What is STRONG body STRONG mind?

STRONG body STRONG mind is a program from Denver Health Medical Plan, Inc. (DHMP) to help members understand their health status and support them in making positive lifestyle and behavior changes. In addition, we are partnering with the City and County of Denver so that you can qualify for the wellness incentive they offer to employees.

Participation in the program requires four steps:
2. Have your annual wellness exam with your doctor inclusive of lab work.
3. Have your provider complete the Physician Reporting and Biometrics Form that you can download inside the STRONG body STRONG mind wellness portal under Quick Links - “Forms,” or you can request us to email you the form – healthandwellness@dhhha.org.
4. Return the completed form to DHMP.

If you complete the program requirements by October 31, 2015, you will be eligible for the wellness incentive offered by your employer. Additional incentives based on your engagement within the Take Control of Your Health online wellness portal will be available to you as well.

Frequently Asked Questions

Who is responsible for submitting the Physician Reporting and Biometrics Form to STRONG body STRONG mind?

You are responsible for submitting the Physician Reporting and Biometrics Form to Strong body Strong mind. You can bring the form with you to your annual doctor visit. The doctor will fill in your height, weight, blood pressure, lab values and sign the form. You can fax the form back to 303-602-2194 or the form can be mailed back to Denver Health.

The mailing address is:

STRONG body STRONG mind
C/O Kim Hawley
938 Bannock St.
MC – 6000
Denver, CO 80204
What if I already have a physician-prescribed plan of action?
Your doctor will simply need to complete the Physician Reporting and Biometrics Form and sign it, attesting to your current treatment plan.

Are there any special documentation requirements?
Yes, there is a Physician Reporting and Biometrics Form that must be completed by your doctor and sent to Strong body Strong mind. Click here for your Physician Reporting and Biometrics Form.

Do I have to go to my doctor?
Yes. However, if you had a physician visit within 3 months before the start of your plan year, just have your doctor complete the Physician Reporting and Biometrics Form with your results. You can download the form from the Strong body Strong mind website, have your provider fill it out, and mail or FAX it in.

Do I need to sign up for STRONG body STRONG mind?
Yes. You will need to register for the first time in the Strong body Strong mind online wellness portal. As you register, you will create your own username and password that will allow subsequent access to the portal. You will need you member ID number that is listed at the top of your insurance card. Enter this number without the dash, but do include the suffix at the end (i.e. 01, 02, etc.). If you are having any problems registering in the site, or forget your username/password, please email healthandwellness@dhha.org.

How can I change the email address or username that is associated with my account?
Email healthandwellness@dhha.org and let us know you need to change your email address.

How can I change the username or password that is associated with my account?
Sign into the Strong body Strong mind online wellness portal. Click on your hyperlinked name in the upper right hand corner.

To change your username:
Select the “Username” or “Edit My Name” tab and update your username.

To change your password:
Select the “Password Info” or “Change my Password” tab and update your password.

How will I know if my Physician Reporting and Biometrics Form have been received?
Within 7 days from the receipt of our Physician Reporting and Biometrics Form, Strong body Strong mind will email you a confirmation letter confirming we have received your information and whether or not it is complete.

You can view your results online in the Strong body Strong mind portal under the “Health” tab under “Screening Results.”

What is my Health Assessment Report?
After you complete the Strong body Strong mind health risk assessment, you will automatically be directed to your Report page. You can always access this resource to track your overall
health and risk score, renewed areas in which you may have increased risk, and edit your personal health information to try and reduce your risk level and improve your wellness score.

You can view your health assessment report under the following tabs: >Health, >Health Assessment and > Health Assessment Report

**Where can I find age-appropriate recommendations for myself?**
After you take your HRA, please review the Preventive Health section of your HRA Report. The HRA Report will show your risk level in graphic form (low, medium, high) and encourage you to discuss with your healthcare provider about scheduling your age appropriate preventive health screenings (click on Learn More to see the schedule of recommended Preventive Screenings). You will also have access to Healthwise articles, by clicking on the links under the Additional Resources section, which will help you understand your choices so that you can talk to your doctor more about them.

**What other resources are there to navigate the STRONG body STRONG mind online wellness portal?**
The user guide is a great resource that helps explain the following resources available to you:

- Health Assessment
- Health Assessment Report
- Cardio Logs
- Foods Logs
- Meal Planner
- Exercise Planner
- Strength Training Logs
- Steps Log
- Incentive Campaigns

You can view the user guide to help answer any of your questions. You can find the user guide under the following tabs in the Strong body Strong mind portal: Reference >User Guide.

**What is the deadline to complete the program requirements?**
All program documentation must be received by Strong body Strong mind by October 31, 2015

**What if I have a question about STRONG body STRONG mind?**
Email us at healthandwellness@dhha.org. We will respond within 24-48 hours of your email.

**What other incentives could I be eligible for?**
You can accumulate points within the Strong body Strong mind wellness portal. Your target for the year is 1,000 points. Completing your health risk assessment earns you 150 points. Receiving your annual primary care physician visit each year earns you an additional 100 points. Other preventive screenings, health logs, online workshops, webinars, and participating in challenges will also earn you substantial points toward your incentive goal. Please see the “Incentive Summary” under the “Incentive” tab for a complete list of point breakdowns.

You are able to redeem your points starting at the 500 point level. At the 500 point level, you are eligible for a $50 gift card to a select list of merchants. You may also redeem again when you have earned an additional 500 points to receive an additional $50 gift card. If you prefer to
hold on to your points at the 500 point level and redeem at the 1,000 point level, you will receive a $100 gift card to a select list of merchants. Any points you accumulate over 1,000 points will earn entry into our quarterly raffles which feature prizes such as a Kindle Fire HD, an iPod touch, larger gift cards, and even an iPad has been given away!

*Note gift cards are awarded up to a yearly max of $100, (either two $50 gift cards or one $100 gift card). Incentives won in raffles are an added bonus outside of the yearly max of $100 gift card.

* See handout for a breakdown of point offerings.

**Additional Questions?**
Contact Kim Hawley at 303-602-2146 or email her at Kimberly.Hawley@dhha.org.

If you complete these steps, attend two wellness classes and participate in one wellness activity by October 31, 2015 you will be eligible to receive a $240.00 incentive. For information about wellness classes and activities, visit the Denver Wellness website, email denverwellness@denvergov.org, or ask your agency’s wellness champion.