

Thriveidaho is an employee health program from the Office of Group Insurance which promotes understanding of your health status, benefits and engagement in activities to enhance overall well-being. **You have the opportunity to earn \$250 by participating!**

How do I sign up?

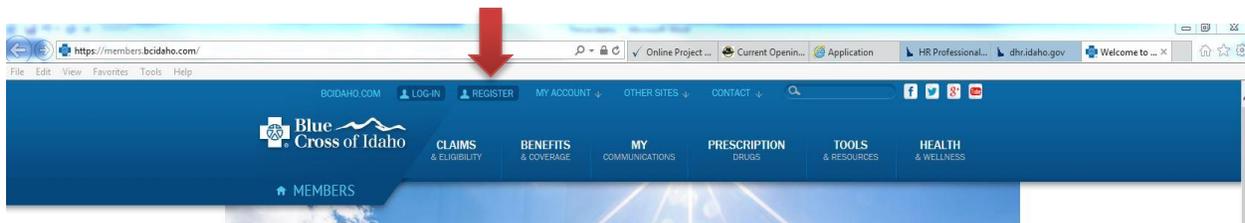
To participate in thriveidaho you will need to go to <https://members.bcidaho.com/> and register. Please see step by step directions below. **It takes about 10 minutes to register but it is worth the \$250!**

If you have already created a log in for Blue Cross of Idaho please skip to step 8.

Have your Blue Cross of Idaho insurance card close by when creating your log in

Step by Step Directions

1. Go to <https://members.bcidaho.com/> and click register.



2. Complete the new user registration.

NEW USER REGISTRATION

To register a new account, please complete the following form.

Here are a few things to keep in mind when creating your new login:

- A username cannot be longer than 19 characters
- A username must include only numbers and letters
- A username cannot include an email address
- A username cannot match the username of another registered user

Incorrect code, please try again.

* First Name:

* Last Name:

* New User Name:

This must be between 4 and 18 characters long.

Confirm New User Name:*

* Email Address:

Confirm Email Address:*

* New Password:

A password must contain at least one uppercase letter, one lowercase letter, one number and may contain a special character like \ % & @ * + / = ? { } | < > () ; , [] * * * You cannot reuse a previous password.

▶▶ CONTINUE ↻ CLEAR ⏪ CANCEL

3. It will notify you if your account creation is successful.

→ SUCCESS

You've successfully created your new user account.

Select Continue to log in with your new account. Once logged in, you'll need to create a list of security questions and answers that protect your account from unauthorized access.

▶ CONTINUE

4. Select and complete your security questions.

→ SECURITY QUESTIONS

Blue Cross of Idaho uses security questions to help verify your identity in the event you forget (or compromise) your login information.

Simply select questions from the dropdown menus below and provide answers known only to you in the space that follows. Should you ever need to access your Blue Cross of Idaho account without your login information the system will ask you to provide the answers to the questions. Answering them correctly allows the system to verify your identity and reset your password.

Because answering the questions correctly allows access to your account, please choose questions and responses that won't be easy for others to guess.

Please type your security responses

---Please select an item from the list---

»

---Please select an item from the list---

»

---Please select an item from the list---

»

▶ SAVE RESPONSES ↺ CLEAR ◀ CANCEL

5. Confirm your security question responses.
6. Log in with the User Name and Password you created.

→ LOG-IN TO BLUE CROSS OF IDAHO

NOTE: If you need to log-in or register as a guest member, please visit our [Guest Member](#) portal.

Username or Email Address

Password

LOG IN

Forgot [user name](#) or [password](#)?

Not registered with the Blue Cross of Idaho website? Please visit the [registration](#) page to create an account.

- Complete your member registration and this is also where you will need your Blue Cross of Idaho insurance card. Your Enrollee ID is the number below your name on the card.

→ COMPLETE YOUR MEMBER REGISTRATION

Please Note:

- You can register and create your account now, but **cannot log in until your policy is in effect.**
- Please enter your Enrollee ID as seen on your ID card.
- If you are registering as a **Responsible Party** for your dependents, you will need to register and create an account for each dependent.

Based on your initial registration, we have the following information about you:
 Your Name: **Stephanie Stohel**
 Your Email Address: **stohel@idoc.idaho.gov**

Please proceed to fill in the form. *All Fields Required

Additional Information

In order to register you as a member, please provide us with a little more information about yourself.

* First Name: * Last Name:

* Enrollee ID * Group or Program Number * Date of Birth * Gender Male Female

Electronic Communications

Would you like to receive electronic communications such as our monthly e-newsletter that gives you advice on using your benefits, tips on health and wellness, and other important reminders?

Yes No

Statement of Understanding

- Click on the thriveidaho icon on your profile page.



Our new member handbook is your guide through the world of Blue Cross of Idaho health insurance. Whether you're a new member or just changing plans, inside you'll find useful information on understanding your health benefits and articles on your rights and responsibilities as a member along with general descriptions of the services available to you.



