

Diocese of Austin Wellness Program

Employee members of the Diocese of Austin's Health Plan are eligible to participate in the Wellness Program for a **\$250 Wellness Incentive** when four (4) of the five (5) following criteria are met:

- 🍏 Log/Register on the Blue Cross Blue Shield website
- 🍏 Complete the Health Risk Assessment (HRA) on the Blue Cross Blue Shield website
- 🍏 Complete a Biometric Screening using the designated lab
- 🍏 **Undergo an age and gender appropriate annual Physical Health Examination - REQUIRED**
- 🍏 Participate in a qualifying BCBS Disease Management Program, if applicable

Once four (4) of these five (5) activities have been completed, you will need to complete and submit a Wellness Program Application Form for reimbursement. Reimbursements will be issued on a quarterly basis. **You must meet the 4 out 5 criteria in the same quarter.** The first Applications are due on 10/14/16 for a reimbursement in the month of October 2016.

All results are kept confidential and will NOT be shared with the Diocese of Austin.

Weight Watchers Program

In addition to the Wellness Program, you may also participate in the Weight Watchers program available to employee members of the Diocese of Austin's Health Plan.

- 🍏 Members are responsible for any registration fees
- 🍏 The Diocese of Austin will reimburse half ½ of the class fees upon proof of payment and attendance



Please note: Employee must be a participant in the Diocese of Austin Health Plan to be eligible for the Wellness Program. This program is subject to modification and/or termination at the discretion of the Diocese of Austin. For information and/or questions on the Diocese of Austin's Wellness Program, please contact Krystal Reyes.