

Benefit Focus News

Office of Group Insurance

July 2015



It's a New **thriveidaho** Year! July 1, 2015 — April 30, 2016

When you participate in **thriveidaho**, the Office of Group Insurance employee health promotion program, you can assess your health, better understand your health benefits, and engage in activities that enhance your overall well-being. **Plus, you can earn a \$250 cash reward!**

To get started, login to the Blue Cross Members website at members.bcidaho.com & click on the **thriveidaho** logo. Complete the items below to accumulate points. Once you reach 85 points you will be eligible for the \$250 reward.

- A**sk your doctor to complete the healthcare provider form –50 pts.
- C**omplete the personal health assessment –30 pts.
- T**ake advantage of a workshop, health coaching, or **thriveidaho** challenge –10 pts.
- V**iew educational videos –10 pts.

**Active employees who are Blue Cross Subscribers are eligible to participate. Rewards are subject to the same taxes and deductions as your normal payroll and reportable on your State of Idaho W-2. For more information visit thrive.idaho.gov.*

Meet the First **thriveidaho** Champion!

Visit the new **thriveidaho** website, thrive.idaho.gov and meet our first **thriveidaho** Champion. This is someone who despite obstacles and challenges took significant strides to improve her health and reach her goals.

Does a coworker inspire you to live healthier? Nominate him/her at thrive.idaho.gov.



SHDR

Benefit Consultants

A division of BB&T Insurance Services

SIMPLE ACCESS TO YOUR FSA

Did you sign up for a Flexible Spending Account (FSA) during open enrollment?

There are several ways to access your FSA and use your benefits. SHDR Benefit Access Visa® Debit Card is a convenient way to pay for eligible expenses. You can also submit claims by completing an online form and attaching receipts, or by submitting a claim form for reimbursement of eligible expenses.

Because your FSA is administered by the highly experienced staff at SHDR, submitting claims and receiving reimbursements is easy and convenient:

- Your claims are received via fax, mail or online, and are promptly entered into SHDR's recordkeeping system for dependent day care or health care claims.
- Emails are sent to confirm receipt and status of your claim.
- Claim reimbursements are distributed via direct deposit or a check sent directly to your home address.
- You can access your account information 24 hours a day at the website, SHDR.com, or by calling toll-free at 800-768-4873. or 800-930-2441.

Why did I get a receipt request letter when I used my card?

If you use a Prepaid Benefits Card you may have received a letter asking for a receipt to verify the eligibility of a purchase. SHDR does all they can to automatically verify your Card transactions, as required by the IRS. However, if they're unable to, you will receive a letter or email requesting itemized receipts for card transactions. It is important to provide the info SHDR requests in a timely manner. If you do not respond your access card could be deactivated.

If your card has been deactivated it is easy to reinstate just provide the requested receipts to SHDR via fax, mail or at SHDR.com.

For details about the FSA plans and how they work, please see the [Benefits Summary & Plan Contracts](http://SHDR.com) at ogi.idaho.gov. For a list of eligible expenses, please visit the [SHDR website](http://SHDR.com).



STRIVE for 5

Summer is the perfect time to make some healthy changes to your eating habits.

Join the **Strive for Five** challenge **July 27 – August 30** and see what a difference a few weeks can make.

Just track how many fruits and vegetables you eat each day for five weeks for your chance to earn 10 points toward your wellness reward, as well as be entered into a weekly drawing to win a fabulous fruit basket.

Sign up July 20-29

Go to members.bcidaho.com and log in to your account to sign up and get more details. Just select the [thriveidaho](http://thriveidaho.com) logo and then the **Strive for Five Challenge**.



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For comments or suggestions for future editions of Benefit Focus, please email: ogi@adm.idaho.gov.