

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 20 credits to receive the premium discount of \$480 for 2021. Employees will also earn \$20 in their HRA/HSA for each credit earned, up to \$500.

Employee/Spouse and Employee/Family:

Employees and spouses must EACH earn 20 credits to receive the premium discount of \$480 for 2021. Employees and spouses will also earn \$20 in their HRA/HSA for each credit earned, up to \$500 each.

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.

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	\$60	\$60
Wellness Assessment Questionnaire	10	10	\$200	\$200
Biometric Screening Services (On-site screening, home test kit, or Healthy Range Incentive Form. Limit 1 per program year.)	5	5	\$100	\$100
Preventive Exams: Annual Well Woman or Well Man Exam	5	5	\$100	\$100

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

*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	\$120	\$120
Naturally Slim	15	15	\$300	\$300
Health Coaching (in-person or telephonic)	1	15	\$20	\$300
Wellness Challenges (credits equal to number of weeks of challenge)	1-4	30	\$20-\$80	\$500
Learning Modules	1	5	\$20	\$100
EAP Webinars and On-Demand Training	1	8	\$20	\$160
HealthQuest Financial Learning Module	5	5	\$100	\$100
Preventive Exams: Bi-Annual Dental Exam	3	6	\$60	\$120
Preventive Exams: Annual Eye Exam	3	3	\$60	\$60

Questions?

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