

Cape Cod Municipal Health Group Wellness Portal FY22

The CCMHG Wellness Portal is a great way to earn valuable rewards while improving your health. This year's program runs **July 1, 2021 - June 30, 2022**. The program includes several wellness activities that you can participate in to receive points.

Earn 50 Points by December 31st to be entered into raffle for one of four \$200 gift cards!

Earn 100 points by June 30th to receive a \$35 gift card AND be entered into a raffle for one of four additional \$200 gift cards!!

All Cape Cod Municipal Health Group members who are covered under Blue Cross Blue Shield, Harvard Pilgrim Health Care or Tufts are eligible to participate and earn rewards.

New users who go to register for the first time will no longer be prompted for a Blue Cross member ID or personal access code! The experience for returning users will remain the same; you will continue to enter your username and password to log in. In the past, upon becoming eligible for the program, new non-Blue Cross-member employees have received a letter with a personal access code; however, as of July 1st the personal access code will no longer be required, non-member letters will no longer be sent. Eligible non-Blue Cross-member employees—and Blue Cross member employees—can simply navigate to ahealthyme.com/login and sign up at your convenience.

The below programs are hosted directly in the ahealthyme wellness portal and points for each of the below activities will be visible in your account immediately after completion:

Online Health Assessment – 25 Points AND a \$25 Gift Card

July 1st - August 31st

Take the Health Assessment at any point in the program year to earn 25 points toward your overall incentive. Take the Health Assessment by August 31st to also get a \$25 Gift Card! **Please note that if you completed the Health Assessment last year, you will need to retake it in order to earn your points and gift card.**

Summer Steps Challenge – 25 Points

July 20TH – August 17TH

This four week challenge will encourage you to get more steps in your day. More information will be provided when the challenge becomes available. If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.

Winter Nutrition Challenge – 25 Points

November & December

This four week challenge will encourage you to eat more fruits and vegetables as part of a healthy diet. More information will be provided when the challenge becomes available. If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.

Spring Steps Challenge – 25 Points

April & May

This steps challenge will encourage you to get more steps in your day. More information will be provided when the challenge becomes available. If you successfully meet the challenge goal, your earned points will appear at the close of the challenge.

Wellness Workshops – 15 Points Each

Available year-round

There are a number of wellness workshops here on the ahealthyme website designed to help you work on your wellness goals. Workshops are designed to be engaging and fun, while providing the tools you need to reach your wellness goals. Each workshop takes approximately 4-7 weeks to complete. They're self-paced, allowing you to complete them on your own time. You can sign up for a workshop by going to ahealthyme.com/login signing in then clicking on wellness workshops.

The below programs are hosted outside of the ahealthyme wellness portal and points for each of the below activities will appear in your ahealthyme account within 6 - 8 weeks of program completion.

Maintain Don't Gain – 25 Points

November – December

This six week Holiday Challenge has an objective of not gaining more than 2 pounds over the busy holiday season from Thanksgiving to New Year's Day! Weekly walks at the Hyannis Youth and Community Center take place every Tuesday and Thursday 4:30 - 6:00

Couch to 5K – 35 Points

Available year-round

These 9-week 2x/week incremental run/walk programs takes place throughout the fiscal year at various locations across the Cape and MV. Couch to 5K programs are listed in Your Health Matters, found on the [CCMHG Website](#) and on the [CC Healthy Connections website calendar](#). If you are interested in holding a program at your jobsite please contact Deanna L. Desroches at capecodhealthyconnections@gmail.com or ccmhgmvm@gmail.com Points will only be awarded for attending at least 17 out of the 18 classes and for only one program although you may be able to participate in multiple.

Biometric Screening – 25 Points

Available year-round

All screenings dates and locations for the mainland are found on the [CCMHG website](#), listed in Your Health Matters newsletter (also on website) and are listed on the [CC Healthy Connections website calendar](#). If you are interested in holding a screening at your jobsite please talk with your employer and have them contact Deanna L. Desroches at capecodhealthyconnections@gmail.com. All MV screenings dates and locations TBD. Contact Krystle Rose for more information at ccmhgmvwelness@gmail.com

8-Week Walking Programs – 35 Points

Available year-round

Walking programs vary in location and are listed in Your Health Matters, found on the [CCMHG Website](#) and on the [CC Healthy Connections website calendar](#). If you are interested in holding a program at your jobsite please contact Deanna L. Desroches at capecodhealthyconnections@gmail.com

Stress Reduction Programs – 10 Points Each/Max 30 Points Total

Available year-round

Stress reduction programs vary in location and are listed in Your Health Matters found on the CCMHG Website and on the [CC Healthy Connections website calendar](#). If you are interested in holding a program at your jobsite please contact Deanna L. Desroches at capecodhealthyconnections@gmail.com

Nutrition Education Programs - 10 Points Each/Max 30 Points Total

Available year-round

Nutrition education programs vary in location and are listed in Your Health Matters found on the CCMHG Website and on the [CC Healthy Connections website calendar](#). If you are interested in holding a program at your jobsite please contact Deanna L. Desroches at capecodhealthyconnections@gmail.com

Monthly Challenges – 25 points each*

*(*points earned for the June challenge will count toward your 2022-2023 wellness program points)*

Available year-round

Monthly Challenges are social media based challenges varying in requirement. They are based on mind, body and spirit and are a whole lot of fun! They will be a great way to remotely connect with other health group members and a chance to win great prizes and earn points!

All information on this portal is protected information and will not be shared with your employer!

If you have any questions regarding the wellness portal or any other wellness programs please contact Deanna L. Desroches, Health and Wellness Consultant, Cape Cod Healthy Connections via email at capecodhealthyconnections@gmail.com or phone at 508-631-7263.