
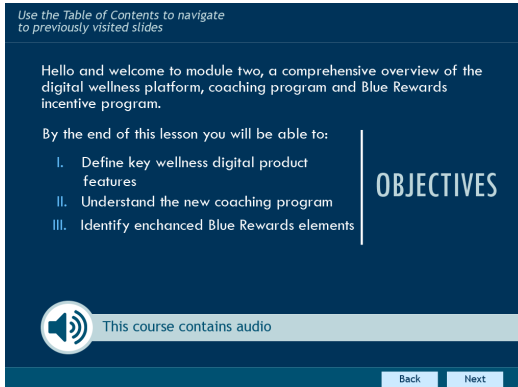
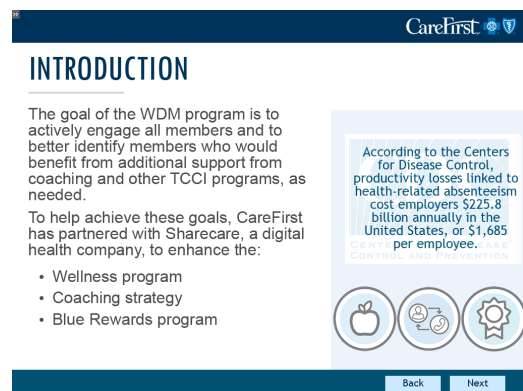



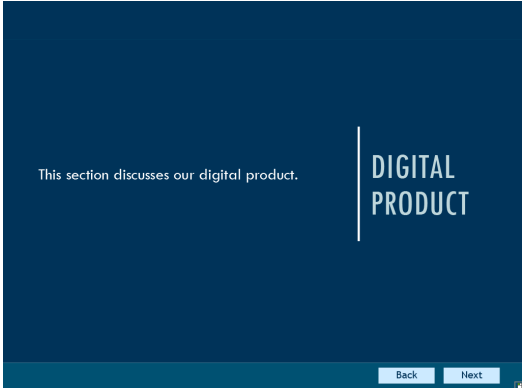
## Coaching and Blue Rewards Wellness Training Module

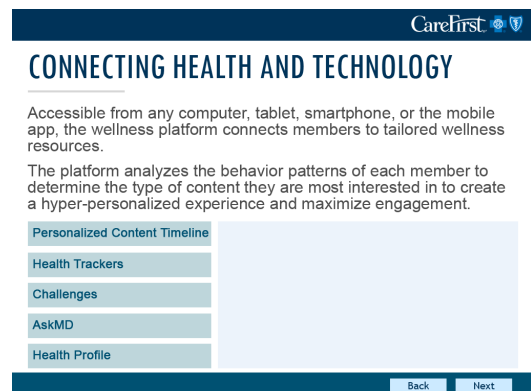
Link to video: <http://www.carefirst.com/wellness-training-module/coaching/>

Slide	Slide	Description
1		<p>*Video loads. No – Sound*</p> <p>Hide/Unhide Table of Contents Navigation: Use the Table of Contents to quickly navigate between slides</p> <p><b>Slide 1</b> <b>Title:</b> Enhanced Wellness Platform Coaching &amp; Blue Rewards</p> <p>[Icons on slide] Plus sign, prescription bottle, microscope, heart, pyramid, computer monitor, mobile device, physician, telephone.</p> <p>[Logo] CareFirst BlueCross BlueShield logo</p> <p><i>Click Next to move to the next screen</i></p>
2		<p><b>Slide 2</b> <b>Title:</b> Objectives</p> <p>This course contains audio. Narrator unknown.</p> <p>Narrator: Hello and welcome to module two, a comprehensive overview of the digital wellness platform, coaching program and Blue Rewards incentive program.</p> <p>By the end of this lesson you will be able to:</p> <ul style="list-style-type: none"> <li>Define key wellness digital product features</li> <li>Understand the new coaching program</li> <li>Identify enhanced Blue Rewards elements</li> </ul> <p>[Text appears] According to the Centers for Disease Control, productivity losses linked to health-related absenteeism cost employers \$225.8 billion annually in the United States, or \$1,685 per employee.</p> <p><i>Click Back or Next</i></p>

