



RCAB Health Benefit Trust Wellness Program Navigator

Chart your course to wellness by following this quick guide to navigate the Wellness Program and reach your final destination—a healthier lifestyle and financial incentives to pay for out-of-pocket medical costs!

If you and your spouse are enrolled in the Enhanced or Basic Health Plan, you are each eligible to earn up to **\$1,000 per Plan Year** into a tax-free Health Reimbursement Arrangement Account (HRA) with HealthEquity. To receive HRA dollars, you must earn \$500 in financial incentives before HRA dollars are awarded and deposited into your HealthEquity account. If enrolled in the High Deductible Health Plan (HDHP), you are each eligible to earn up to **\$500 per Plan Year** into a tax-free Health Savings Account (HSA). Participants with an HSA are not subject to any dollar threshold before HSA dollars are deposited into their HealthEquity accounts.



Register in the *ahealthyme* platform. The first step to earning HRA or HSA dollars is registering in the *ahealthyme* platform. Register by signing in to your MyBlue account at member.bluecrossma.com/login and clicking on *ahealthyme* under **My Care**. If you don't have a MyBlue account, you can register at wellness.ahealthyme.com. Once registered, you may access *ahealthyme* through the mobile app Alaveda, available on the Apple App or Google Play Store. Enter the code **Wellness** when prompted.



Receive your HealthEquity card. If enrolled in the HDHP, you will automatically receive an HSA card in the mail. However, you must register in *ahealthyme* to earn HSA dollars as part of the Wellness Program. If enrolled in the Enhanced or Basic Health Plan, your HRA card will be mailed within two weeks of registering in *ahealthyme*. **You can use your HealthEquity HRA or HSA card to pay for eligible out-of-pocket medical, dental, and vision expenses as well as certain over-the-counter purchases for all family members enrolled in the RCAB Health Plan.** Visit catholicbenefits.org/healthequity to learn more.



Earn HRA/HSA dollars by participating in wellness activities. Refer to the [Wellness Program Flyer](#) to learn how you can earn financial incentives. You should also review [Your Guide to the ahealthyme Platform](#) for tips on navigating *ahealthyme*. Visit catholicbenefits.org/ahealthyme to learn more.



Participate in MoveSpring Challenges. Join monthly challenges designed to foster healthy lifestyle habits and enhance your overall well-being. You can also access free on-demand exercise videos, recipes, soundscapes, and more in MoveSpring! Register to participate, and you and your spouse can each earn \$50 into your HRA/HSA for successfully completing each Challenge. Review the monthly Challenges in the [MoveSpring Challenge Flyer](#) and learn more at catholicbenefits.org/movespring-1.



Submit your Wellness Reward claim. You and your spouse can each receive a Wellness Reward reimbursement of up to \$150 into your HRA or HSA, subject to the \$1,000 HRA/\$500 HSA annual per participant maximums, for a variety of wellness-related expenses. To access the reimbursement form and review a list of eligible expenses, visit catholicbenefits.org/wellness-rewards.



Review monthly Benefits Department newsletters. The Benefits Department sends a monthly newsletter to all benefit-eligible employees via Constant Contact. Please take some time to read about health and wellness, learn about the Wellness Program, receive benefits updates, and access upcoming webinars. Benefits Department newsletters are also available at catholicbenefits.org/newsletter-archive.

FINAL DESTINATION: A healthier you! You can find more information about the Wellness Program by visiting catholicbenefits.org/introduction or by emailing the Benefits Department at benefits@rcab.org.