We designed the Apex program to spur your employees to ACTION. Employees receive incentives for completing biometrics and health assessments, plus they have access to health coaches to reach their goals. You also receive aggregate health reports to track progress and promote a greater wellness culture at work.

A fundamental part of a successful worksite wellness program includes strategic planning of healthy activities and incentives. Apex incorporates incentive tracking and reporting to help you and your employees reach health goals.

**Health qualification form to capture biometrics**
Each year, you provide your employees a short form to take to his/her yearly check-up. His/her provider checks the biometrics listed on the form, completes lab results and returns the form to us. We compile the information into one aggregate report. From here, you can track the health of your workforce.

**Promotional materials and status reporting**
We will customize materials to help you to promote your wellness program requirements and incentives. You’ll receive status reports on your program participants throughout the qualification period and at the program conclusion.

**Health coaching**
Sometimes we need a little help taking control of our health. Apex includes access to Blue Cross of Idaho’s health coaching program. This personalized benefit gives your employees access to certified trainers and nutritionists who create plans that help your employees succeed. Health coaches also provide support and encouragement to help your employees reach their health goals.

**Year-over-year aggregate reporting of your employees’ health improvement**
Your employees are taking action, and you’ll get to see detailed views of their progress. Each year, we’ll compile biometrics and lab results into an aggregate report and compare numbers from the previous year. The report includes blood pressure, body mass index, cholesterol and even how many of your employees quit smoking. Plus, we project how much less you’re spending each year in overall healthcare costs.
Your employees have access to our WellConnected\textsuperscript{SM} wellness portal including:
- Personal health assessment
- Wellness blog and workshops
- Health library
- Health, exercise and food trackers
- Mobile app
- Daily health tip

You have access to our complete library of educational and awareness materials including:
- Flyers
- Posters
- Payroll stuffers
- Newsletter articles
- Table tents
- Health fair materials

Apex offers you turnkey wellness challenges to encourage exercise and better health. These are fun, self-administered challenges and include:
- Healthy Strides\textsuperscript{SM}
- Mt. Everest Challenge
- 7 Habits of Health
- Wellness Bingo

Looking for quarterly challenges? We’ve got that covered!
Apex provides the following quarterly wellness challenges:
- Exercise – Winter
- Water – Spring
- Nutrition – Summer
- Steps – Fall

Incentive Programs

**Standard Campaign:**
You assign the point value and your employees must reach or exceed the total for an incentive.
- PHA
- HQF
- Weight, food, step, exercise and water trackers
- Nicotine-negative test results
- Wellness workshops and challenges

Blue Cross of Idaho can help you set up a standard campaign in about three weeks, and can set up a custom campaign in about six weeks.

**Custom Campaign:**
You have all of the standard options plus more opportunities and events for employees to earn points such as:
- Health coaching
- 5K/10K participation
- Tobacco cessation programs
- Flu shot clinics
- Preventive screenings

HAVE QUESTIONS?
Contact your local district office or account manager.