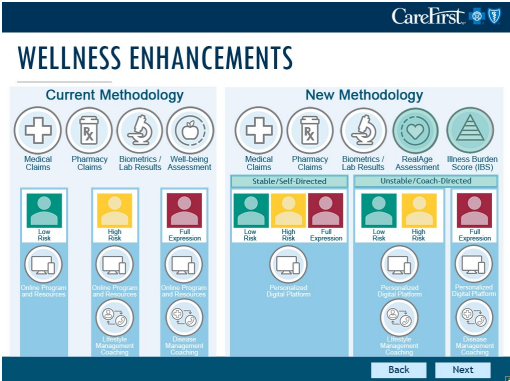
Slide	Slide	Description
3	 <p><b>INTRODUCTION</b></p> <p>The goal of the WDM program is to actively engage all members and to better identify members who would benefit from additional support from coaching and other TCCI programs, as needed.</p> <p>To help achieve these goals, CareFirst has partnered with Sharecare, a digital health company, to enhance the:</p> <ul style="list-style-type: none"> <li>Wellness program</li> <li>Coaching strategy</li> <li>Blue Rewards program</li> </ul> <p>According to the Centers for Disease Control, productivity losses linked to health-related absenteeism cost employers \$225.8 billion annually in the United States, or \$1,685 per employee.</p> <p>Centers for Disease Control and Prevention</p> <p>Back Next</p>	<p><b>Slide 3</b> <b>Title: Introduction</b></p> <p>Narrator: The goal of our Wellness and Disease Management program is to actively engage all members and to better identify members who would benefit from additional support from coaching and other TCCI programs, as needed.</p> <p>To help us achieve these goals, CareFirst has partnered with Sharecare, a digital health company, to enhance our:</p> <ul style="list-style-type: none"> <li>wellness program</li> <li>coaching strategy</li> <li>and Blue Rewards program</li> </ul> <p>[Text appears] According to the Centers for Disease Control, productivity losses linked to health-related absenteeism cost employers \$225.8 billion annually in the United States, or \$1,685 per employee.</p> <p>[Icons on slide] Apple, telephone, badge</p> <p><i>Click Back or Next</i></p>

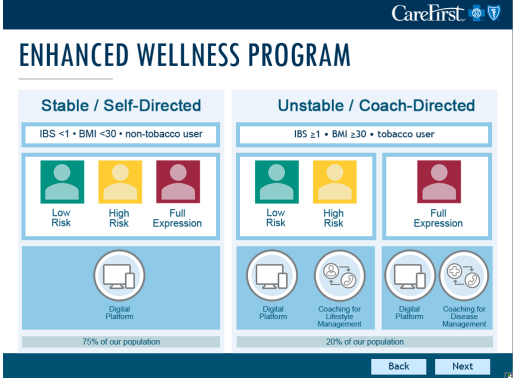
Slide	Slide	Description
4		<p><b>Slide 4</b> <b>Title: Connecting Insight to Action</b></p> <p>Narrator: The Wellness and Disease Management program is built in to every health plan we offer.</p> <p>The program provides critical insight into our member's health and features:</p> <ul style="list-style-type: none"> <li>• No member per month cost</li> <li>• The RealAge test</li> <li>• Personalized programs that reflect members' interests and needs</li> <li>• Motivating digital resources for an enhanced member experience</li> <li>• And rewards for engagement.</li> </ul> <p>Click each term to learn more.</p> <p><b>[Term- No Member Monthly Cost]</b> The program issues claims-based billing, so groups only play for employees who have consented to and are truly engaged in wellness and/or disease management services.</p> <p><b>[Term- The RealAge Test]</b> The first step to optimizing an individual's health. RealAge provides an accurate, actionable portrait of their body's physical age in comparison to their calendar age; a more tangible metric than the traditional health assessment.</p> <p><b>[Term - Personalized Programs]</b> Wellness services are connected to every aspect of our care management program, enabling us to individually target communications, support and interventions based on internal analytics, comprehensive claims data, lab results and RealAge reports.</p> <p><b>[Term- Member Experience]</b> Whether through the website or mobile app, the digital wellness platform delivers timely, meaningful and highly personalized content to cultivate sustained engagement and improve health outcomes.</p> <p><b>[Term -Engagement Rewards]</b> Designed to help individuals make improvements over time, the Blue Rewards incentive program, promotes health status awareness and encourages participation in wellness activities.</p> <p><i>Click Back or Next</i></p>

Slide	Slide	Description
5		<p><b>Slide 5</b> <b>Title: Digital Product</b></p> <p>Narrator: This section discusses our digital product.</p> <p><i>Click Back or Next</i></p>


Slide	Slide	Description
6		<p><b>Slide 6</b> <b>Title: Connecting Health and Technology</b></p> <p>Narrator: Accessible from any computer, tablet, smartphone, or the mobile app, the wellness platform connects members to tailored wellness resources.</p> <p>Utilizing machine learning, the platform analyzes the behavior patterns of each member to determine the type of content they are most interested in to create a hyper-personalized experience and maximize engagement.</p> <p>In addition to the RealAge test, the platform features include:</p> <ul style="list-style-type: none"> <li>• Personalized Content timeline</li> <li>• Health Trackers</li> <li>• Challenges</li> <li>• AskMD</li> <li>• And the Health Profile.</li> </ul> <p>Click each term to learn more.</p> <p><b>[Term -Personalized Content Timeline]</b> Based on their well-being goals, individuals receive customized articles, tips, videos and tools.</p> <p><b>[Term -Health Trackers]</b> Participants can connect wearable devices or enter their own data to monitor daily habits like stress, sleep, steps, nutrition, biometric values and more.</p> <p><b>[Term - Challenges]</b> A variety of challenges are available to help support and motivate members to achieve their health goals.</p> <p><b>[Term - AskMD]</b> Prepares members for a productive visit with their doctor by offering answers to their questions.</p> <p><b>[Term- Health Profile]</b> Provides members with easy access to important health details like biometric information, lab results and medications, all in one place.</p> <p><i>Click Back or Next</i></p>


