

## Completing 2018 HealthFund Healthy Actions

### 2018 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 2017 will be eligible to take the assessment again beginning Jan. 1, 2018. The last day to take your WBA is Nov. 30, 2018.

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 2018.

**Get active!**  
Use the Virgin Pulse Physical Activity Tracking Tool and your pedometer to track and monitor your progress.\*

Let a Health Coach guide your way  
Complete an Assessment Session and three (3) health coaching calls during 2018.\*\*

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 2018.

Give your baby a healthy start  
Register for the Beginning Right® maternity management program in your first or second trimester during 2018.

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.

Employees: **\$100**  
Spouses: **\$100**

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

Employees: **\$200**  
Spouses: **\$200**

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: 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 will be reset to level 1 on Jan. 1, 2018.

Employees: **\$100**  
Spouses: **\$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.

Employees: **\$100**  
Spouses: **\$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.

Pregnant Employees: \$150  
Pregnant Spouses: \$150

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](http://www.aetna.com).

**Step 2:** Click "Take the Well-Being Assessment (WBA)" under the "More Resources and Information" menu on the bottom left side of the page.

**Step 3:** Complete the questionnaire.

**Step 4:** You will receive your HealthFund credit within 14 days.

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.

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

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

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.

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

**Step 1:** Log on to your Aetna Navigator® account (new users will need to register) at [www.aetna.com](http://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 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 would be eligible to receive the HealthFund incentive for spouses.

\*\*Employee, spouse 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 2018.

