



Campus Wellness Program Runs 8/1/15—8/12/16

**Premium Savings Are For
10/1/16—9/30/17 Plan Year**



Memorandum

To: Campus Staff & Spouses/Domestic Partners on Cigna Medical Plan
From: Tara Bethell, VP of Human Resources, Beatitudes Campus
Date: July 11, 2016
Re: Campus Wellness & Health Insurance Savings Program

We again want to offer the opportunity for each of you to reduce your health insurance premiums for the 10/1/16 to 9/30/17 plan year. Based on staff feedback from the last few years, we have made significant changes to the program to simplify it and make it more impactful for staff, significant others, and the Campus!

Here's what you have to do on or before **August 12, 2016**:

- 1—Attend the Health Fair or see your physician for a physical and get your biometric blood work done (cholesterol numbers, glucose, height, weight, BMI, etc.); and,
- 2—Complete the Cigna Health Risk Assessment (HRA) online at www.mycigna.com using your biometric information obtained at the health fair or from your annual physical; and,
- 3—Complete a basic Dental Exam and/or Dental Cleaning (if you do not have dental insurance, HR has a list of reduced priced dentists in the area).

Here's what you will receive if you complete these three items on or before **August 12, 2016**:

- **\$25 gift card** of your choice for completing biometrics at the March 2016 health fair or requesting lab work from your primary care physician (redeem on www.mycigna.com, "My Health" tab) *Same for spouses/DPs!*
- **\$50 gift card** of your choice for completing the online Health Risk Assessment at www.mycigna.com (redeem on www.mycigna.com, "My Health" tab) *Same for spouses/DPs!*
- **\$260 in reduced insurance premiums** (\$10/paycheck) for completing the three easy steps above. *Same for spouses/DPs!*

Don't miss out on your chance to earn \$335 to \$670 in gift cards and incentives!

- *****PLEASE NOTE: You must participate in the Wellness Program to be eligible for any available pro-rated Health Reimbursement Account Dollars to roll over next year. *****

Other items of note:

- The reason we include spouses/domestic partners is because claims analysis has shown us that 50% of our large claims (\$10,000 or more) come from spouses and domestic partners. We are excited to include them in this process for the second year in a row!
- Staff members may use the resident computer lab (and spouses/domestic partners) to complete the online Health Risk Assessment anytime during normal HR hours; check in with an HR representative first.
- Employees requesting Domestic Partner, same or opposite sex, coverage must sign an affidavit.
- If you complete the required items above, you will receive the Medical Insurance Premium Deduction and HRA Rollover Dollars no matter what insurance carrier we have next year (we hope to be with Cigna, but should there be a change, we will always honor the Wellness Program requirements!).

Reminder: Participation is totally voluntary in the wellness program and any information provided will be kept confidential in accordance with HIPAA.

Call us at 602-995-6108 or come to HR anytime with your questions!