

At A Glance

- CBIA Healthy Connections is a new wellness program for members of CBIA Health Connections. It is designed to create awareness of the link between healthy behaviors and employer/employee productivity, cost savings, and a positive work environment.
- CBIA Healthy Connections is free and available exclusively to active, full-time employees enrolled in the CBIA Health Connections program with at least one line of coverage.
- Each employee receives a \$50 Amazon.com reward for completing a Health Assessment.
- The program includes:
 - An online Health Assessment and confidential report for employees
 - Online, interactive tools to help employees change behavior
 - Information for employers to promote wellness within their companies
 - Aggregate company reporting to help employers monitor the program's success
- Employee Health Assessment and reports are confidential and not accessible by the employer, CBIA, or health plan; the program is administered by a third party.
- Employees must provide an e-mail address to participate. E-mail addresses can be provided in the following ways:
 1. Wellness Champions (see below) can enter e-mail addresses online in the Wellness Champion Center. They can also fax employee e-mail addresses to CBIA Insurance Operations at 860-278-0883.
 2. Employees can provide their e-mail address on an Enrollment/Change Form.
 3. A company's benefits administrator can submit an employee change request through the secure CBIA employer website cbia.com/insurance.
- Companies must establish the program at their effective/renewal date or within 90 days following that date.
- Employers must appoint a Wellness Champion who keeps employees informed and engaged.
- Wellness Champions have access to a password-protected website called the Wellness Champion Center that helps them:
 - Encourage employee completion of the Health Assessment
 - Monitor companywide success
 - Promote the use of online wellness tools
- Employers have access to CBIA Healthy Connections website and e-newsletter that contains information on the importance of wellness programs to a company's bottom line and practical information on wellness issues to share with employees.

