

Why sign the BlueCHIP for Healthy Options Pledge?

When you sign up for BlueCHIP for Healthy Options, the Pledge is your personal commitment to improving your health. It acknowledges that you and your dependents will take responsibility for your health and lifestyle choices in order to enjoy a better quality of life and to pursue cost savings through preventive care.

What is a Personal Health Assessment (PHA)?

The PHA is a questionnaire that takes a quick snapshot of the respondent's health. (You and each of your dependents who are aged 18 and older, including spouses or former spouses, complete a PHA.) The assessment process will translate the answers into a customized report with suggestions to improve health.

Will my employer see the answers and/or results of my and my dependents' Personal Health Assessments?

No. You will turn in your questionnaires in a sealed envelope that will remain sealed until it is received by BCBSRI.

How is health information protected and kept confidential?

Personal and health-related information is protected under the same law that governs a doctor's obligation to provide privacy of your personal health information. We observe rigorous legal standards and rules of conduct to ensure the confidentiality and safekeeping our member's health information.

How much time do the Wellness Participation Requirements take to complete?

The Personal Health Assessment takes about 15 minutes to complete. The time needed for other Wellness Participation Requirements will vary, depending on your unique healthcare needs. For instance, if you're already at a healthy weight, you won't need to take weight management classes. Similarly, if you don't smoke, you can scratch smoking cessation classes off the list, too. On the other hand, there'll be some members who must devote time to improving their health. Again, the amount of time it takes will depend on the individual.

What if a member doesn't complete the Wellness Participation Requirements?

If you or any of your dependents don't complete the requirements, your entire family will be switched to Basic-level benefits at the anniversary date of the plan. Families are also enrolled in the Basic plan right from the start if any of the enrollment requirements are missing or incomplete. Please see the Wellness Participation Requirements insert for a listing of these requirements.

Once enrolled in the Basic-level of benefits, can I switch to the Advantage?

If you're enrolled in Basic-level benefits, you can switch to the Advantage level at the group's anniversary date. To do this, please contact BCBSRI to designate a PCP for yourself and each of your eligible dependents. Then if you haven't done so already, please submit Personal Health Assessments for yourself and your eligible dependents who are aged 18 and older.

How does BCBSRI know whether I'm participating in any necessary weight management and smoking cessation classes?

You and your doctor will let us know. As part of the Wellness Participation Requirements, you will send us a Self-Reporting Form each year to let us know how you're doing. Meanwhile, your doctor will complete an annual PCP Checklist, which you will mail to us. In order to maintain Advantage-level benefits, you must submit both of these items to us within eight months after your effective date of coverage.

What is the Primary Care Physician Checklist?

The Primary Care Physician (PCP) Checklist is a form that your PCP must complete and sign once a year as part of the Wellness Participation Requirements of the plan. As part of these requirements, you must submit a PCP Checklist each year for yourself and each of your dependents who are age 12 and older. This form must be submitted within eight months after your effective date of coverage.



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