

HealthQuest

2019 Incentive Guide: Plan A

Employees and spouses enrolled in medical Plan A who each complete the REQUIRED Health Assessment and earn 40 total credits by participating in various wellness activities throughout the year will receive a premium reduction in 2020.

Employee and Employee/Children Coverage: Employees must earn 40 credits to receive the premium reduction of \$480 for 2020.

Employee/Spouse and Employee/Family: Employees and Spouses must EACH earn 40 credits to receive the premium reduction of \$480 for 2020.

Earning Period: January 1 - December 31, 2019

Credit Value Credit Max

2019 HealthQuest Program Overview Video and Quiz	3	3
REQUIRED Health Assessment Questionnaire	10	10
State-Sponsored Biometric Screening Services (on-site screening or home test kit. 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"> • Or CCE Controlling Blood Pressure workshop • Or High to Moderate risk category improvement 	6	6
Glucose $<100^*$ <ul style="list-style-type: none"> • Or CCE Managing Your Blood Sugar workshop • Or High to Moderate risk category improvement 	6	6
Total Cholesterol $<200^*$ <ul style="list-style-type: none"> • Or CCE Preventing High Cholesterol workshop • Or High to Moderate risk category improvement 	6	6

*Biometric Reporting Form may be submitted for blood pressure, glucose, or total cholesterol values. If you do not qualify for a biometric value, you may complete the CCE Reasonable Alternative Workshop listed above. Biometrics will be uploaded once annually for credits and cannot be replaced or changed.'

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
Wellness Workshops	1	5
EAP Webinars and On-Demand Training	1	8
HealthQuest Financial Wellness Workshop	5	5
Preventive Exams: Bi-Annual Dental Exam	3	6
Preventive Exams: Annual Eye Exam	3	3

Questions?

Please contact HealthQuest at
1.888.275.1205, option 3, or HealthQuest@Cerner.com.

