



*North Carolina*  
**State Health Plan**  
FOR TEACHERS AND STATE EMPLOYEES



## 2017 Health Engagement Program

*Board of Trustees*

August 5, 2016

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*A Division of the Department of State Treasurer*

# 2016 Health Engagement Program

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- The Plan implemented the Health Engagement Program for Consumer Directed-Health Plan subscribers and covered dependents 18 years or older beginning in April, 2016.
- The Health Engagement Program consists of two components:
  - **Healthy Lifestyles:** Members can earn Health Reimbursement Account (HRA) funds for completing health-promoting behaviors including tracking their physical activity or calorie intake and engaging with a Lifestyle Coach
  - **Positive Pursuits:** Members with specific chronic conditions can earn HRA funds when they obtain clinically recommended, high value care appropriate to their health condition(s)

# Health Engagement Program Enrollment

Component	April 1-4, 2016	As of August 1, 2016
Healthy Lifestyles	230	1,846
Positive Pursuits	10	353
Both	NA*	230
Total Enrollment	240	1,969

\* Calculation began 5/23/16

# 2017 Health Engagement Program Enhancements

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To improve the member experience and engagement with the program, in 2017 Plan staff suggests:

- Allowing ActiveHealth Coaches to enroll Positive Pursuits participants into Healthy Lifestyles telephonically; previously participants were only able to enroll online.
  - *This is an administrative change and does not require Board approval.*
- Increasing the number of days required to earn an incentive for tracking physical activity or caloric intake from 46 to 60 days/quarter.

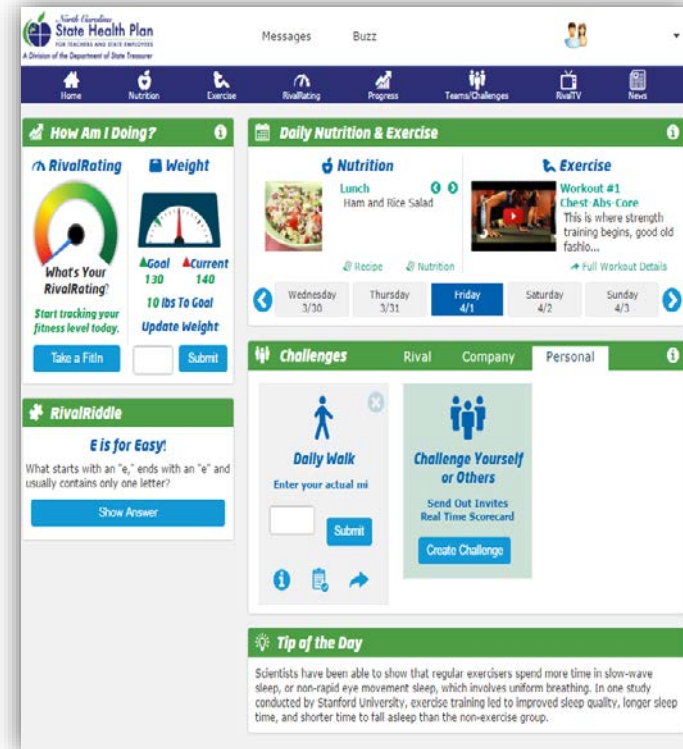
# 2017 Health Engagement Program Enhancements

In addition, RivalHealth will be added to Healthy Lifestyles to:

- Provide members with more options for participating in Healthy Lifestyles in a way that best suits their lifestyle
- Encourage a team-based approach to health improvement
- Allow the Plan to introduce the concept of outcomes based incentives
- Provide opportunities to earn additional HRA funds for additional engagement

To assist in the member experience:

- Information on all activities eligible for incentive HRA funds will be provided within the Personal Health Portal and on the Plan's website: [shpnc.org](http://shpnc.org).



# 2017 Healthy Lifestyles: RivalHealth

Activity	Description	Frequency Points Can Be Earned	Points Awarded
<b>Create Buzz</b>	Interaction between members around their health goals	Once every 18 days	5
<b>Take a FitIn</b>	FitIn requirements are submitted which provide members with a fitness rating, or RivalRating	Once every 90 days	100
<b>Increase RivalRating 5%</b>	Member improves their RivalRating by 5% at any point in the year	Once per year	100
<b>Complete a Quarterly Challenge</b>	Participant meets challenge expectations for the quarter	Once per 90 days	100
<b>Participants Earning 500 RivalPoints in 2017 Will Receive Additional HRA Funds:</b>			<b>\$50</b>

# 2017 Healthy Lifestyles Overview

Vendor	Activity	HRA Funds	2017 Earning Potential
ActiveHealth	Complete 3 Lifestyle Coach sessions	\$25/year	\$175 in HRA Funds Per Participant
	Track physical activity <b>-OR-</b>	\$25/quarter	
	Track calories consumed		
RivalHealth	Earn 500 RivalPoints	\$50/year	

# Board Action: 2017 Health Engagement Program

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Plan staff recommends changes to the Health Engagement Program for 2017 as outlined on slides 4, 6-7 of this presentation.

1. Increase the number of days required to earn an incentive for tracking physical activity or caloric intake from 46 to 60 days/quarter as referenced on slide 4.
2. Include RivalHealth as an activity through which to earn HRA funds for the activities and corresponding points outlined on slide 6.

