

# LIVE HEALTHY NEW ENROLLEE PROGRAM



**3 simple steps  
can SAVE YOU \$750**

We want to help Associates like you make healthy lifestyle choices, and are happy to reward you for your efforts.

We need your help to meet our goal of providing quality health care coverage. By participating in the Live Healthy program, you will be doing your part to help us manage our health care costs so that we can maintain great benefit programs into the future.

## 3 Steps to Save

1. Complete the confidential [Online Questionnaire](#) to understand your progress toward achieving a healthy lifestyle.
2. Receive an [Annual Preventative Exam](#).
3. Certify your [Tobacco Status](#). Discount options are still available for our Associates who may not yet be tobacco free.

**It's easy to complete and will save you some real money! The program is completely confidential and Ollie's will never see the information provided within the program. So get started today.**

**Associates must complete all 3 requirements within 90 days of your medical plan effective date in order to receive the incentive.**

*As always, should you have any questions, please contact our Benefits Hotline. The toll free number is (800) 544-7292 ext. 278 or 280.*





## **2018 Live Healthy Program Requirements**

### **1. Complete an Online Wellness Profile**

- An online wellness questionnaire from Highmark Web MD provides you with a summary of your current health status and what areas you can improve. Access your wellness profile at [www.highmarkblueshield.com](http://www.highmarkblueshield.com).
- **Optional Health Coaching**. Health Coaching is an outreach program which you can opt into for help with any of your health status areas which require improvement.

### **2. Receive an Annual Preventive Exam**

- See your doctor for your annual preventive exam and return the form to [benefits@ollies.us](mailto:benefits@ollies.us).
- The exam must be completed within 90 days of your medical plan effective date.
- **Please tell the person scheduling your appointment that you want an Annual Preventive Exam and stress the visit needs to be coded as a Preventive Exam.** This Preventive Exam is 100% paid by Highmark. That is \$0 cost to you!



### **3. Tobacco Status Certification** (completed during your telephonic enrollment session)

- Certify that you are Tobacco Free; OR
- Enroll in and complete the "How to be Tobacco Free" program via Highmark Blue Shield..

**Associates MUST complete ALL requirements within 90 days of your medical plan effective date in order to receive the incentive**



## Physician Form Annual Physical

Dear Healthcare Provider,

Ollie's is encouraging their Associates to participate in the *Live Healthy* Program, a company sponsored wellness program. The *Live Healthy* Program helps to educate and engage employees to make healthy lifestyle choices and receive preventive care.

We appreciate your help in confirming that the Ollie's Associate under your care has received their annual physical. **An annual physical is required for Associates to receive their wellness incentive.**

**Name of patient:** \_\_\_\_\_ (please print)

**Date of annual physical:** \_\_\_\_\_

\_\_\_\_\_  
*Name of Physician (Please Print)*

\_\_\_\_\_  
*Physician Signature*

Name of Practice: \_\_\_\_\_ Office Phone #: \_\_\_\_\_

**Ollie's Associates Please Return Completed Form to:**

***benefits@ollies.us***