Slide	Slide	Description
7		<p><b>Slide 7</b> <b>Title: Health Trackers</b></p> <p>Narrator: Apple Health, Google Fit, and FitBit (icons pictured) are integrated devices supported through the wellness platform</p> <p>These trackers monitor health categories such as steps, sleep, stress, and diet.</p> <p>Data may be collected automatically, manually or persistently.</p> <p>“Persistent” trackers can last more than a single day if the value is in a healthy range.</p> <p>[Text appears in a chart showing an example of data collected automatically, manually and persistently]</p> <p><i>Click Back or Next</i></p>
8		<p><b>Slide 8</b> <b>Title: Coaching</b></p> <p>Narrator: This section provides a detailed walkthrough of our coaching program.</p> <p><i>Click Back or Next</i></p>

Slide	Slide	Description
9	<div></div>	<p><b>Slide 9</b> <b>Title: Wellness and Disease Management Enhancements</b></p> <p>Narrator: Our approach to wellness and disease management will undertake a number of enhancements this year, specifically in the areas of identification and risk stratification.</p> <p>Notably, the illness burden score has been incorporated within the identification strategy, along with the updated RealAge test.</p> <p>Clinical segmentation improvements include the concept of member stability to determine the best method of intervention for each member.</p> <p>Members will be identified as either Stable or/self-directed or Unstable or/coach-directed</p> <p>[Text appears in a chart showing current methodology categories as medical claim, pharmacy claims, biometrics/lab results, well-being assessment at low risk, high risk and full expression. New methodology categories as medical claims, pharmacy claims, biometrics/lab results, real age assessment, illness burden score (IBS) at low risk, high risk, and full expression].</p> <p><i>Click Back or Next</i></p>

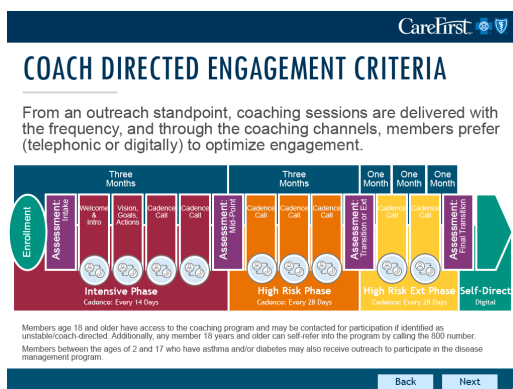
Slide	Slide	Description
10		<p><b>Slide 10</b> <b>Title: Enhanced Wellness Program</b></p> <p>Narrator: Members who are stable include those who are low risk, high risk, or experiencing the full expression of a disease or condition that is stable through treatment. These members use the personalized digital platform to self-direct their health and represent approximately 75% of our population.</p> <p>Unstable members include those who are low-risk, high-risk or experiencing the full expression of a disease and are showing signs of disease progression. These members have access to the personalized digital platform but will also be targeted for lifestyle or disease management coaching. These members represent approximately 20% of our population.</p> <p>A small percentage of the population falls into the clinically directed category. These members may benefit from additional support provided through our TCCI programs. Sharecare will warm transfer these members to CareFirst for assessment and review. These members represent less than 5% of our population.</p> <p>[Text appears in a chart showing Stable/Self-directed example of non-tobacco user at low risk, high risk, and full expression. Unstable / Coach-Directed of a tobacco user at low risk, high risk, and full expression].</p> <p><i>Click Back or Next</i></p>



Slide	Slide	Description
11	<div><div>CareFirst </div><div>WELLNESS PROGRAM OVERVIEW</div><div>Through this stratification, we target our most in-need members for personal outreach and one-on-one support.</div><div><div><div>Medical Claims</div><div>Pharmacy Claims</div><div>Biometrics / Lab Results</div><div>RealAge Assessment</div><div>Illness Burden Score (IBS)</div></div><div><div>Stable / Self-Directed</div><div>IBS &lt;1 + BMI &lt;30 + non tobacco user</div></div><div><div>Unstable / Coach-Directed</div><div>IBS &gt;1 + BMI &gt;30 + tobacco user</div></div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div><div><div>Back</div><div>Next</div></div></div></div>	<p><b>Slide 11</b> <b>Title: Wellness Program Overview</b></p> <p>Narrator: Through this stratification, we target our most in-need members for personal outreach and one-on-one support.</p> <p>[Text appears in a chart showing categories medical claims, pharmacy claim, biometrics/lab results, real age assessment, and illness burden score for a Stable/Self-Directed non-tobacco user and Unstable/Coach-Directed tobacco user]</p> <p><i>Click Back or Next</i></p>

