


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