

HealthQuest

2020 Incentive Guide

Plan C, Q, N, J

Employees and spouses in plans C, Q, N, J who earn credits by participating in wellness activities throughout the year can earn a premium discount in 2021. They can also earn HRA/HSA dollars to be awarded throughout 2020.

Employee and Employee/Children Coverage: Employees must earn 40 credits to receive the premium discount of \$480 for 2021. Employees will also earn \$10 in their HRA/HSA for each credit earned, up to 50 credits, or \$500.

Employee/Spouse and Employee/Family: Employees and spouses must EACH earn 40 credits to receive the premium discount of \$480 for 2021. Employees and spouses will also earn \$10 in their HRA/HSA for each credit earned, up to 50 credits, or \$500.

Premium Incentive Discount Earning Period: January 1 – December 31, 2020 HRA/HSA Contribution Earning Period: January 1 - November 18, 2020

	Credit Value	Credit Max	HRA/HSA Dollars	HRA/HSA Maximum
2020 HealthQuest Program Overview Video and Quiz	3	3	\$30	\$30
Wellness Assessment Questionnaire	10	10	\$100	\$100
Biometric Screening Services (On-site screening, home test kit, or Healthy Range Incentive Form. Limit 1 per program year.)	5	5	\$50	\$50
Preventive Exams: Annual Well Woman or Well Man Exam	5	5	\$50	\$50
Blood Pressure $\leq 120/80^*$ • Or CCE Controlling Blood Pressure module • Or High to Moderate risk category improvement	6	6	\$60	\$60
Glucose $<100^{**}$ • Or CCE Managing Your Blood Sugar module • Or High to Moderate risk category improvement	6	6	\$60	\$60
Total Cholesterol $<200^*$ • Or CCE Preventing High Cholesterol module • Or High to Moderate risk category improvement	6	6	\$60	\$60

*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	\$60	\$60
Naturally Slim	15	15	\$150	\$150
Health Coaching (in-person or telephonic)	1	15	\$10	\$150
Wellness Challenges (credits equal to number of weeks of challenge)	1-4	30	\$10-\$40	\$300
Learning Modules	1	5	\$10	\$50
EAP Webinars and On-Demand Training	1	8	\$10	\$80
HealthQuest Financial Learning Module	5	5	\$50	\$50
Preventive Exams: Bi-Annual Dental Exam	3	6	\$30	\$60
Preventive Exams: Annual Eye Exam	3	3	\$30	\$30

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