

Completing 2016 HealthFund Healthy Actions

2016 HealthFund Healthy Actions to Complete

What You Get (HealthFund Credits & Rewards)

How to Get Started

Start with your Well-Being Assessment (WBA)

An online questionnaire that helps you understand your health status and risks.

Note: Members who completed a WBA in 2015 will be eligible to take the assessment again beginning Jan. 1, 2016. The last day to take your WBA is Nov. 30, 2016.

Employees: **\$100**
Spouses/Same-Sex Domestic Partners: **\$100**

Once completed, you'll get back a confidential, personalized report that shows your health status, including any risks.

Step 1: Log on to your Aetna Navigator® account (new users will need to register) at www.aetna.com.
Step 2: Click "Take the Well-Being Assessment (WBA)" under the "I want to..." menu on the left side of the page.
Step 3: Complete the questionnaire.
Step 4: You will receive your HealthFund credit within 14 days.

Get preventive care

Get preferred preventive care, such as a routine physical/well-adult exam, well-woman exam, or certain age-appropriate screenings (e.g. mammography, colorectal screening) during 2016.

Employees: **\$200**
Spouses/Same-Sex Domestic Partners: **\$200**

Schedule an appointment with your health care provider and get a routine physical exam or age-appropriate screening.

Once your preventive care claim has been processed by the *LM HealthWorks* Plan, you will receive your HealthFund credit within 14 days.

Get active!

Use the Virgin Pulse Physical Activity Tracking Tool and your free pedometer to track and monitor your progress.*

Employees: **Up to \$600** for subscribers who advance in the program during the plan year. **\$100 at Level 2 - \$200 at Level 3 - \$300 at Level 4**

Spouses/Same-Sex Domestic Partners: **Up to \$200** for those who advance in the program during the plan year. **\$100 at Level 2 - \$100 at Level 3**

All registered employees and spouses/same-sex domestic partners will be reset to level 1 on Jan. 1, 2016.

Visit the Virgin Pulse web site and click "Join Now".

<http://www.virginpulse.com/lockheedmartin>

Let a Health Coach guide your way

Complete an Assessment Session and three (3) health coaching calls during 2016.**

Employees: **\$100**
Spouses/Same-Sex Domestic Partners: **\$100**

You'll be paired with a personal Health Coach who will stay in touch to track your progress, help you set or adjust your goals, and give you the encouragement you need to stay motivated.

To get started, just answer your phone when a Health Coach calls. If no one has called, but you'd like to participate, you can call 1-877-458-4975, and select Option 3 to speak with a Health Coach.

Get help with a serious acute and/or chronic condition through the In Touch Care (ITC) Enhanced Condition Management program

Complete one (1) goal as determined in conjunction with your ITC Care Manager during 2016.

Employees: **\$100**
Spouses/Same-Sex Domestic Partners: **\$100**

Receive one-on-one support and information from a Care Manager, who will help you and your family manage your serious acute and/or chronic medical conditions.

If your claims or WBA indicate that you may qualify, an ITC representative will call to invite you to participate.

Give your baby a healthy start

Register for the Beginning Right® maternity management program in your first or second trimester during 2016.

Pregnant Employees: **\$150**
Pregnant Spouses/Same-Sex Domestic Partners: **\$150**

Note: While the Health Coaching and ITC Enhanced Condition Management incentives cannot be combined, credits for both the maternity management program and a Health Coaching or ITC Enhanced Condition Management program may be earned in the same calendar year.

Through a combination of telephonic and online support, get answers to your questions, receive educational materials, plus access information on healthy eating and exercise during your pregnancy.

Step 1: Log on to your Aetna Navigator® account (new users will need to register) at www.aetna.com.
Step 2: Scroll over "Health Programs" at the top of the page and click on "Maternity Program"
Step 3: Complete the questionnaire. Alternatively, you can call 1-877-458-4975, and select Option 1 to request participation.

*If you and your spouse or same-sex domestic partner are both Lockheed Martin employees and covered under one *LM HealthWorks* Plan benefit (i.e. as Employee and Spouse or Employee and Family), the employee who is listed as the Plan subscriber would be eligible to receive the Physical Activity Tracking Tool HealthFund incentive for employees. The employee listed as a spouse/same-sex domestic partner would be eligible to receive the HealthFund incentive for spouses/same-sex domestic partners.

**Employee, spouse/same-sex domestic partner may be eligible for either the Health Coaching or ITC Enhanced Condition Management program incentive, not both, in a calendar year. The plan year is calendar year 2016.

