



## Healthy Measures Program Overview

Boise Cascade wants you to lead a healthy, happy life and that starts with making healthy choices. Making good decisions about food and exercise, along with getting preventive wellness exams to detect health issues early, have a major impact on your health and quality of life.

One way Boise Cascade encourages healthy choices is by investing in the Healthy Measures program. The program rewards you and your spouse (if applicable) with financial incentives for participating. You must be enrolled in Boise Cascade's medical benefits to be eligible for the program. This overview reflects program provisions as of April 1, 2021.

### What You Do

To qualify for the Healthy Measures incentive, you and your spouse (if applicable) **get a qualifying wellness exam with a doctor, either in person or via telehealth** at anytime during the calendar year. Qualifying wellness exams are:

- Physical Exam
- Annual Wellness Exam
- Gynecological Exam
- Breast Cancer Screening
- Colorectal Cancer Screening
- Cervical Cancer Screening

Be sure to **use an in-network provider** so your qualifying wellness exam is covered at 100%.

That's all you have to do. Blue Cross of Idaho will automatically have confirmation of your qualifying wellness exam when your provider submits your claim.

### What You Receive

If you get a qualifying wellness exam, you and your spouse (if applicable) will each receive the Healthy Measures incentive, which is a **\$200 credit in your Healthcare Flexible Spending Account (FSA)**, deposited in January of the year after you qualify. If you both qualify, you will receive a combined total of \$400 in your Healthcare FSA. If you do not have a FSA, one will be set up for you. Healthcare FSA funds can be used to help pay for eligible out-of-pocket healthcare expenses.

## Frequently Asked Questions

- **Is there a qualification period or can I get my exam at any time during the year?**  
You can get your qualifying wellness exam at any time during the calendar year.
- **Does the Healthy Measures program apply to my family members?**  
It applies to spouses who are enrolled in Boise Cascade's medical benefits.
- **How will I pay for my qualifying wellness exam?**  
As long as you use an in-network provider, it won't cost you a thing. Your medical benefits with Boise Cascade include a preventive care benefit that covers 100% of certain eligible wellness services when you use an in-network provider.
- **How will I know if I qualify for the Healthy Measures incentive?**  
You will receive a confirmation letter in your home mailbox from Blue Cross of Idaho after they receive and process your provider's claim for the qualifying wellness exam.
- **What is a Healthcare Flexible Spending Account and how do I use it?**  
A Healthcare Flexible Spending Account, often called an FSA, is a type of account that can be used to pay for eligible out-of-pocket healthcare expenses, including medical, dental, vision, and pharmacy expenses. To view a complete list of eligible healthcare expenses, go to [wageworks.com](http://wageworks.com).
- **What if I don't get a qualifying wellness exam?**  
You won't receive the Healthy Measures incentive. More importantly, however, you may miss the opportunity to detect a health issue early when it is treatable or even reversible with lifestyle changes.
- **Will Boise Cascade see the results of my exam?**  
No, Boise Cascade will not have access to any of your personal health information. This information is confidential and protected by law.

## Contact Information

For questions about Healthy Measures,  
contact Blue Cross of Idaho Customer Service  
at 866-588-6173  
or email inquiries to  
[customerservice@bcidaho.com](mailto:customerservice@bcidaho.com)

