

# HealthQuest

## 2020 Incentive Guide

### Plan A

Employees and spouses enrolled in medical Plan A who earn 40 total credits by participating in various wellness activities throughout the year will receive a premium discount in 2021.

**Employee and Employee/Children Coverage:** Employees must earn 40 credits to receive the premium discount of \$480 for 2021.

**Employee/Spouse and Employee/Family:** Employees and spouses must EACH earn 40 credits to receive the premium discount of \$480 for 2021.

#### Earning Period: January 1 - December 31, 2020

#### Credit Value Credit Max

2020 HealthQuest Program Overview Video and Quiz	3	3
Wellness Assessment Questionnaire	10	10
Biometric Screening Services (On-site screening, home test kit, or Healthy Range Incentive Form. Limit 1 per program year.)	5	5
Preventive Exams: Annual Well Woman or Well Man Exam	5	5

Blood Pressure $\leq 120/80^*$ <ul style="list-style-type: none"> <li>• Or CCE Controlling Blood Pressure module</li> <li>• Or High to Moderate risk category improvement</li> </ul>	6	6
Glucose $<100^{**}$ <ul style="list-style-type: none"> <li>• Or CCE Managing Your Blood Sugar module</li> <li>• Or High to Moderate risk category improvement</li> </ul>	6	6
Total Cholesterol $<200^*$ <ul style="list-style-type: none"> <li>• Or CCE Preventing High Cholesterol module</li> <li>• Or High to Moderate risk category improvement</li> </ul>	6	6

\*If you do not qualify for a biometric value, you may complete the CCE Reasonable Alternative Module listed above. Biometrics will be uploaded once annually for credits and cannot be replaced or changed.

\*\*Blood Glucose Healthy Ranges: FASTING: between 70-99 // RANDOM: between 80-139

Tobacco Cessation Program Completion	6	6
Naturally Slim	15	15
Health Coaching (in-person or telephonic)	1	15
Wellness Challenges (credits equal to number of weeks of challenge)	1-4	30
Learning Modules	1	5
EAP Webinars and On-Demand Training	1	8
HealthQuest Financial Learning Module	5	5
Preventive Exams: Bi-Annual Dental Exam	3	6
Preventive Exams: Annual Eye Exam	3	3

#### Questions?

Contact HealthQuest at  
1.888.275.1205, option 3, or HealthQuest@Cerner.com.