

Creating a culture of better health

The PEBC Wellness Program

Almost everyone can take at least one step to help improve their health. Now you and your covered spouse can earn points and dollars for doing just that.

How it works

To earn wellness points and rewards, you must be an active employee enrolled in either the PPO plan or HDP and you must be registered at myuhc.com. To earn a \$300 reward, an employee must earn 300 points. Partial points do not count. There are many ways to earn points, but points must be earned during the period January 1, 2018, to October 31, 2018. Points do not roll over from a previous year.

Earn points and rewards for you and your covered spouse

Employees can also earn rewards for spouses, which means together, you can earn more money for taking steps to improve your health! An employee can earn a \$300 reward for achieving 300 points, or a \$600 reward if both the employee and the covered spouse each achieve 300 points (600 points total). Spouse points will not be paid unless the employee earns 300 points. The spouse must be enrolled in the plan to participate and remain enrolled at the time of payout for additional reward payout.

To illustrate:

- If the employee did not earn 300 points but the covered spouse did, a reward will not be paid.
- When the employee earns 300 points, a \$300 reward will be paid to the employee.
- If a spouse earned 300 points, as long as the employee earned 300 points, a total of \$600 in rewards will be paid to the employee for the year.

If you opt out of medical coverage, you can also access the wellness portal, but you cannot earn points or rewards. Take the health assessment, participate in online activities and learn more about how you can improve your health!

Confidentiality

Your employer does not have access to your confidential health information. The information you enter is secure, safe and protected.



Earning points

You (and your covered spouse) must be enrolled in the PPO plan or HDP to earn points. Preventive screenings and biometrics performed at your doctor's office will automatically reflect points earned once the claim is paid. Tell your doctor if the visit is for preventive services only. If other non-preventive services are provided, the visit will no longer qualify as a preventive visit and you will not earn points.

1. **Health Assessment** — Earn 75 points (once each year) by taking the 15-minute assessment at myuhc.com. You cannot earn additional points unless you first take the health assessment.
2. **Annual Physical** — Earn 25 points (once each year) for your annual physical.
3. **Biometric Screening** — Earn 150 points (once each year) by having your doctor identify your biometrics (cholesterol, blood sugar, etc.) during a health provider office visit. As an alternative, some employers may sponsor a biometric screening event at work — and you can earn points there. You will receive information about scheduled events.
4. **Preventive Cancer Screenings** — Earn 25 points (once each year) for a mammogram, colonoscopy (including fecal DNA screening) or a cervical screening.
5. **Healthy Pregnancy** — Earn 50 points when you enroll — and dads can earn points, too!
6. **Online Learning Modules** — Earn 50 points (once each year) for program completion. Choose the program that fits your wellness goal. Each program takes a minimum of five weeks to complete. Based on your health assessment,

your interactive health coach may suggest health improvement programs to help you achieve your personal health goals.

- 7. Telephonic Learning Modules** — Earn 50 points (once each year). Connect one-on-one with a phone-based wellness coach who will help you with your personal health improvement plan. The program is adjusted to fit your needs, so the number of sessions will be determined by you and your coach. Each phone call lasts 20–30 minutes and can be spaced out over three to six months. You must complete the module to earn points. Log in to review the available programs. Two of the most popular modules are the Quit for Life® and Healthy Weight programs.
 - Quit for Life (tobacco cessation) — Highly trained Quit Coaches offer encouragement and proven strategies for overcoming nicotine withdrawal, cravings, stress and fears about quitting. You may also qualify to receive up to eight weeks of nicotine replacement therapy (patches, gum, etc.) at no extra cost.
 - Healthy Weight — Your coach specializes in healthy weight loss. Get the answers, support and motivation you need to achieve your goals.
 - You can also earn points by participating in the Healthy Pregnancy Program.
- 8. Disease Management** — If you are qualified for disease management as a result of a chronic condition and you are contacted by a UnitedHealthcare nurse, you can earn up to 100 points for participating.
- 9. Rally®** — Check out Rally to really have some fun! Download the Rally app or get to Rally via **myuhc.com**. Rally helps you learn simple ways to take care of yourself — from being more active to eating better. You'll earn Rally Coins when you complete your Missions, complete a challenge or even just for logging in once a day. You can use the coins to enter to earn rewards for all that good work!

Register

For those enrolled in the PPO plan or HDP, log in at **myuhc.com** and select the "Health and Wellness" tab to register. Most of your information is pre-populated. If you opt out of your employer's medical plan, you can still access the wellness portal, take the health assessment and participate in activities, but you will not earn points or rewards. If you are an opt-out member, register at <https://client.myoptumhealth.com/PEBC>.

Timing and earning points

It is important that you remember key timing requirements to earn points.

- Reward earning period — During any calendar year, you cannot earn points before January 1 or after October 31.
- Time required to earn points — Start early! If you participate in a telephonic or online activity, it will take at least five to six weeks to complete in order to earn points. Because rewards must be earned by October 31, you should plan to start as soon as you can after January 1, 2018. Points are not earned for partially completed programs and do not roll over to another year.

How is the reward paid?

The default payment method is cash, which means the funds will be included in a payroll check on a post-tax basis. For PEBC County participants only, you can choose to have your reward deposited to your health care flexible spending account or, as long as you have not exceeded the annual HSA contribution limit, to your HSA. You will receive more information about your payment options when you qualify for the reward.

When is your reward paid?

Rewards are paid three times during the year based on when you earn 300 (600) points. You must be an employee (and covered spouse if applicable) at time of payout to receive your reward.

- Points earned January 1 – March 31: paid by May 31
- Points earned January 1 – June 30: paid by August 31
- Points earned January 1 – October 31: paid by December 31

Coming soon...

myuhc.com will soon have a new look! Check it out and explore the many ways you can keep up with your health benefits, including your wellness information!