

The ARBenefits Wellness Program returns in 2021 for Arkansas State and Public School Employees. Employees have the opportunity to qualify for any incentive put in place by the State and Public School Life and Health Insurance Board for the 2021 plan year. To qualify, covered employees and any covered spouse must complete all requirements no later than [October 31, 2021](#).



ARBenefits has partnered with Catapult Health to offer worksite checkups for state and school employees at a site near you. Screenings, which take approx. 30-40 minutes, offer lab-accurate diagnostic tests, biometric measurements, and a personal report with results and recommendations from a board certified Nurse Practitioner. Completing a worksite checkup through Catapult allows participants to complete both the biometric screening and health assessment requirements during their appointment.

## Biometric Screening

Members must complete a biometric screening through a Catapult Health worksite checkup, or through their own physician.

Screenings include blood work, height and weight measurements, as well as a test for nicotine use. Members who utilize their own doctor must have their physician complete the [ARBenefits Primary Care Provider Form](#) that is available at [www.ARBenefits.org](http://www.ARBenefits.org). Completed forms must be submitted to the fax number on the form no later than 10/31/21. It is the member's responsibility to make sure their completed form is submitted by the deadline.

**Members who test positive for nicotine:** can still qualify for any 2022 incentive if they complete the tobacco cessation requirement through Health Advantage or New Directions by 10/31/21.

To schedule an appointment for a Catapult Health worksite checkup visit [www.TimeConfirm.com/ARBenefits](http://www.TimeConfirm.com/ARBenefits).

## Health Assessment

Members must also complete a health assessment, which can be completed one of two ways:

1. Members who participate in a worksite checkup with Catapult Health will complete their health assessment during that appointment.
2. Members who do not participate in a Catapult Health worksite checkup must complete the online health assessment through their My Blueprint account [healthadvantage-hmo.com](http://healthadvantage-hmo.com).

The health assessment through a Catapult Health worksite checkup, and the online health assessment through the My Blueprint portal are the only assessments that count towards the ARBenefits Wellness Program requirements.

## Wellness Program FAQ

Have a question that you don't see answered below?  
Contact EBD at 1-877-815-1017 x1, x2 or  
[AskEBD@dfa.arkansas.gov](mailto:AskEBD@dfa.arkansas.gov)

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### **Are there any changes to the requirements from 2020.**

The ARBenefits Wellness Program requirements are the same as they were in 2020. Requirements must be completed annually.

### **Who must complete the requirements to earn an incentive?**

Covered employees and covered spouses must complete the requirements by 10/31/21 to qualify for any incentive put in place for the 2021 plan year.

### **What about new employees hired during the year?**

Employees with a hire date, and members who enroll onto the plan July 1, 2021, or after, will automatically receive credit for the wellness program for 2022.

\*\*\*Employees who transfer between agencies or school districts without a break in coverage are still required to complete the wellness requirements by 10/31/21.\*\*\*

Members who become effective on the ARBenefits plan between July 1 - October 31, 2021 are encouraged to participate in a biometric screening and health assessment.

### **Do I have to complete the wellness requirements?**

No, the program is voluntary. However, for a member to earn the discounted rate towards their 2021 monthly premiums, all wellness program requirements must be completed by the employee and any covered spouse by 10/31/21.

### **How much will the discount be for 2022?**

The discount is \$50 a month. This amount is deducted from your premium each month.

### **Do covered children need to complete the requirements?**

No. Only covered employees and covered spouses need to complete the requirements for the 2022 wellness discount. Dependent children can still have an annual visit with their physician covered by the plan.

# Biometric Screening (Catapult Health Worksite Checkup)

## Did TSS EBD contract with Catapult Health to provide the worksite checkups?

No, TSS EBD and Catapult Health did not enter into a contract to provide work site checkups. Catapult Health is already an in-network provider. Therefore, Catapult Health will bill a claim to ARBenefits for every screening just like any in-network provider.

