

## SMART CHOICES HEALTHY REWARDS INSTRUCTIONS

Elect one of the Smart Choices Plans on the enrollment form first to enroll; once you get a medical id card then you can do one of the screenings. **Both member and spouse are required to complete one of the options below:**

### **Anthem Blue Cross/Indemnity Plan:**

#### **Option District Council 16 Trust Fund Online Health Assessment:**

Call Health Services Foundation at 1-888-243-3216 and they can do the HRQ over the phone. Online options may be available at a later date.

#### **Option Biometric Screening – Quest: *(Form Required)***

In order to complete the blood work through Quest Diagnostics, go online to [www.MyQuestForHealth.com](http://www.MyQuestForHealth.com) register, \*download a physician form and make an appointment. Your physician will need to complete the form; you will need to submit the form to the TFO.

### **Kaiser Plan:**

#### **Option Online Health Assessment (HRQ) or Online Health Improvement Course:**

Log on to [www.kp.org](http://www.kp.org) or <https://healthy.kaiserpermanente.org/northern-california> (you must be registered) and go to the Health & Wellness tab. Scroll down to Programs & Classes. Click on “Total Health Assessment”. Click “take a Total Health Assessment” and click on “Start Health Assessment”. *After finished, you can print your certificate for documentation and mail to trust fund office with enrollment packet. Just click on the trophy or “my achievements” click on view “certificate” and print.*

#### **Option in Person Class: *(Form Required)***

Use form which includes additional instructions to go into Kaiser and do an in person class, the class instructor will need to complete and stamp the form. *\*form is available on website or TFO.*