

# Cape Cod Municipal Health Group Wellness Portal

---

The brand new CCMHG Wellness Portal is a great way to earn valuable rewards while improving your health. This new program kicks off on **January 1, 2017** and runs until **June 30, 2017**. The program includes a number of wellness activities that you can participate in to receive points.

**Earn 50 Points by March 31<sup>st</sup> to be entered into raffle for one of four \$200 gift cards!**

**Earn 100 points by June 30<sup>th</sup> to receive a \$35 gift card AND be entered into a raffle for one of four additional \$200 gift cards!!**

All employees who are covered under the Blue Cross Blue Shield and Harvard Pilgrim Health Plans are eligible to participate and earn rewards. All letters with members' personal access codes and details about the site will be mailed Friday, December 23<sup>rd</sup>! If you can't wait you can call the ahealthyme customer service line at (888) 617-0696 to request your personal access code. You will need to tell them your first and last name and that you are a member of the Cape Cod Municipal Health Group.

**The below programs are hosted directly in the ahealthyme wellness portal and points for each of the below activities will be visible in your account immediately after completion:**

## Online Health Assessment – 25 Points AND a \$25 Gift Card

*January 1<sup>st</sup> - January 31<sup>st</sup>, 2017*

- The Health Assessment (HA) is a health survey that takes just 15 minutes to complete. Once completed, you will receive an interactive Health Assessment Report and a personalized wellness score.
- Take the Health Assessment at any point in the program year to earn 25 points toward your overall incentive. Take the Health Assessment by January 31<sup>st</sup> to also get a \$25 Gift Card!
- Please note that if you completed the Health Assessment last year, you will need to retake it in order to earn your points and gift card.

## Winter Nutrition Challenge – 25 Points

*January 23<sup>rd</sup> – March 6<sup>th</sup>, 2016*

- This six week challenge will encourage you to eat more fruits and vegetables as part of a healthy diet. Your goal of the challenge will be to log at least 2 servings of fruit and 2 servings of vegetables a day, for an average of 4 days per week.
- To receive credit, you will need to log servings of fruits and vegetables using either the ahealthyme Fruit & Veggie Tracker online or the HealthyNow mobile app.
- More information will be provided when the challenge becomes available.
- If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.

## Wellness Workshops – 15 Points Each

*Available year-round*

- There are a number of wellness workshops here on the ahealthyme website designed to help you work on your wellness goals. Workshops are designed to be engaging and fun, while providing the tools you need to reach your wellness goals. Each workshop takes approximately 4-7 weeks to complete. They're self-paced, allowing you to complete them on your own time. You can sign up for a workshop by going to [ahealthyme.com/login](http://ahealthyme.com/login) and clicking on wellness workshops.

**The below programs are hosted outside of the ahealthyme wellness portal and points for each of the below activities will appear in your ahealthyme account within 2 weeks of program completion.**

### **Maintain Don't Gain - 25 Points**

***November - December***

- This six week Holiday Challenge has an objective of not gaining more than 2 pounds over the busy holiday season from Thanksgiving to New Year's Day!
- Weekly walks at the Hyannis Youth and Community Center take place every Tuesday and Thursday 4:15-6:15

### **Spring Walking Challenge - 25 Points**

***April - May***

- This eight week, self-regulated walking program requires individuals "log" daily mileage into an online platform at [walkingworks.com](http://walkingworks.com)
- Downloadable, user friendly app
- Team oriented by employer to increase participation and competition.
- Points will only be awarded for logging steps each week

### **Couch to 5K - 25 Points**

***February - June***

- Two 9-week 2x/week incremental run/walk programs will take place this spring on Tuesday/Thursday nights
- Barnstable Intermediate School begins February 28<sup>th</sup> Register at [Signup.com](http://Signup.com)
- Town of Yarmouth begins May 9<sup>th</sup> Register at [Signup.com](http://Signup.com)
- Points will only be awarded for attending at least 17 out of the 18 classes and for only one program although you may be able to participate in both.

### **Biometric Screening - 25 Points**

***February - June***

- All screenings dates and locations for the mainland are found on the CCMHG website, listed in Your Health Matters newsletter (also on website) and are listed on the [CC Healthy Connections website calendar](#). If you are interested in holding a screening at your jobsite please contact Deanna L. Desroches at [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com)
- All MV screenings dates and locations TBD. Contact Krystle Rose for more information at [krystlearose@gmail.com](mailto:krystlearose@gmail.com)

### **8-Week Walking Programs - 25 Points**

***January - June***

- *Walking programs vary in location and are listed in Your Health Matters, found on the [CCMHG Website](#) and on the [CC Healthy Connections website calendar](#). If you are interested in holding a screening at your jobsite please contact Deanna L. Desroches at [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com)*

**All information on this portal is protected information and will not be shared with your employer! Only subscribers will be able to utilize this portal for the first six month period. It is our intention to add spouses in the future.**

***If you have any questions regarding this or other wellness programs please contact Deanna L. Desroches, Health and Wellness Consultant, Cape Cod Healthy Connections via email at [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com) or phone at 508-631-7263.***