## How do I schedule an appointment with Catapult Health?

Catapult Health will be contacting agencies and school districts to set up clinics during 2021. When a clinic is going to be at your district/agency, or in your area, you will receive information from your agency/district Health Insurance Representative. You will receive a link to schedule your appointment online. Once you schedule your appointment, you can receive e-mail reminders when your appointment date is approaching.

To set an appointment time, and to see an upcoming schedule of clinics, members can go to [www.TimeConfirm.com/ARBenefits](http://www.TimeConfirm.com/ARBenefits).

A map of scheduled clinics as well as a list of clinics with availability is available in the Health Enhancements section at [www.transform.ar.gov/employee-benefits](http://www.transform.ar.gov/employee-benefits).

## What if I am pregnant?

Members who are pregnant are not able to complete a checkup through Catapult Health. Affected members can still complete program requirements by having their physician complete the ARBenefits Primary Care Provider (PCP Form). The PCP Form includes a box the physician can check if their patient is pregnant and exempt from the lab work portion of the screening. All other portions of the PCP Form must still be completed. The member must also complete the online health assessment through Health Advantage's My Blueprint portal.

## What if I have had a double mastectomy?

Members who have had a double mastectomy with bilateral lymph node removal will not be able to complete a checkup with Catapult Health. Affected members can still complete program requirements by having their physician complete the ARBenefits Primary Care Provider (PCP) Form. The member must also complete the online health assessment through Health Advantage's My Blueprint portal.

## How long does it take to complete a Catapult Health screening?

A screening conducted by Catapult Health usually lasts approximately 40 minutes.

## What is included during a Catapult Health screening?

1. Lab-accurate finger stick blood test to measure: blood glucose, lipids, liver enzymes, A1C
2. Biometric measurements: height, weight, blood pressure, abdominal circumference
3. Depression screening
4. Cotinine (nicotine) screening
5. Private consultation with a nurse practitioner

## Is there a charge to the member for a Catapult Health worksite screening?

No, the employee and/or covered spouse will not be charged for their Catapult Health worksite screening. Catapult Health is already an in-network provider, and will submit a claim like any provider. The billing details for worksite checkup claims have already been coded to make sure the member will not receive a charge.

## If I participate in a Catapult checkup, can I still have an annual visit with my physician?

Yes, even if a member participates in a Catapult Health worksite checkup, they can still have an annual visit with their physician and/or your OB/GYN fully covered by the Plan.

## Biometric Screening (Member Primary Care Physician)

### Can a physician perform my biometric screening instead of Catapult Health?

Members have the option to have their physician complete their biometric screening. Members who utilize their own physician to complete their screening must have their physician fill out the ARBenefits Primary Care Provider (PCP) Form available at [www.ARBenefits.org](http://www.ARBenefits.org). Completed forms can be faxed to the number at the bottom of the document. Members may receive a charge for services if their physician does not bill the visit as wellness when they submit the claim to Health Advantage.

### What if I am pregnant?

Members who are pregnant must still have their physician complete the ARBenefits Primary Care Provider (PCP) Form. The PCP Form includes a box the physician can check that exempts the member from the lab work portion of the screening. All other portions of the form must still be completed. The member must also complete the online health assessment through Health Advantage's My Blueprint portal.

### Where do I find the necessary Primary Care Provider (PCP) Form?

The ARBenefits Primary Care Provider (PCP) Form is available in the Wellness section at [www.transform.ar.gov/employee-benefits](http://www.transform.ar.gov/employee-benefits). It is the responsibility of the member to make sure a completed form is submitted and received by 10/31/2021. The PCP form must be filled out completely to be accepted and processed.

## Nicotine Screening

### Why was the nicotine screening added?

The ARBenefitsWell program was implemented as an opportunity for employees to take charge of their health, but is also a way for the plan to contain costs. If conditions can be diagnosed early and managed, or through action, prevented entirely, both the member and the plan benefit. Conditions that occur as a result of nicotine use create a large expense for the member and the plan. Through action, members can experience improved health, which can lower costs.

