

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.

Kaiser Plan:

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

Log on to www.kp.org or <https://healthy.kaiserpermanente.org/northern-california/health-wellness/health-assessment> (you must be registered/Signed in)

Click "Start Health Assessment" to begin your screening.

Once Completed please submit your Proof of "Wellness Score" along with your District Council 16 Enrollment form.

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 Trust fund office.*

Website to obtain form:

<https://dc16trustfund.org/app/uploads/2018/05/Kaiser-instructions-2018.pdf>