Slide	Slide	Description
12		<p><b>Slide 12</b> <b>Title: Lifestyle and Disease Management</b></p> <p>Narrator: <i>Lifestyle coaching</i> is conducted by trained health coaches using collaborative goal setting to connect an individual's behaviors with their stated core values and individual health goals.</p> <p>Sessions are designed to address the following focus areas that contribute to overall physical health, well-being, and lower the risk of disease.</p> <p><i>Disease management</i> coaching is conducted by specially trained and licensed registered nurses.</p> <p>Individuals who are managing a chronic health condition are targeted for proactive outreach and intervention.</p> <p>Tailored coaching focuses on early identification and intervention, education, identifying gaps in care, healthy behaviors and better management of the following conditions.</p> <p>[Lifestyle coaching conditions: tobacco cessation, weight management, physical activity, stress management, and healthy eating. Disease Management Coaching Conditions: Asthma, Diabetes, Coronary artery disease, Chronic obstructive pulmonary disease, Congestive heart failure, Chronic low back pain, Osteoarthritis, Atrial fibrillation, Irritable bowel syndrome, Fibromyalgia].</p> <p><i>Click Back or Next</i></p>

13



## Slide 13

### Title: Coach Directed Engagement Criteria for WDM Coaching

Narrator:

From an outreach standpoint, coaching sessions are delivered with the frequency, and through the coaching channels, members prefer to optimize engagement.

In the first three months, or the intensive phase, members and their coach connect at least every 14 days.

This phase includes the initial enrollment call, and intake assessment where the member and coach discuss and set goals.

[Diagram of first three months or intensive phase]

Narrator:

At month three, there is a midpoint assessment to determine how the member is progressing.

If the member is on track, they will enter the high-risk phase – months three through six.

During the high-risk phase, the member and their coach will connect at least once every 28 days.

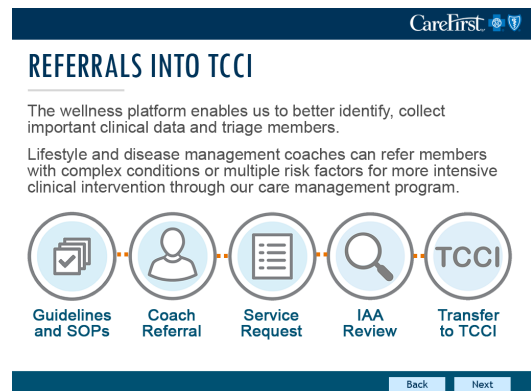
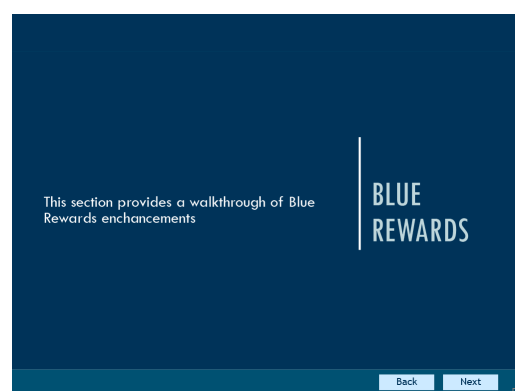
[Diagram of months three through six or high-risk phase]





Narrator:

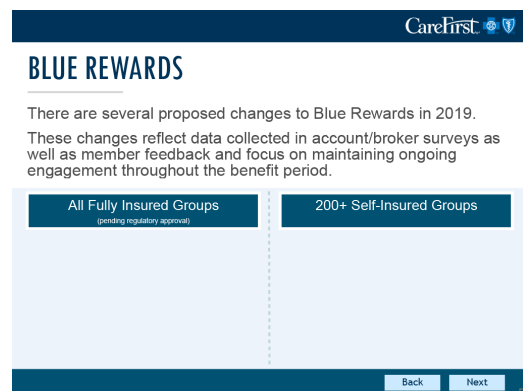
At month six, a transition assessment determines whether the member should be extended another month, or if they are ready to graduate and transition to the self-directed phase.

If the member is extended another month, they are re-evaluated at the end of that month to determine whether they should be transitioned or extended again.

Slide	Slide	Description
		<p>If the member is extended, this is called the high-risk extension phase.</p> <p>[Diagram of the high-risk or extension phase]</p> <p>Narrator: After month nine, if extended, the member will be transitioned to the self-management phase of the program where they will engage with the targeted, personalized digital resources.</p> <p>[Diagram of months nine self-management phase]</p> <p>[Text appears] Members age 18 and older have access to the coaching program and may be contacted for participation if identified as unstable /coach-directed. Additionally, any member 18 years and older can self-refer into the program by calling the 800 number. Members between the ages of 2 and 17 who have asthma and/or diabetes may also receive may also receive outreach to participate in the disease management program].</p> <p><i>Click Back or Next</i></p>


Slide	Slide	Description
14		<p><b>Slide 14</b> <b>Title: Referrals Into TCCI</b></p> <p>Narrator: The wellness platform enables us to better identify, collect important clinical data and triage members.</p> <p>Both lifestyle and disease management coaches can refer members with complex conditions or medical risk factors for more intensive clinical intervention through our care management program.</p> <p>When referring a member to a TCCI program, all TCCI clinical guidelines and SOPs are followed.</p> <p>The coach makes a referral recommendation based on their clinical judgement.</p> <p>To track and monitor engagement, a service request is generated for each request.</p> <p>The Intake Assessment and Appointment (IAA) team then reviews the referral for clinical validity.</p> <p>If approved, the member will then be transferred to the recommended TCCI program.</p> <p>[Icons on slide] Checkmark, coach, service request, IAA review, Transfer to TCCI].</p> <p><i>Click Back or Next</i></p>
15		<p><b>Slide 15</b> <b>Title: Blue Rewards</b></p> <p>Narrator: This section provides a detailed walkthrough of Blue Rewards enhancements.</p> <p><i>Click Back or Next</i></p>

