

It's easy as 1-2-3 to maximize your Healthy Health Plan benefit



The Healthy Health Plan rewards members for being—and becoming—healthy. You simply go to <https://myhealth.fchp.org>, fill out the health assessment, and then you'll be eligible to receive up to \$200! Members get \$50 just for taking the health assessment and from there have the opportunity to earn the additional \$150. All eligible members over 18 (spouses, adult dependents) may receive this reward. **All information you provide is completely confidential.**

To maximize your Healthy Health Plan benefit, simply follow these three steps:

1. Set up your online account

- Make sure you have your Fallon Health member I.D. card and your date of birth
- If you have your blood work and numbers from your last physical, the date of your last physical and other screenings (pap smear, mammogram, PSA, etc.), you can enter that information into the health assessment. This step is optional.
- Go to <https://myhealth.fchp.org> and select "Register New Account".
- From there, you can fill in the required fields to create your new user account.



2. Take the assessment and get rewarded

- Click on the health assessment icon at the top of the page.
- The health assessment survey is made up of 40 questions and takes 10-15 minutes to complete. After you finish it, you will be given a wellness score and recommendations.
- Allow one week after you complete the assessment for the remainder of your health points to be loaded into your account. This upload is done on a weekly basis. An email will be sent to you once the remainder of your points have been added to your account.
- If you need to do a few more activities to earn the remainder of your incentive, just log back into the Healthy Health Plan, and **click on the Incentive Summary icon to determine what your next steps are.**
- It takes approximately four to six weeks to receive your incentive check after filling out the assessment and/or upon completion of any activities you need to do to earn the remainder of your incentive.

3. Take advantage of these features

- **Interactive tools and calculators**—includes meal plans, exercise tutorials, cardio/strength training logs and food logs
- **Health coaching**—provides members with online and telephonic access to nurses and other healthcare professionals
- **Workshops**—a variety of workshops covering topics on stress, financial wellness and other health conditions
- **Mobile app**—download the *HealthyNow* app to keep the Healthy Health Plan key features at your fingertips.

