

# HealthQuest

## 2019 Incentive Guide: Plan C, Q, N, and J

Employees and spouses in the above health plans who complete the REQUIRED Health Assessment and earn credits by participating in wellness activities throughout the year can earn a premium reduction in 2020. They can also earn HRA/HSA dollars to be awarded throughout 2019.

**Employee and Employee/Children Coverage:** Employees must earn 40 credits to receive the premium reduction of \$480 for 2020. 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 reduction of \$480 for 2020. Employees and spouses will also earn \$10 in their HRA/HSA for every credit earned, up to 50 credits, or \$500 each.

**Premium Incentive Discount Earning Period: January 1 – December 31, 2019**  
**HRA/HSA Contribution Earning Period: January 1 - November 18, 2019**

	Credit Value	Credit Max	HRA/HSA Dollars	HRA/HSA Maximum
2019 HealthQuest Program Overview Video and Quiz	3	3	\$30	\$30
<b>REQUIRED</b> Health Assessment Questionnaire	10	10	\$100	\$100
State-Sponsored Biometric Screening Services (on-site screenings or home test kits only. Limit 1 per program year.)	5	5	\$50	\$50
Preventive Exams: Annual Well Woman or Well Man Exam	5	5	\$50	\$50

Blood Pressure $\leq 120/80^*$ <ul style="list-style-type: none"> <li>• Or CCE Controlling Blood Pressure workshop</li> <li>• Or High to Moderate risk category improvement</li> </ul>	6	6	\$60	\$60
Glucose $< 100^*$ <ul style="list-style-type: none"> <li>• Or CCE Managing Your Blood Sugar workshop</li> <li>• Or High to Moderate risk category improvement</li> </ul>	6	6	\$60	\$60
Total Cholesterol $< 200^*$ <ul style="list-style-type: none"> <li>• Or CCE Preventing High Cholesterol workshop</li> <li>• Or High to Moderate risk category improvement</li> </ul>	6	6	\$60	\$60

\*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	\$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
Wellness Workshops	1	5	\$10	\$50
EAP Webinars and On-Demand Training	1	8	\$10	\$80
HealthQuest Financial Wellness Workshop	5	5	\$50	\$50
Preventive Exams: Bi-Annual Dental Exam	3	6	\$30	\$60
Preventive Exams: Annual Eye Exam	3	3	\$30	\$30

### Questions?

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