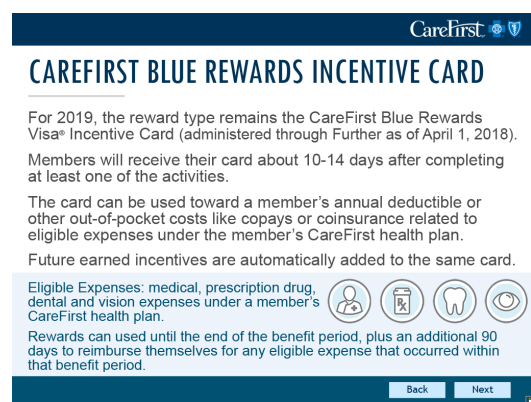
Slide	Slide	Description
16	<div><div>CareFirst</div><div>BLUE REWARDS INTRODUCTION</div><div><p>CareFirst's strategic approach to wellness incorporates the use of financial incentives that encourage employees to take an active role in their own health.</p><p>Through Blue Rewards, members can earn rewards for completing activities and engaging in wellness programs — ultimately increasing the quality of their health and reducing medical costs.</p></div><div><div>Financial incentives are associated with a significant increase in overall employee participation in wellness programs.</div><div></div><div>BackNext</div></div></div> <td><p><b>Slide 16</b> <b>Title: Blue Rewards</b></p><p>Narrator: CareFirst's strategic approach to wellness incorporates the use of financial incentives that encourage employees to take an active role in their own health.</p><p>Through Blue Rewards, members can earn rewards for completing activities and engaging in wellness programs—ultimately increasing the quality of their health and reducing medical costs.</p><p>[Text Appears] Financial incentives are associated with a significant increase in overall employee participation in wellness programs]</p><p>[Icons on slide] Credit Card, Badge, Apple</p><p><i>Click Back or Next</i></p></td>	<p><b>Slide 16</b> <b>Title: Blue Rewards</b></p> <p>Narrator: CareFirst's strategic approach to wellness incorporates the use of financial incentives that encourage employees to take an active role in their own health.</p> <p>Through Blue Rewards, members can earn rewards for completing activities and engaging in wellness programs—ultimately increasing the quality of their health and reducing medical costs.</p> <p>[Text Appears] Financial incentives are associated with a significant increase in overall employee participation in wellness programs]</p> <p>[Icons on slide] Credit Card, Badge, Apple</p> <p><i>Click Back or Next</i></p>


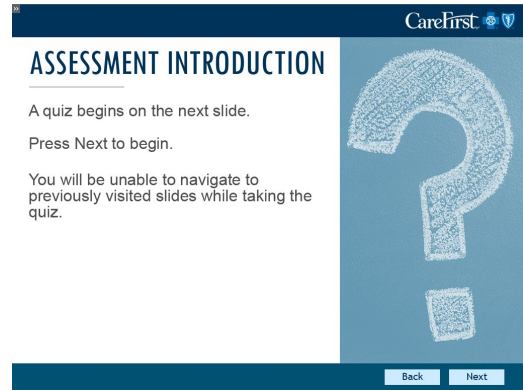
Slide	Slide	Description
17		<p><b>Slide 15</b> <b>Title: Blue Rewards Changes</b></p> <p>Narrator: Pending regulatory approval, Blue Rewards has a number of proposed changes for 2019.</p> <p>These changes reflect data collected in account and broker surveys as well as member feedback and focuses on maintaining ongoing engagement throughout the benefit period.</p> <p>Click each button below to learn more.</p> <p><b>[Button – All Fully Insured Groups (pending regulatory approval)]</b> Built-in to every fully insured plan, the Blue Rewards program will feature:</p> <ul style="list-style-type: none"> <li>• A focus on participation-based rewards with the removal of results-based rewards</li> <li>• The ability to earn partial rewards</li> <li>• Additional wellness activities to promote sustained engagement</li> <li>• Consistency among jurisdictions with the removal of the PCMH Plus incentive tier</li> </ul> <p><b>[Button – 200+ Self-Insured Groups]</b> 200+ self-insured groups that elect Blue Rewards will have:</p> <ul style="list-style-type: none"> <li>• The 2019 fully insured enhancements</li> <li>• Flexibility to select alternative rewardable activities such as using trackers or participating in challenges</li> <li>• The option to offer additional incentive types such as HSA contributions, gift cards, and merchandise</li> </ul> <p><i>Click Back or Next</i></p>

