



Your Wellness Matters

2022 Wellness Program Design: The wellness campaign period during which eligible activities can be performed and earn wellness points in 2022 for the 2023 incentives will be **August 1, 2021 through July 31, 2022**. The enhanced program design allows you to choose from a variety of additional activities to earn the points you need to qualify for the Wellness Incentive.

The tobacco incentive remains similar to past years: 1) declare tobacco use/non-use for you and a covered spouse through Oracle; and 2) if a tobacco user, sign up for Tria Health's S.T.O.P Program or complete the specified three Asset Health Tobacco-Free Me online courses.

2022 Wellness Program Enhancements

- Campaign period will be August 1, 2021 through July 31, 2022
- Both the Health Assessment and Financial Assessment can be completed for 10 points each for a maximum of 20 points. The maximum points are applied to employees only since spouses cannot access the Voya website and can only complete the Health Assessment.
- Completion of an Asset Health wellness challenge will earn 10 points each. Walk Kansas will also earn 10 points. These activities have a maximum of 20 points for the wellness period.
- The preventive screening codes reported by Blue KC have been expanded to include colonoscopy procedure codes.
- Monthly Fitness classes, fitness facility memberships and use of county on-site fitness centers are now eligible for points. Receive 5 points for each fitness class (minimum of one session per week) attended and 10 points for each month you have a gym membership (and attend a minimum of two times per week). There is a maximum of 30 points allowed for this activity.

2022 Wellness Incentive Campaign Period: Aug. 1, 2021 – July 31, 2022

Employees and spouses enrolled in the medical plan who earn a minimum of 100 points in 2022 by participating in the following activities will be eligible for the respective Wellness Incentive in 2023:

Activity	Points
Annual Physical with Lab Work	20 points
Health Risk Assessment	10 points
Voya Financial Wellness Assessment (employee only)	10 points
Healthy Biometric Ranges	10 points per desired range (50 points max) <ul style="list-style-type: none"> • Blood Pressure • HDL Cholesterol • Triglycerides • Fasting Glucose • BMI/Waist Circumference
Wellness Challenges and Walk KS	10 points (20 points max)
Community Walk/Run Event	5 points (15 points max)
E-Learning Series	5 points (15 points max)
Preventive Exams and Screenings	10 points (50 points max)
Physician Recommended Vaccinations	5 points (20 points max)
Complete an Approved Weight Management Program (if eligible) through Solera or Tria	15 points (15 points max)
Wellness Webinars (Voya and ComPsych)	5 points (20 points max)
Tria Health Pharmacy Advocate Program (if eligible)	15 points (15 points max)
Fitness Classes (in-person or virtual)	5 points
Gym Membership	10 points (30 points max for fitness)
County On-site Fitness Center	10 points

For more information go to the Activity Tracking page in the Asset Health Wellness portal!

Tobacco Incentive

Employees will need to annually declare tobacco use/non-use through Oracle JOCO Employee SSHR if covered under County's medical plan. If you or your spouse uses tobacco, you will need to complete one of the tobacco cessation options below by July 31, 2022 to earn the Tobacco Incentive in 2023:

1. If you are committed to stop using tobacco, contact Tria Health by calling 888-799-8742 no sooner than August 1, 2021 and no later than May 31, 2022 and complete the S.T.O.P Program requirements by July 31, 2022.
2. If you are unsure if you want to quit smoking, but you still want to earn the incentive, complete Asset Health's three Knowledge Management courses; Effects of Smoking; Preparing to Quit; and Quit Day & Beyond.

Wellness Incentive Structure

To reward employees and spouses for their wellness efforts, the following monthly incentives will be applied in 2023 if the Wellness and Tobacco activities are completed during the campaign period.

	Wellness	Tobacco
Employee	\$70	\$40 (Combined)
Spouse	\$40	