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.

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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 ≤120/80***
- Or CCE Controlling Blood Pressure module
- Or High to Moderate risk category improvement

**Glucose <100***
- Or CCE Managing Your Blood Sugar module
- Or High to Moderate risk category improvement

**Total Cholesterol <200***
- Or CCE Preventing High Cholesterol module
- Or High to Moderate risk category improvement

**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

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*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

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