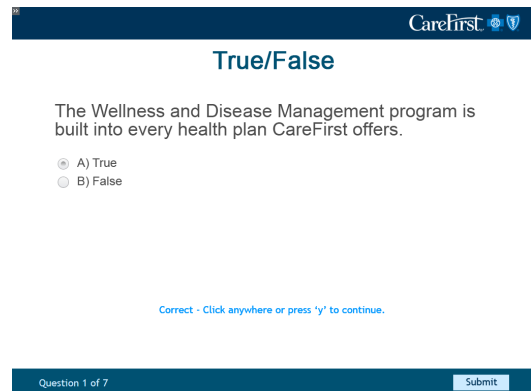
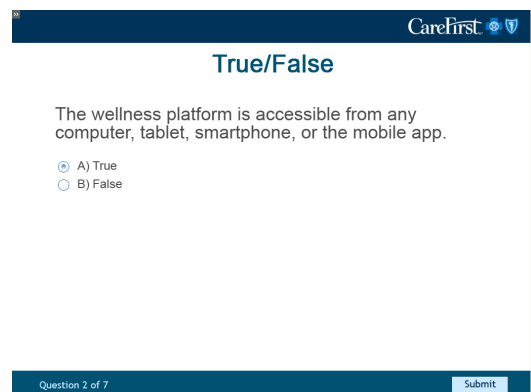
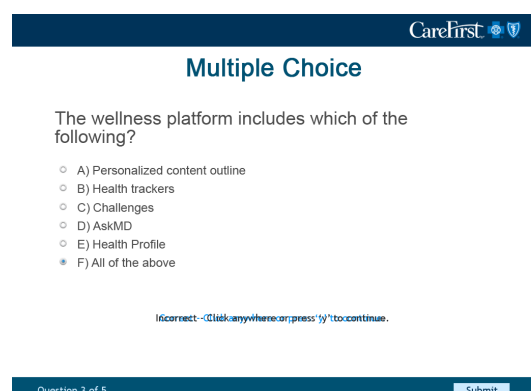
Slide	Slide	Description
18		<p><b>Slide 18</b> <b>Title: Blue Rewards Incentives</b></p> <p><b>Narrator:</b> The 2019 Blue Rewards fully insured program will include a mix of activities to gather initial awareness, sustain engagement and encourage participation in health coaching.</p> <p>Each subscriber and spouse/domestic partner can earn up to \$175 by:</p> <p>[Icon on slide] Nurse</p> <p>[Text Appears] Selecting a PCP and completing a health screening to earn \$100]</p> <ul style="list-style-type: none"> <li>• Visit a PCP or visit a CVS MinuteClinic to complete screening</li> <li>• <i>Must complete within 120 days of effective date</i></li> </ul> <p>[Icon on slide] Pointing finger</p> <p>[Text Appears] Consenting to receive wellness emails and taking the RealAge test to earn \$50]</p> <ul style="list-style-type: none"> <li>• The RealAge test is a simple questionnaire that will determine RealAge versus actual age.</li> <li>• <i>Must complete within 120 days of effective date</i></li> </ul> <p>[Icon on slide] Heart</p> <p>[Text Appears] Retaking the RealAge test to earn \$25]</p> <ul style="list-style-type: none"> <li>• If the reward was earned for taking the test initially, there is an additional reward for taking it after six months.</li> <li>• <i>Must complete before end of benefit period</i></li> </ul> <p><i>Click Back or Next</i></p>





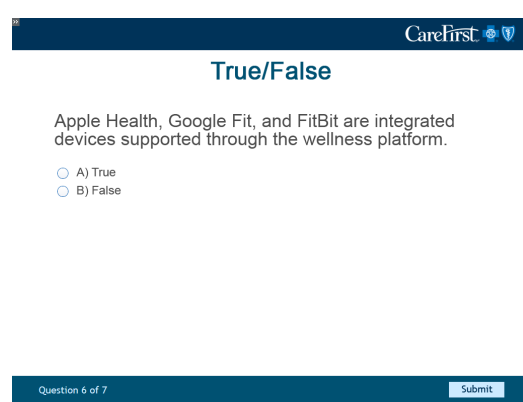
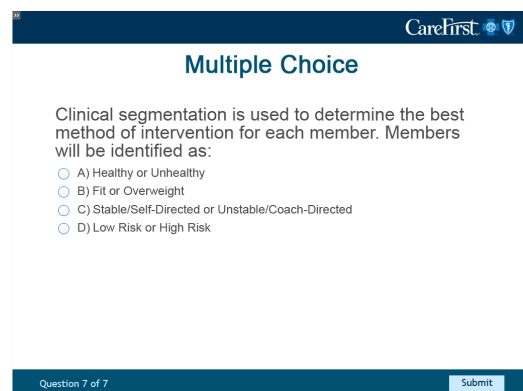
Slide	Slide	Description
19	<div><div>CareFirst </div><div>BLUE REWARDS HEALTH COACHING</div><div><p>To engage the coach-directed population, incentives will be offered and communicated via the platform.</p><p>Members identified by CareFirst as coach-directed will be eligible for additional Blue Rewards incentives – up to \$200.</p><div><div>1 Earn \$30 First Coaching Session</div><div>2 Earn \$70 Second Coaching Session</div><div>3 Earn \$100 Third Coaching Session</div></div><div><p>Although members may complete multiple coaching sessions per month, only one session each month counts toward earning the incentive.</p></div><div><div>Back</div><div>Next</div></div></div></div>	<p><b>Slide 19</b> <b>Title: Blue Rewards Health Coaching</b></p> <p><b>Narrator:</b> To engage the coach-directed population, incentives will be offered and communicated via the platform.</p> <p>Members identified by CareFirst as coach-directed will be eligible for additional Blue Rewards incentives – up to \$200.</p> <p>They can earn:</p> <ul style="list-style-type: none"><li>• \$30 for the first coaching session</li><li>• \$70 for completing session number two, and</li><li>• \$100 for completing a third session.</li></ul> <p>Although members may complete multiple coaching sessions per month, only one session each month counts toward earning the incentive.</p> <p><i>Click Back or Next</i></p>

