



Welcome to the 2022 NECA Local No. 145 IBEW Wellness Program: *Powered by Telligen Health and Well-Being*

Our goal as the Board of Trustees for the **NECA Local No. 145 IBEW Welfare Plan**, is for this program is to help you achieve your best possible health by knowing your numbers.

How It Works

On the NECA Local No. 145 IBEW Wellness site or Mobile App, you can view your biometric screening information for your incentive and year-over-year data. You can also register for any of our health and wellness challenges and complete a health risk assessment. You can even register devices and apps like FitBit, Apple Watch, and RunKeeper to sync your activities!

To visit the wellness portal: <https://necaibew145.totalwellbeinglife.com>

To download the mobile app, MyHealth by Telligen:



Android



Apple

Incentives

If you complete all the required criteria for the 2022 Wellness Program, you will earn \$400 towards your individual deductible in the following plan year when you complete your (and your covered spouse, if applicable) biometric screening(s) through the onsite clinic/events or physician form with lab results.

Biometric Screenings

There are 2 ways that you can complete a Biometric Screenings:

1. Onsite Medical Center

Biometric Screenings can be completed at the onsite clinic location. To schedule an appointment with the clinic, please call the phone number below:

IBEW LOCAL 145 FAMILY MEDICAL CENTER
4624 Progress Drive, Suite A
Davenport, IA 52806
Phone: 563-214-1599, Fax: 563-557-6873



2. Visit your Physician

Visit your physician and complete a 2022 Wellness Program Physician Form. Please download your form by visiting either the Benefits website (www.ibew145benefits.com) under the “forms” page or the wellness portal Home page under *Incentive*. Please have your physician *fill out* the required fields & *sign* the form before faxing. It is recommended that you follow up with either Telligen or the Benefits Office to verify the form was received.

For best results, fasting for 8-12 hours is highly recommended (going without food or drink other than water) prior to having the tests performed.

Deadlines and Important Dates

Our wellness year will be from January 1, 2022 to October 31, 2022. You can complete a biometric screening anytime from January 1, 2022 through October 31, 2022. Submissions of a biometric screening through completion of an appointment at the IBEW Local 145 Family Medical Center or through submission of a 2022 Wellness Program Physician Form *filled out* and *signed* by the physician must be received by Telligen no later than November 30, 2022.

Final Day to Complete Screening:	October 31, 2022
Final Day to Submit Screening Lab Results:	November 30, 2022

Disease Management Coaching

Disease Management Coaching is available to members identified through medical and prescription drug claims. Coaching is available for: diabetes, high blood pressure, asthma, COPD, coronary artery disease, and other chronic conditions. The program uses a holistic approach through completing a needs assessment, collaboration with your treatment team, care planning, and education. Your dedicated health coach will work with you to create a Health Action Plan tailored to meet your goals.

Questions? Ask us!

If you have questions regarding the NECA Local No. 145 IBEW coaching programming, please call Telligen at 1-833-610-1055. If you're having technical problems or have questions about the Screening, Challenges, or Health Assessment while on the site, click on the *Feedback and Support* tab on the right side of the webpage.

Eligibility & Participation

Programs are available to all eligible members and spouses.

If you complete all the required criteria for the 2022 Wellness Program, you will receive your wellness incentive as a contribution toward your medical plan deductible the following plan year. If you choose to visit your physician, we recommend you follow up with either Telligen or the Benefits Office to verify the form has been received.

Incentive award amount is \$400/year.



Though we hope all members will find this a fun and engaging way to pursue their best personal health, we want to emphasize that participation is *entirely* voluntary. Members taking part in the program or participating in activities do so of their own free will and are responsible for taking necessary precautions and /or consulting their physician when participating in the program.

Privacy

The NECA Local No. 145 IBEW wellness website (<https://necaibew145.totalwellbeinglife.com>) is administered by Telligen. The site has been designed, developed, and coded with the best technology to support full compliance with all applicable federal and state privacy laws inclusive of HIPAA. Additionally, Telligen will administer the specific results of any challenge with PHI or physician fax forms—NECA Local No. 145 IBEW will only receive *aggregate* information. Should you have any questions or concerns about privacy, you may reach out to us at avanderbeek@telligen.com.