

HealthQuest 2020 Incentive Guide Plan A

Employees and spouses enrolled in medical Plan A who earn 20 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 20 credits to receive the premium discount of \$480 for 2021.

Employee/Spouse and Employee/Family:
Employees and spouses must EACH earn 20 credits to receive the premium discount of \$480 for 2021.

Information on this Incentive Guide has been edited to reflect the mid-year HealthQuest changes made by the HCC. All information effective June 16th, 2020 for the 2020 Plan year.

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