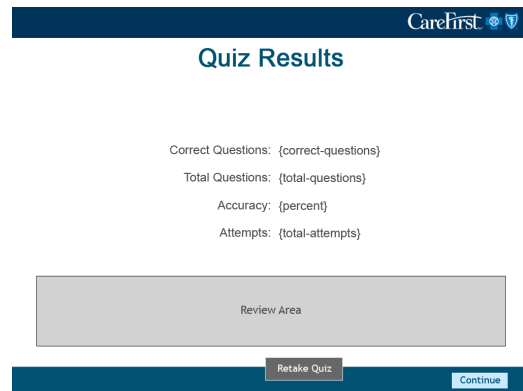
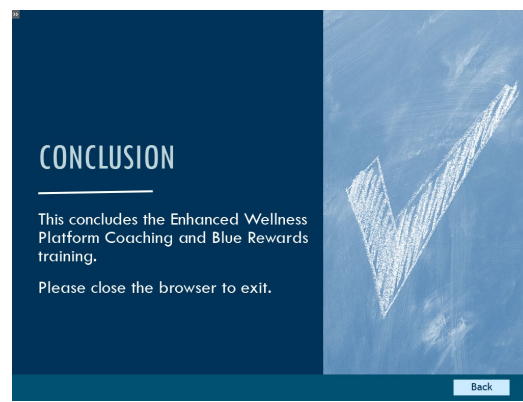
Slide	Slide	Description
20		<p><b>Slide 20</b> <b>Title: CareFirst Blue Rewards Incentive Card</b></p> <p><b>Narrator:</b> For 2019, the reward type remains the CareFirst Blue Rewards Visa® Incentive Card which is administered through Further as of April 1, 2018.</p> <p>Members will receive their card about 10-14 days after completing at least one of the activities.</p> <p>The incentive card can be used toward a member's annual deductible or other out-of-pocket costs like copays or coinsurance related to eligible expenses under the member's CareFirst health plan.</p> <p>Additional incentives they earn will be automatically added to the same card.</p> <p>[Text Appears] Eligible Expenses – medical, prescription drug, dental and vision expenses under a member's CareFirst health plan.</p> <p>Rewards can be used until the end of the benefit period, plus an additional 90 days to reimburse themselves for any eligible expenses that occurred within that benefit period.]</p> <p>[Icons on slide] Nurse, medical capsule, tooth, and an eye</p> <p><i>Click Back or Next</i></p>

Slide	Slide	Description
21		<p><b>Slide 21</b> <b>Title: Marketing Materials</b></p> <p>Narrator: Certain marketing materials are also available pre-login on CareFirst's broker portal and employer portals to help communicate the new wellness and Blue Rewards program.</p> <p>[Text Appears] On the Broker portal, materials are available under the <i>Resources</i> tab.]</p> <p><b>[Screenshot of Broker Portal shown]</b></p> <p>*Click screenshot to visit website</p> <p>[Text Appears] On the Employer portal, materials are available under the <i>Employee Resources</i> tab.]</p> <p><b>[Screenshot of Employer Portal shown]</b></p> <p>*Click screenshot to visit website</p> <p><i>Click Back or Next</i></p>
22		<p><b>Slide 22</b> <b>Title: Assessment Introduction</b></p> <p>Narrator: A quiz begins on the next slide (quiz has no audio)</p> <p>Click Next to begin.</p> <p>You will be unable to navigate to previously visited slides while taking the quiz.</p> <p><i>Click Back or Next</i></p>

