Live Will May 2021

LiveWell Updates: Wellbeing events & programs for employees, retirees, and household members

Add your name to the LiveWell email listserv to get the latest updates and monthly newsletter.

Omada – Now available for Cigna & Kaiser members covered by a Fairfax County health plan:

Omada is a FREE, online, personalized program, focused on the prevention of type 2 diabetes and heart disease, that empowers you to achieve your health goals. Combining data-powered human coaching, connected devices, and curriculum tailored to your specific needs, the program is designed to help you build healthy habits that last.

Cigna and Kaiser members can visit https://go.omadahealth.com/fairfaxcounty to take a quick eligibility assessment to see if you qualify to participate.

Omada is not designed to meet the unique needs of those with diabetes and would be appropriate for those with pre-diabetes, family history of cardiovascular disease and diabetes, those who have had gestational diabetes, and those who have lifestyle-related risk factors for chronic disease such as hypertension and a higher than ideal BMI.

Space in the Omada for Kaiser program is limited and available on a first-come, first-serve basis. Completion of at least 16 Omada lessons counts toward Motivate*Me* rewards. For more information, contact LiveWell@fairfaxcounty.gov.

Omada is not currently available members of the United Healthcare or Cigna Medicare Advantage plans through Fairfax County.

Motivate*Me* Incentive Reward Program:

- Rewards earned in 2020 were distributed mid-March 2021 into retiree pension checks. Any concerns about 2020 rewards must be communicated to LiveWell, in writing to LiveWell@fairfaxcounty.gov or 12000 Government Center Parkway, Suite 270 Fairfax, VA 22035, by 5/1/21.
- It's never too early to start working on your 2021 rewards—begin earning now! An annual physical and health assessment are required. All activities must be posted to mycigna.com or received by Kaiser passport by December 31. Don't wait until the last minute. We suggest completing as many activities as possible by October to ensure they are processed by the end of the year deadline.
- If Medicare is your primary insurance and the county plan is your secondary, you can submit documentation of your annual physical and cancer screenings (mammogram, colon, prostate, or cervical) if applicable, to receive Motivate*Me* rewards for their completion. The Cigna

Motivate*Me* system will not recognize a service paid for completely by Medicare. Please send LiveWell@fairfaxcounty.gov one of the following by 12/31:

  - Explanation of Benefit (EOB) that states your full name, provided service, and date of service. The documentation must describe the visit as a wellness/preventive exam.
  - Documentation from the doctor on a script pad or letterhead stating your name, provided service, date of service, name of doctor, and signature of doctor

- Subscribers can receive rewards for one cancer screening per year. If you receive additional screenings for your own wellbeing, great. However, the $30 reward for the cancer screening is only available one time, per subscriber, per year.
- Code-based activities (i.e. physicals/screenings), paid by Cigna, can take up to 6 weeks to be posted to mycigna.com Self-entered activities and the Health Assessment may take 48 hours to post to mycigna.com. Everything must be posted by 12/31 at 11:59 pm EST in order for credit to be awarded.
- Due to the COVID-19 pandemic, LiveWell webinars may be counted as workshops or webinars in 2021.
- New for 2021: Subscribers can earn rewards for receiving a COVID-19 vaccine. Complete the self-entered goal on mycigna.com or on your Kaiser passport. Both doses of the vaccine must be received in 2021 to qualify for rewards.
- Reminder: Participants in the Cigna True Choice Core Medicare Advantage Plan and the United Health Care Group Medicare Advantage Plan are ineligible to participate in Motivate*Me*. These plans have their own wellbeing program that include activities such as annual physicals and screenings, discount programs, telehealth services, Silver & Fit, meal services following hospital stays, house calls, etc. Contact your health plan for details.
- Questions? Email LiveWell@fairfaxcounty.gov or call HR Central and ask for a member of the LiveWell team: 703-324-3311 (TTY 711).
- Join the next Motivate*Me* webinar on July 15 at 2 pm to learn more!
  - Join from PC, Mac, Linux, iOS or Android: https://us02web.zoom.us/j/86162222680 Password: 109239
  - Or Telephone: USA 8665905055 (US Toll Free), Conference code: 866288

Virtual Fitness Classes:

- May: Balance Class: Tuesdays at 11 am
- May: Body Weight Bootcamp: Mondays at 1 pm

May Special Events:

- **Spring Into Motion Challenge**: May 3 - June 13: Join our walking/fitness challenge and explore a variety of spring themes including baby animals, weather patterns, and leisure activities to name

a few — all while experiencing the rejuvenating physical and mental health benefits outdoor activities have to offer. All employees, retirees, and household members are welcome to participate in this online program. Registration is open from April 19 - May 10.

- **Save the Date: Virtual Employee Field & Fitness Week: May 10-14:** Mark your calendar for the first-ever, virtual Employee Field & Fitness Week. We'll have daily "warm-up" sessions, an online cooking demo, talent show and more. Add your name to the retiree listserv to receive the latest updates.

Virtual Events & Webinars: Open to all employees, retirees, and household members.

- **Meditation**: May 3 2:00 PM - 3:00 PM
- **Healthy Ways to Boost Flavor in Dishes**: May 4 12:00 PM - 1:00 PM
- **Women's Health Through Decades**: May 6 10:00 AM - 11:00 AM
- **All About Shoulders- Airrosti**: May 18 1:00 PM - 2:00 PM
- **Qi Gong**: May 20 12:00 PM - 1:00 PM
- **Financial Setbacks**: May 24 12:00 PM - 1:00 PM