Motiva®, HCSC’s employee wellness program, engaged employees last year with monthly educational campaigns centered around the five pillars of well-being. Each month, Motiva encouraged them to practice self-care, eat mindfully, be present, save money and live a purposeful life.

The Motiva® team collaborates with divisions across the company on opportunities for employees to participate in their own health and well-being by:

- Coordinating screenings and shots to help prevent illness
- Sharing weekly news, healthy recipes, tips and webinars with more than 14,000 employees
- Providing employees with healthy cafeteria and vending food
• Planning events and walks to get people moving
• Encouraging volunteerism to enhance community and well-being

Motiva® reminds us that the most important thing we can do is take good care of our health so we can, in turn, take care of our families, perform our jobs well and feel good at the end of the day.

Core to our program is a network of employee health and well-being champions who spread positive messages and brought them to life with wellness celebrations, meditation sessions, walks, community service projects and more.

"Our Motiva® team collaborates with divisions across the company on opportunities and ideas to engage our employees in their own health and well-being."

Some highlights from 2017 include:

• **San Angelo, Texas:** Employees transformed an old training area into a creative, high-energy break space where team members can de-stress through exercise and activities.

• **Quincy, Illinois:** Champions organized a “Pounds with a Purpose” challenge. They awarded “Purpose Points” for challenges focused on physical, financial and community well-being. As a result, teams contributed more than 4,000 nonperishable food items to a local community food bank.

• **Marshall, Texas:** “Tracks to Fill Backpacks” combined physical activity with a fundraiser. Teams were challenged to walk 20 miles each week, and the team with the least number of miles each week donated $10 worth of school supplies to two elementary schools. Employees accumulated 4,500 walking miles during the challenge.

• **Danville, Illinois:** “Leap into Walking” encouraged employees to reduce stress by pairing walking challenges with mindfulness-based stress management activities. They
emphasized kindness, social support and lifelong learning.

- **Albuquerque, New Mexico:** Champions organized a “Salad in a Jar” activity with more than half the staff participating.

- **Tulsa, Oklahoma:** Employees partnered with a local farm to have fresh produce delivered to the office weekly.

- **Helena, Montana:** A bike-share program provided bikes for employees to get lunch, run errands and ride after work.

As a result of our well-being efforts, we received the Gold Level Award from the National Business Group on Health as a **“Best Employer for Healthy LifeStyles.”**

Watch how our employees at Blue Cross and Blue Shield of New Mexico learned to make healthy salad in a jar.
The web is full of misinformation about health and wellness.
Having an accurate, timely and reliable source cut through the noise is vital. That’s why we empower our members with a variety of digital resources that help them take an active role in their health and get the most out of their health plan.

Connect

On Connect, we host a social community featuring blogs, videos and infographics that engage members and prospective members in conversations around health, wellness and coverage. Registered Connect users can follow their favorite topics, like posts, add comments and ask questions.
Connect also provides culturally relevant content in Spanish for our Latino communities, as well as articles and resources on topics that are important to our Medicare members.

In 2017, Connect increased its reach, sharing community updates, health and wellness information, health insurance coverage guidance and more with over one million views.

Visit Connect, and join the conversation: Connect Illinois, Connect Montana, Connect New Mexico, Connect Oklahoma and Connect Texas.

Connect en Español: Connect Illinois, Connect New Mexico, Connect Oklahoma and Connect Texas.

LifeTimes

Our award-winning LifeTimes newsletter is emailed to more than 2 million members each month. The articles, videos and interactive tools help members improve their health and learn how to use their benefits to get the most for their health care dollars.

*The site is easy to navigate and it's easy to find what I need - very helpful, especially with my busy schedule.*
IS THERE A SECRET RECIPE FOR A GOOD NIGHT’S SLEEP?

Learn More

Anyone can find current and past articles on the LifeTimes website. Visit LifeTimes online: Lifetimes Illinois, Lifetimes Montana, Lifetimes New Mexico, Lifetimes Oklahoma, and Lifetimes Texas.

Spanish sites: Lifetimes Illinois, Lifetimes Montana, Lifetimes New Mexico, Lifetimes Oklahoma and Lifetimes Texas.
Every day, a special group at HCSC assists families dealing with the loss of a loved one. The Seasons of Life℠ team takes on the burden of medical paperwork during this difficult time, ensuring claims are filed properly, resolving billing issues with providers and other insurance companies, and handling details like transferring other family members to a new policy.

The team is also on point during disasters such as fires and floods to make sure members who suffered losses, or were injured or displaced, have help with medical and insurance needs such as finding medical providers, getting prescriptions filled and obtaining new insurance cards.
In 2017, the Seasons of Life team had more than 6,300 cases and made more than 11,000 outreach phone calls during Hurricane Harvey relief efforts alone.

The Seasons of Life team’s work goes hand in hand with our company’s purpose, to do everything in our power to stand with our members in sickness and in health.

Read more about how the Seasons of Life team helps our members in their time of need.