Slide	Slide	Description
23	 <p><b>True/False</b></p> <p>The Wellness and Disease Management program is built into every health plan CareFirst offers.</p> <p><input checked="" type="radio"/> A) True <input type="radio"/> B) False</p> <p><small>Correct - Click anywhere or press 'y' to continue.</small></p> <p>Question 1 of 7 <span>Submit</span></p>	<p><b>Slide 23 - Quiz</b> <b>Question 1 - True or False</b></p> <p>The Wellness and Disease Management program is built into every health plan CareFirst offers.</p> <p>A) True B) False</p> <p><b>Submit</b></p>
24	 <p><b>True/False</b></p> <p>The wellness platform is accessible from any computer, tablet, smartphone, or the mobile app.</p> <p><input checked="" type="radio"/> A) True <input type="radio"/> B) False</p> <p>Question 2 of 7 <span>Submit</span></p>	<p><b>Slide 24 – Quiz</b> <b>Question 2 - True or False</b></p> <p>The wellness platform is accessible from any computer, tablet, smartphone, or the mobile app.</p> <p>A) True B) False</p> <p><b>Submit</b></p>
25	 <p><b>Multiple Choice</b></p> <p>The wellness platform includes which of the following?</p> <p><input type="radio"/> A) Personalized content outline <input type="radio"/> B) Health trackers <input type="radio"/> C) Challenges <input type="radio"/> D) AskMD <input type="radio"/> E) Health Profile <input checked="" type="radio"/> F) All of the above</p> <p><small>Incorrect - Click anywhere or press 'y' to continue.</small></p> <p>Question 3 of 5 <span>Submit</span></p>	<p><b>Slide 25 – Quiz</b> <b>Question 3 – Multiple Choice</b></p> <p>The wellness platform included which of the following?</p> <p>A) Personalized timeline content B) Health trackers C) Challenges D) AskMD E) Health profile F) All of the above</p> <p><b>Submit</b></p>

Slide	Slide	Description
26	<div>  <p><b>Multiple Choice</b></p> <p>In the first three months of coach-directed engagement, how often do the member and coach connect?</p> <ul style="list-style-type: none"> <li><input type="radio"/> A) Once only</li> <li><input checked="" type="radio"/> B) At least every 14 days</li> <li><input type="radio"/> C) At least daily</li> <li><input type="radio"/> D) None of the above</li> </ul> <p><small>If correct - Click anywhere or press 'y' to continue.</small></p> <p>Question 4 of 5 <span>Submit</span></p> </div>	<p><b>Slide 26 – Quiz</b> <b>Question 4 – Multiple Choice</b></p> <p>In the first three months of the coaching program, how often do the member and coach connect?</p> <p>A) Once only B) At least every 14 days C) At least daily D) None of the above</p> <p><b>Submit</b></p>
27	<div>  <p><b>Multiple Choice</b></p> <p>Which of the following is required to achieve the \$175 incentive under the 2019 Blue Rewards full insured program?</p> <ul style="list-style-type: none"> <li><input type="radio"/> A) Select a PCP and complete a health screening</li> <li><input type="radio"/> B) Consent to receive wellness emails and take the RealAge test</li> <li><input type="radio"/> C) Retake the RealAge test</li> <li><input checked="" type="radio"/> D) All of the above</li> </ul> <p><small>If correct - Click anywhere or press 'y' to continue.</small></p> <p>Question 5 of 5 <span>Submit</span></p> </div>	<p><b>Slide 27 – Quiz</b> <b>Question 5 – Multiple Choice</b></p> <p>Which of the following is required to achieve the \$175 incentive under the 2019 Blue Rewards fully insured program?</p> <p>A) Select a PCP and complete a health screening B) Consent to receive wellness emails and take the RealAge test C) Retake the RealAge test D) All of the above</p> <p><b>Submit</b></p>

Slide	Slide	Description
28	 <p><b>True/False</b></p> <p>Apple Health, Google Fit, and FitBit are integrated devices supported through the wellness platform.</p> <p><input type="radio"/> A) True <input type="radio"/> B) False</p> <p>Question 6 of 7 <span>Submit</span></p>	<p><b>Slide 28 – Quiz</b> <b>Question 6 – True or False</b></p> <p>Apple Health, Google Fit, and FitBit are integrated devices supported through the wellness platform.</p> <p>A) True B) False</p> <p><b>Submit</b></p>
29	 <p><b>Multiple Choice</b></p> <p>Clinical segmentation is used to determine the best method of intervention for each member. Members will be identified as:</p> <p><input type="radio"/> A) Healthy or Unhealthy <input type="radio"/> B) Fit or Overweight <input type="radio"/> C) Stable/Self-Directed or Unstable/Coach-Directed <input type="radio"/> D) Low Risk or High Risk</p> <p>Question 7 of 7 <span>Submit</span></p>	<p><b>Slide 29 – Quiz</b> <b>Question 7 – Multiple Choice</b></p> <p>Clinical segmentation is used to determine the best method of intervention for each member. Members will be identified as:</p> <p>A) Health or Unhealthy B) Fit or Overweight C) Stable/Self-Directed or Unstable/Coach-Directed D) Low Risk or High Risk</p> <p>End of Quiz</p> <p><i>Click Submit</i></p>

Slide	Slide	Description
30		<p><b>Slide 30 - Quiz Results</b></p> <p>Correct Questions:</p> <p>Total Questions:</p> <p>Accuracy: (percent)</p> <p>Attempts: (total-attempts)</p> <p><i>Click Retake Quiz or click Continue</i></p>
31		<p><b>Slide 31</b> <b>Title: Conclusion</b></p> <p>Narrator: This concludes the Enhanced Wellness Platform Coaching and Blue Rewards training.</p> <p>Please close your browser to exit the program.</p> <p>[Icon on slide] Checkmark]</p> <p><i>Click Back to Exit</i></p>