

# 2022 Wellness Rewards Program

Enroll and Complete From February 1 to September 30



## Reward Yourself For Taking Care of Yourself

The Wellness Rewards Program is continuing to partner with Asset Health to arm you and your covered spouse with tools and resources to gain a better understanding of your health and achieve your personal wellness goals. The more activities you choose to complete, the more you can earn!

For the 2022 Wellness Rewards Program, employees and covered spouses who are currently enrolled in a medical plan are each required to complete a Tobacco Affidavit and Health Assessment. For the Tobacco Affidavit, you and your covered spouse will either certify a tobacco-free status or complete a tobacco cessation option to each earn 1,000 points and the Tier 1 level. If you each earn **400 additional points** by completing Additional Healthy Activities, you will each achieve the Tier 2 level.

## Tobacco Cessation Options – Work with a trained and certified professional about tobacco use.

If you and/or your covered spouse indicate tobacco use, you must complete six weekly Tobacco Cessation telephonic coaching sessions or complete the six-session self-guided electronic option. The goal is to understand the impact tobacco has on your life and promote ways to reduce or quit tobacco use.

Click on the 'Coaching' link at the top navigation menu and follow the instructions for enrolling in either the telephonic coaching sessions or the self-guided electronic option. For the coaching, you must enroll by August 19, 2022 to ensure sufficient time to complete the *Tobacco-Free Me* program by the September 30, 2022 completion deadline.

## Earn Points! Pay Less!\*

Deadline: September 30, 2022

**Tier 1** - Earn 1,000 points by completing the Tobacco Affidavit and the Health Assessment. By completing Tier 1 only, earn a partial savings of \$12.50 for employee with no spouse or \$25 for employee + spouse per pay (\$325/\$650 annually) in 2023.

**Tier 2** - Earn 400 more points (1,400 total points) by completing additional wellness activities and save \$25 for employee with no spouse or \$50 per employee + spouse per pay (\$650/\$1,300 annually).

Both employee and covered spouse must each achieve the same Tier level to be eligible for that Tier. If not, the reward defaults to the lowest Tier achieved.

\*Employees of Local 814 at J.W. Ruby Memorial: You will be required to complete the same Tier levels as above. However, your 2023 incentives will be based upon your Collective Bargaining Agreement.



## 2022 New Hires/Enrollees (with a medical plan effective date on or after 2/1/2022)

Completion of the Health Assessment and Tobacco Affidavit within 12 weeks of your medical plan effective date, by you and your covered spouse (if applicable), will earn you the 2022 and 2023 incentives. If you and your covered spouse do not complete the Health Assessment and Tobacco Affidavit within 12 weeks of your medical plan effective date, you will be charged the full surcharge for 2022 (\$25 for employee coverage/\$50 for employee + spouse coverage). However, if the Health Assessment and Tobacco Affidavit are complete by September 30, 2022, you will save on your 2023 medical plan premium only.

New hires of Local 814 at Ruby Memorial will pay the Bronze medical plan rates for 2022. However, the Tier levels described above must be achieved by September 30, 2022 to earn the 2023 incentives as agreed upon in your CBA.

Healthy Activities	Points
<b>Required Activities - 1,000 Points</b>	
Complete the Tobacco Affidavit and Health Assessment	500
Indicate No Tobacco Use or Complete Six weekly Tobacco Cessation Telephonic Coaching Sessions/Complete the Six-Session Self-Guided Electronic Option	500
<b>Additional Healthy Activities - Maximum 400 Points</b>	
*Complete a Preventive Exam (Non-Acute) by September 30, 2022 (two per program year)	100 (maximum 200)
Complete a Service Through Care Connection (two per program year)	100 (maximum 200)
Utilization of MyWVUChart (two per program year)	25 (maximum 50)
Complete the Walk 100 Miles in 100 Days Challenge	100
Complete the Finding Wellness Program	200
Complete an Employer Sponsored Program (two per program year)	100 (maximum 200)
Track Your Exercise (daily limit of 2 points for 30 minutes of exercise)	2 (maximum 200)
Complete the Retrain Your Brain Challenge	100
Complete a SMART Goal in Daily Logs - Except for Physical Activity	25
Complete a Knowledge Management Course (four per year)	25 (maximum 100)
Complete the Medical Weight Management Program	200
Metabolic Syndrome Measurements Within Range <ul style="list-style-type: none"> <li>• BMI: &lt; 30</li> <li>• Blood Pressure: &lt; 140/&lt; 90</li> <li>• Triglycerides: &lt; 150</li> <li>• HDL: Men 40 or &gt;, Women 50 or &gt;</li> <li>• Glucose (Fasting): &lt; 100</li> </ul>	50 points each

\*There will be an initial pre-load of credit for preventive exams and biometric screening results that occurred October 1, 2021 through November 30, 2021 into the portal. After that, preventive exam points will be awarded monthly and biometric screening points will be awarded weekly throughout the program.