

Employees and spouses enrolled in medical Plan A can earn a \$480 premium incentive discount for Plan Year 2022 by earning 40 credits throughout the 2021 Plan Year.



**Premium Incentive Discount Earning Period:**  
January 4 - December 31, 2021

**Employee and Employee/Children Coverage:**

Employees who earn 40 credits will receive the premium discount of \$480 for 2022.

**Employee/Spouse and Employee/Family Coverage:**

Employees and spouses who earn 40 credits EACH will receive the premium discount of \$480 for 2022. If only one of the covered employee or spouse on the plan earn 40 credits, a partial discount of \$240 will be awarded in 2022.



Activity	Credit	Credit Max
Wellness Assessment Questionnaire	10	10
2021 HealthQuest Program Overview and Quiz*	3	3

\* 2021 HealthQuest Program Overview and Quiz will be available by February 1, 2021



Biometric Screening Services* (On-Site Screenings, Home Test Kit, or Healthy Range Incentive Form)	5	5
Blood Pressure: <120/80 • Or Reasonable Alternative Controlling Blood Pressure module • Or High to Moderate risk category improvement	6	6
Glucose: FASTING: 70-99 / RANDOM: 80-139 • Reasonable Alternative Managing Your Blood Sugar module • Or High to Moderate risk category improvement	6	6
Total Cholesterol: <200 • Or Reasonable Alternative Preventing High Cholesterol module • Or High to Moderate risk category improvement	6	6

\*If you do not qualify for a biometric value, or you do not wish to participate in one of the biometric screening service options, you may complete the Reasonable Alternative Module listed above. Biometrics will be uploaded once annually for credits and cannot be replaced or changed.




Preventive Exams: Annual Well-person Exam	5	5
Preventive Exams: Bi-Annual Dental Exam	3	6
Preventive Exam: Annual Eye Exam	3	3
Preventive Exam: Mammogram	5	5
Preventive Exam: Colonoscopy	5	5
Flu Vaccination	3	3



Wellness Challenges	1-5	30
Health Coaching	1	15
Learning Modules	1	12
Wellness Champion Network	1	12
Naturally Slim	10	10
Financial Learning Modules*	5	10
EAP Webinars and On-Demand Trainings	1	10
Tobacco Cessation Program	5	5

\* Financial Learning Modules will be available by February 1, 2021

Employees and spouses enrolled in medical Plans C, J, N, Q can earn a \$480 premium incentive discount for Plan Year 2022 by earning 40 credits throughout the 2021 Plan Year.

 **Premium Incentive Discount Earning Period:**  
January 4 - December 31, 2021

 **HRA/HSA Contribution Earning Period:**  
January 4 - November 19, 2021

**Employee and Employee/Children Coverage:**

Employees who earn 40 credits will be awarded the premium discount of \$480 for 2022. Employees will also be awarded \$10 in their HRA/HSA for each credit earned, up to \$500.

**Employee/Spouse and Employee/Family Coverage:** Employees and spouses who earn 40 credits EACH will receive the premium discount of \$480 for 2022. If only one of the covered employee or spouse on the plan earn 40 credits, a partial discount of \$240 will be awarded in 2022. Employees and spouses will be awarded \$10 in their HRA/HSA for each credit earned, up to \$500 each. (\$1,000 combined total.)



Activity	Credit	Credit Max	HRA/HSA Max
Wellness Assessment Questionnaire	10	10	\$100
2021 HealthQuest Program Overview and Quiz*	3	3	\$30

\* 2021 HealthQuest Program Overview and Quiz will be available by February 1, 2021



Biometric Screening Services* (On-Site Screenings, Home Test Kit, or Healthy Range Incentive Form)	5	5	\$50
Blood Pressure: <120/80 • Or Reasonable Alternative Controlling Blood Pressure module • Or High to Moderate risk category improvement	6	6	\$60
Glucose: FASTING: 70-99 / RANDOM: 80-139 • Reasonable Alternative Managing Your Blood Sugar module • Or High to Moderate risk category improvement	6	6	\$60
Total Cholesterol: <200 • Or Reasonable Alternative High Cholesterol module • Or High to Moderate risk category improvement	6	6	\$60

\*If you do not qualify for a biometric value, you may complete the Reasonable Alternative Module listed above. Biometrics will be uploaded once annually for credits and cannot be replaced or changed.



Preventive Exams: Annual Well-person Exam	5	5	\$50
Preventive Exams: Bi-Annual Dental Exam	3	6	\$60
Preventive Exam: Annual Eye Exam	3	3	\$30
Preventive Exam: Mammogram	5	5	\$50
Preventive Exam: Colonoscopy	5	5	\$50
Flu Vaccination	3	3	\$30



Wellness Challenges	1-5	30	\$300
Health Coaching	1	15	\$150
Learning Modules	1	12	\$120
Wellness Champion Network Meetings	1	12	\$120
Naturally Slim	10	10	\$100
Financial Learning Modules*	5	10	\$100
EAP Webinars and On-Demand Trainings	1	10	\$100
Tobacco Cessation Program	5	5	\$50

\* Financial Learning Modules will be available by February 1, 2021