### If I test positive for nicotine, when do I have to enroll in the tobacco cessation program?

Members who test positive for nicotine can still successfully complete their wellness program requirements through one of two tobacco cessation program options by 10/31/20.

**Telephonic Program (New Directions):** Members can enroll in a telephonic tobacco cessation program through New Directions Behavioral Health. Members can contact New Directions at 1-877-300-9103 to enroll. Participants in the telephonic program are required to complete one telephonic coaching session. Completion of the telephonic coaching entitles members to receive the nicotine replacement aids at no cost at the pharmacy. EBD receives weekly reporting of completions only.

**Online Program (My Blueprint):** There is also an online option for members to complete the requirement through their My Blueprint account at [healthadvantage-hmo.com](http://healthadvantage-hmo.com). The program is a six-week course, consisting of six modules that can only be completed one week at a time. Members who choose this option will satisfy the cessation requirement when they have completed all six modules. TSS EBD will receive a weekly reporting of completions only. The online program does not provide nicotine replacement aids to the member at no cost.

Members do not need to wait until they have a nicotine test to enroll in tobacco cessation. Members who know they will test positive for nicotine, can enroll in to a tobacco cessation program anytime, as long as their selected program is completed by 10/31/21.

## How do I enroll in the online tobacco cessation program through My Blueprint?

Members can access the online tobacco cessation program by logging in or registering their My Blueprint account at [healthadvantage-hmo.com](http://healthadvantage-hmo.com). Members can also access their My Blueprint account through their ARBenefits Member Portal account at [my.arbenefits.org](http://my.arbenefits.org). Once members log in to ARBenefits, they can click the Health Advantage link in the Member Links tab to go directly into their My Blueprint account.

Once you access your My Blueprint account:

1. Go to the Health and Wellness tab and select Healthy Living;
2. Navigate to the HealthConnect Blue portal;
3. Select the Action Plan tab and click the button to get started;
4. Once you click the action plan you will complete a quick health update. When you are finished, it will recommend a focus area. If you put that you smoke, tobacco free should be the first recommendation. You can then select the Tobacco Free focus area to begin the program.

## Health Assessment

### How do I complete the necessary health assessment?

There are two way employees and covered spouses can complete the health assessment requirement.

1. Employees and covered spouses who participate in a Catapult Health worksite checkup will complete the required health assessment during their appointment.
2. Employees and covered spouses who choose to have their doctor complete their biometric screening, and members who are excluded from having a screening due to pregnancy or double mastectomy need to complete the online health assessment by logging in to their My Blueprint account at [healthadvantage-hmo.com](http://healthadvantage-hmo.com).

Members can also access their My Blueprint account through their ARBenefits Member Portal account at [www.transform.ar.gov/employee-benefits](http://www.transform.ar.gov/employee-benefits). Once members log in to ARBenefits, they can click the Health Advantage link in the Member Links tab to go directly into their My Blueprint account.

### If I complete a Catapult Health checkup, do I need to complete the online health assessment?

No. If you complete a checkup through Catapult Health, the questionnaire you complete during your appointment will fulfill the health assessment requirement.

### How do I access the online health assessment in the My Blueprint Portal?

Once you log into your My Blueprint account:

1. Click the Menu icon in the top left corner of the page. Select the Healthy Living located in the Health & Wellness section of the Menu;
2. On the next page, click the button to go the HealthConnect Blue portal. The first time you access the portal, you will be taken to a terms and conditions page that you can accept at the bottom of the page;
3. After you accept the terms and conditions, you will go to the HealthConnect Blue homepage where you will see the link for the online health assessment.

### Do I need to complete my health assessment prior to having a biometric screening?

No, you do not have to complete your online Health Assessment prior to having a biometric screening through Catapult Health, or through a physician.