complete it by 5/31/19.

5

GET YOUR ANNUAL PHYSICAL. Complete your annual physical with your provider and submit to Wellvibe. Completed by 5/31/19.

For Members Accessing Wellvibe for the First Time:

- Go to <https://wellvibelogin.com>
- Click on "register here."
- Enter your:
 - First name
 - Last name
 - Date of birth
 - Group key code: **ZGWBV5**
- Create your user name and password
- Sign in to Wellvibe with the user name and password you created.

Don't Miss Out on Free Money!

In order to collect your incentive, complete:

- steps 1 & 2 by 10/31/18
- step 3 by 11/30/18
- step 4 & 5 by 5/31/19.

You will receive the payouts beginning 8-1-19.

If your spouse is enrolled in the medical plan, you are both eligible to receive the pay outs beginning 8-1-19.

