

Annual Wellness Rewards Program

January 16, 2023 – September 29, 2023

Reward Yourself For Taking Care of Yourself

The Wellness Rewards Program is partnering 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 points you can earn!

For the Annual 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 (Silver) level. If you each earn **400 additional points** by completing additional Healthy Activities, you will each achieve the Tier 2 (Gold) 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 telephonic coaching sessions or complete a 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 18, 2023, to ensure sufficient time to complete the Tobacco-Free Me program by the September 29, 2023, completion deadline.

Earn Points! Pay Less!

Deadline: September 29, 2023

Tier 1 (Silver) - Earn 1,000 points by completing the Tobacco Affidavit and the Health Assessment. By completing Tier 1 (Silver) only, you will earn a partial wellness credit in 2024 on your medical plan premiums of \$12.50/pay for employee with no spouse covered or \$25/pay for employee plus a covered spouse.

Tier 2 (Gold) - Earn 400 more points (1,400 total points) by completing additional wellness activities to earn the full 2024 wellness credit and save \$25/pay for employee with no spouse covered or \$50/pay for employee plus a covered spouse.

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 including Bronze (No Tier).

Employees of Local 814 at J.W. Ruby Memorial Hospital: You will be required to complete the same Tier levels as above. Please refer to your Collective Bargaining Agreement (CBA) for 2024 incentives.

2023 New Hires/Enrollees (with a medical plan effective date on or after January 16, 2023)

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 2023 and 2024 wellness credits. If you and your covered spouse do not complete the Health Assessment and Tobacco Affidavit within 12 weeks of your medical plan effective date, will not receive the wellness credit for 2023 (\$25 per pay for employee with no spouse covered or \$50 per pay for employee plus a covered spouse). However, if the Health Assessment and Tobacco Affidavit are completed by September 29, 2023, you will earn the wellness credit on your 2024 medical plan premium only.

New hires of Local 814 at J. W. Ruby Memorial Hospital will pay the Bronze (No Tier) medical plan rates for 2023. However, the Tier levels described above must be achieved by September 29, 2023, to earn the 2024 incentives as agreed upon in your CBA.

Healthy Activities	Point Value	Earning Frequency	Maximum Points
Required Activities - 1,000 Points			
Complete the Tobacco Affidavit and Health Assessment	500	Once	500
Indicate No Tobacco Use or Complete Six weekly Tobacco Cessation Telephonic Coaching Sessions/Complete the Six-Session Self-Guided Electronic Option	500	Once	500
Additional Healthy Activities - 400 Points Needed (1,400 Total)			
Employer Activities from Electronic Medical Record:			
Complete a Preventive Exam <ul style="list-style-type: none"> Wellness Exam or Annual PCP Visit Colon Cancer Screening or Colonoscopy Mammogram Pap Smear or Cervical Exam Dental Exam Vision Exam Diabetes Screening Dermatology Exam 	100	Three per program year between 10/1/22 - 9/29/23 There will be an initial pre-load of credit for preventive exams that have occurred between 10/1/22 - 11/30/22. After that, points will be awarded monthly throughout the program.	300
Metabolic Syndrome Measurements Within Range <ul style="list-style-type: none"> BMI < 30 Blood Pressure < 140/< 90 Triglycerides < 150 HDL: Men 40 or >, Women 50 or > Glucose (Fasting) < 100 	50 for each measurement within range	Once each between 10/1/22 - 9/29/23 Pre-load of biometrics for credit from 10/1/22 - 11/30/22. Points will be awarded monthly after.	250 Combined
Complete a Service through Care Connection <ul style="list-style-type: none"> Triage Call with a Nurse Navigator - you must ask medical advice about a current medical condition Have an E-Visit Have a Video Visit 	100	Two per program year between 1/1/23 - 9/29/23	200
Utilization of MyWVUChart: <ul style="list-style-type: none"> First time register for MyWVUChart Online Self-schedule an Appointment 	25	Two per program year between 1/1/23 - 9/29/23	50
Disease Management and Prevention Programs:			
Complete the Virta Health Program for Type II Diabetes	200	Once 10/1/22 - 9/29/23	200
Complete the Medical Weight Management Program	200	Once 10/1/22 - 9/29/23	200
Complete the Finding Wellness Program (complete 6 of 8 classes)	200	Once 10/1/22 - 9/29/23	200
Complete an Employer Sponsored Program (Ex. Mindful Steps Program complete 4 of 6 classes)	100	2 per program year 10/1/22 - 9/29/23	200
Challenges:			
Complete the Retrain Your Brain 2.0 Challenge	100	Once per program year 2/6/23 - 3/12/23	100
Complete the Change Your State Challenge	100	Once (offered at 2 different times): 3/27/23 - 5/26/23 7/31/23 - 9/29/23	100
Complete Walk 100 miles in 100 Days Challenge	100	Once 5/22/23 - 8/29/23	100
Portal Activities:			
Track your Exercise (Daily limit: 2 points for every 30 minutes of cardio exercise per day)	2	100 per program year 1/16/23 - 9/29/23	200
Complete a SMART Goal - Except for Physical Activity	25	Once per program year 1/16/23 - 9/29/23	25
Complete a Knowledge Management Course	25	4 per program year 10/1/22 - 9/29/23	100