

MOMENTUM HEALTH & WELLNESS PROGRAMS



Becoming a member of Tufts Health Plan has many benefits, including access to our health and wellness programs, at no additional cost.*

With Tufts Health Plan Momentum, your employees receive the personalized support they need to optimize their health and well-being – from preventive care through condition and care management. Below are programs and discounts that are available to you:



LIVING HEALTHY

WELLBEING ASSESSMENT (WBA)

After members complete their WBA, they will receive a personal health report that outlines their overall wellness score, and health risk areas. The report also contains personal advice, tools and programs that they can use to improve their health.

LIFESTYLE COACHING*

One-on-one telephonic coaching to achieve healthy habits and goals.

VIRTUAL COACHING

Our six-week, online interactive programs empower members to make changes that can decrease their health risks. Once members complete a short assessment, they will receive an action plan with customized tools based on their goals and readiness to change. Members may choose from the following topics through our member portal: Reach a Healthy Weight, Improve Your Diet, Feel Less Stress, Be More Active, Take Charge of Your Health and Live Tobacco Free.

EDUCATIONAL TOOLS AND RESOURCES

The Healthwise® Knowledgebase (an online health encyclopedia), available at tuftshealthplan.com, offers thousands of easy-to-understand explanations and tools on medical conditions, symptoms, tests, and treatments.



NURSE 24SM NURSE LINE

Registered nurses are available 24/7 to answer any health questions or concerns. Translation services are available.



WELLNESS PROGRAMS AND TEAM CHALLENGES

INTERACTIVE WORKSHOPS**

Mindfulness; Nutrition; Smoking cessation; Stress management; Weight management.

WORKSITE HEALTH SCREENINGS**

Blood pressure, cholesterol, glucose, Body Mass Index (BMI).

CREATING A CULTURE OF HEALTH AT YOUR WORKPLACE

For employee wellness programs to truly improve the health and wellbeing of your employees, your company must create a culture of health. Our staff of wellness professionals, including nurses, dietitians, health coaches, and others, have created toolkits that can help you build that culture. The toolkits will guide you in developing worksite programs focusing on weight management, healthy eating, physical activity, stress management and smoking cessation – all to encourage employees to make healthy living a part of their workday, every day.



ALTERNATIVE MEDICINE DISCOUNTS

- ▶ Acupuncture
- ▶ Massage therapy
- ▶ Mindfulness and Stress Management from UMASS Medical School's Center for Mindfulness
- ▶ Natural therapies from ChooseHealthy.com
- ▶ Brain Fitness from BrainHQ™



HEALTHY MEMBER DISCOUNTS

- ▶ Fitness & Exercise (including \$150 fitness rebate*)
- ▶ Nutrition & Weight Management
- ▶ Health & Wellness
- ▶ Glasses and Contacts



BEHAVIORAL HEALTH PROGRAMS

For members in need of assistance with mental health or substance use challenges, Tufts Health Plan's behavioral health programs can help members improve their health and self-management.

BEHAVIORAL HEALTH TRANSITION TO HOME

CASE MANAGEMENT PROGRAM: Going home from a hospital stay can be challenging and overwhelming. After discharge from a behavioral health hospital stay, a behavioral health care manager will follow up with the member to ensure that the member understands their discharge instructions, assist the member with following through with their aftercare plan and be available to answer any questions the member might have.

BEHAVIORAL HEALTH AND MEDICAL INTEGRATION PROGRAM:

Tufts Health Plan provides behavioral health case management services for members with co-existing medical and behavioral health conditions. Some medical conditions can be exacerbated by behavioral health issues. If those issues are not addressed, medical conditions can worsen. Our behavioral health integration program works with our members to address the behavioral health issues that may be impacting their physical health.

SUBSTANCE USE TRANSITIONS PROGRAM AND

FAMILY NAVIGATOR: For members coping with substance use disorders, a behavioral health clinician can help identify the right treatment options, coordinate care between medical, mental health, and addictions treatment, and help members develop and engage in an ongoing plan of care to manage their recovery.

The Tufts Health Plan Substance Use Transitions Program provides support to our members who are in early recovery from the use of opiates, alcohol or other substances. Care managers work with members, who have recently entered or completed acute treatment in a hospital or residential treatment center for a diagnosis of substance use disorder. Care managers also work with members who have recently needed medical care for a substance use-related illness. This includes members who have gone through detoxification on a medical unit, have been hospitalized due to a medical condition during which substance use problems were identified, or for medical problems that were caused or worsened by substance use.

Care managers help members to coordinate the different programs, providers and facilities involved with the member's care and help to establish goals and a plan to move forward.

Our Substance Use Family Navigator assists members, their families and their providers to find resources that will help them to keep moving forward on the road to recovery. The Navigator will provide information on treatment programs and community supports that are available to help support the member and their family.



CHRONIC CONDITION MANAGEMENT*

Members with asthma, diabetes, coronary artery disease, heart failure, chronic kidney disease (CKD) and chronic obstructive pulmonary disease can work with dedicated condition management nurses telephonically and have access to relevant educational materials.



CARE MANAGEMENT PROGRAMS

For members with acute, chronic or complex health conditions, Tufts Health Plan's care management programs can help members improve their health and self-management.

TUFTS HEALTH PLAN PRIORITY CARE: Members with complex medical needs such as cancer, catastrophic injury, rare diseases, and other serious conditions such as spinal cord injury, traumatic brain injury, and transplants can receive support, comfort, and guidance from a dedicated nurse care manager to optimize wellness and self-management.

TRANSITION TO HOME: After hospital discharge, a dedicated nurse care manager will determine the member's recovery and stabilization support to prevent readmissions. The RN will educate members on their medication and coordinate their care after discharge.

HEALTHY BIRTHDAY: Moms at risk for preterm labor or with underlying complex medical conditions will have the support of an obstetrical nurse care manager through pregnancy and delivery

TUFTS HEALTH PRIORITY NEWBORN CARE: Parents of new babies born with complex medical needs will receive family-centered support from a pediatric nurse care manager in the NICU, as appropriate, and at home.

BASIC TRANSITIONS: Members will receive assistance facilitating after-care appointments and transportation service needs following select hospital stays.

* Self-insured groups have an option to buy-up Lifestyle coaching, Condition Management (except for CKD, which is not a buy-up option), and \$150 fitness rebate or three months of membership fees. Please note that fitness rebates depend on plan design.

**Onsite and consulting services are only available to large group employers with 51+ subscribers



If you want additional Momentum health and wellness program information, please visit tuftshealthplan.com/employer/healthy-living-programs or contact your Account Executive or Account Manager.