



2018 Healthy Rewards Program

TAKE CHARGE OF YOUR HEALTH and EARN REWARDS

Making healthy lifestyle changes like eating healthier; being more active and caring for your emotional health can help you be healthier and feel your best. To help you make these changes, we've created the **Healthy Rewards Program**.

From **March 1, 2018 to November 30, 2018** you can earn points by completing activities on our health and wellness portal. The points you earn will earn you prizes!

Follow these steps to get started:

Step 1: Create an account at <https://care1st.cernerwellness.com>.

Step 2: Complete the Personal Health Assessment (PHA). Then review your Health Risk report to learn more about your health risks.

Step 3: Write your Health Mission Statement. Here you describe why you want to focus on your health.

Step 4: Choose a health track. Each health track focuses on a health topic. It includes a group of activities for you to do. Activities include participating in workshops, keeping track of your physical activity, talking to a health coach and using a mindfulness app to meditate. You may want to choose a track based on your top health risk. If you need help choosing a track, we can help you choose one. If you prefer not to follow a track, you can still earn points by completing other listed activities.

Step 5: Start earning points! You will receive a prize when you reach a set amount of points. Prizes include a 1st aid kit, digital thermometer, \$10 gift card to CVS and a chance to win one of two \$50 gift cards to Target.

You have until **November 30, 2018** to earn points. Get started now at <https://care1st.cernerwellness.com>. If you have questions, please call **323-889-6638 extension 3282**.



TAKE CHARGE — of — YOUR HEALTH

<https://care1st.cernerwellness.com>

Care1st wellness portal (website)

Get free help online to live healthier and manage chronic conditions. Get rewards when you complete certain activities on the portal.

Our wellness portal gives you access to:

- ◆ Daily calorie plans and recipes
- ◆ Exercise plans and demonstrations
- ◆ Health (brochures and videos)
- ◆ Health workshops (classes)
- ◆ Health Coaching by phone or e-mail
- ◆ A Registered Dietitian and a Personal Trainer by e-mail



To get started, follow these steps:

1. Register your account at <https://care1st.cernerwellness.com>. You will need to enter your Care1st Member ID Number.
2. Answer the questions on the Personal Health Assessment (health questionnaire).
3. Review your health risks report.
4. Review your personalized Wellness Plan. The Wellness Plan connects you to the tools listed above.

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If you have questions about the portal, please call **323-889-6638 ext. 3282**. You can also call Member Services toll-free at **800-605-2556 (TTY 711)**. Care1st Health Plan is an affiliate of LA Care Health Plan in providing Medi-Cal managed care services in Los Angeles County.