- Discount Programs
- Search Tools >
- Resources & Forms >
- Member Plan Links >
- thriveidaho



WELL CONNECTED
A healthier you starts here

Your coverage includes access to **WellConnected**
 health assessment | wellness workshops | digital health coaching
 health library | exercise and food tracking tools | mobile app




- Agree to the terms of use.





[My Profile](#) | [Logout](#)

[Home](#)
[Me and My Health](#)
[Rewards](#)
[Wellness](#)
[Nutrition](#)
[Exercise](#)
[Blog](#)
[Reference](#)
[Health Coaching](#)

Terms of Use Update

The Terms of Use for thriveidaho have been updated. Please review and accept to continue.

10. Complete your profile by adding your personal information.

The screenshot shows the 'Profile' page with a navigation bar at the top containing links for Home, Me and My Health, Rewards, Wellness, Nutrition, Exercise, Blog, Reference, and Health Coaching. Below the navigation bar are links for My Profile, Health Assessment, My Progress Report, Health Logs, Screening Results, and My Wellness Alerts. The main content area is titled 'Profile' and has sub-tabs for Profile, Notifications, and Image. Under the 'Profile' tab, there is an 'Information' section with a note: '* Indicates required field'. An info box states: 'Info: Please complete your profile before continuing. Fields marked with asterisks are required.' Below this is the 'Edit Information' form. The form is titled 'PERSONAL DETAILS' and includes the following fields: 'LANGUAGE' (dropdown menu set to 'English - United States'), 'DATE OF BIRTH' (MM/DD/YYYY input fields), 'GENDER' (radio buttons for 'FEMALE'), 'DO YOU HAVE A VISION IMPAIRMENT THAT REQUIRES SPECIAL READING MA' (radio buttons for 'YES' and 'NO'), 'DO YOU HAVE A HEARING IMPAIRMENT THAT REQUIRES SPECIAL EQUIPMEN' (radio buttons for 'YES' and 'NO'), 'IS ENGLISH YOUR PRIMARY LANGUAGE?' (radio buttons for 'YES' and 'NO'), and 'ETHNIC BACKGROUND'.

11. You have now arrived at the main thriveIdaho page!

The screenshot shows the main thriveIdaho page with a navigation bar at the top containing links for Home, Me and My Health, Rewards, Wellness, Nutrition, Exercise, Blog, Reference, and Health Coaching. Below the navigation bar is a row of five tiles: 'Getting Started', 'Ask', 'Complete', 'Take', and 'View'. A red arrow points to the 'Getting Started' tile. Below the tiles is a 'Challenges' section with a banner that says 'THERE ARE ACTIVE CHALLENGES AVAILABLE. SIGN UP NOW AND GET INVOLVED!'. Below the banner is a 'STRIVE FOR FIVE!' challenge with a 'Sign Up' button. Below the challenge is a 'HEALTH LIBRARY' section with a '1. Get the facts. Consider bringing' link. Below the health library is a 'Favorites' section with a list of items: '1 HEALTH ASSESSMENT', '2 NUTRITION TOOLS', '3 EXERCISE TOOLS', and '4 HEALTH TOOLS'. Below the favorites is a 'GETTING STARTED' section with a photo of a man and a 'more...' link. Below the getting started section is a 'My Progress' section with a 'WELLNESS SCORE' progress bar, 'WEIGHT' progress bar, 'CALORIES' progress bar, and 'STEPS' progress bar. Below the progress section is a 'Report Card' section with a photo of a family and a 'Report Card' link.

12. Select Getting Started at the top right. The Health Provider Form is available by clicking the **THIS FORM** link.

Reward Summary

2015-2016 Incentive Campaign (7/1/15 - 5/10/16)

Get **ACTV**, earn 85 or more points, and you will be rewarded with \$250.

Ask your doctor to complete and send in [THIS FORM](#) - 50 Points

Complete your Personal Health Assessment - [Click Here](#) to go to your PHA - 30 Points

Take advantage of support programs including wellness workshops, health coaching, or a **thriveidaho** challenge - [Click Here](#) for details - 10 points

View one of the educational videos and take the quiz to receive credit - [Click Here](#) - 10 Points



Upon earning 85 or more points, you will be eligible to receive \$250. Blue Cross of Idaho will send out checks on behalf of the state per the following schedule:

- Rewards earned in July/August/September - checks will issue by the end of October
- Rewards earned in October/November/December - checks will issue by the end of January
- Rewards earned in January/February/March/April - checks will issue by the end of May

Rewards: Although your **thriveidaho** cash rewards will be sent to you by Blue Cross of Idaho, they are subject to federal and state taxes and reportable on your state of Idaho W-2. The dollar value of your reward will be added as a taxable fringe benefit in a pay period closely following the date the checks are mailed. The reward will be taxed at your individual rate. To receive the reward, employees must be active for payroll processing purposes when the checks are issued.

ThriveIdaho 2015-2016



100 points