

My Health Wellness Program

The City is committed to helping you and your family live a healthy lifestyle. That's why we've created the My Health Wellness Program, and given you a choice in how you want to participate. If your spouse is covered on the Medical plan, they may also choose to participate in the wellness program. By completing a health screening and personal health questionnaire at The Center, you've taken the first step to qualify for the rewards of the program. See graphic below for details on *Option A* and *Option B*.

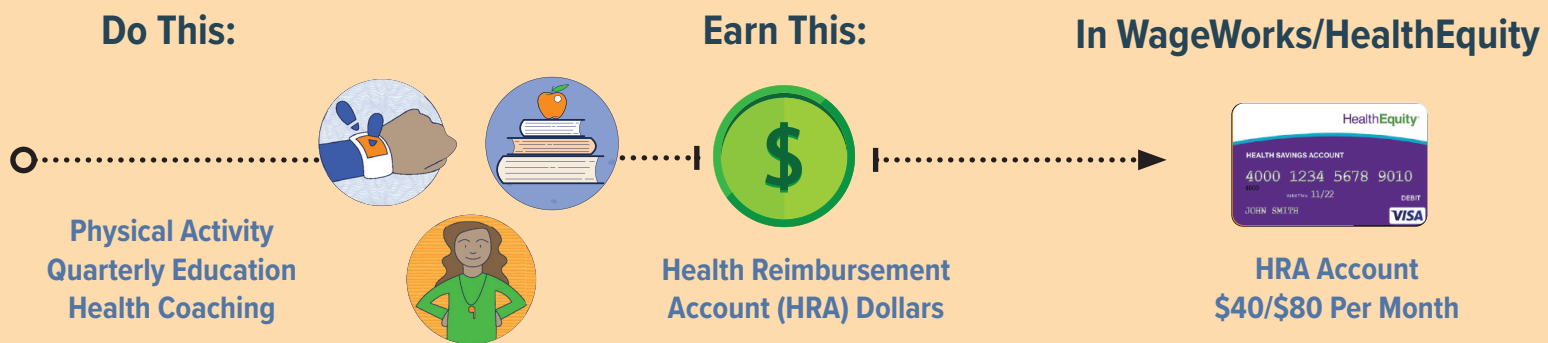
Questions, email cokmyhealth@knoxvilletn.gov

Employees and spouses who participate in *My Health* and choose...

OPTION A



OPTION B (PLUS OPTION A)



First, those who complete the screening and questionnaire are guaranteed a year-long wellness paycheck credit (*Option A*). You'll need to make an appointment with The Center to complete your screening during the first month you are eligible.

In addition to the wellness credit, you also have the option to follow the current My Health program (*Option B*) to earn monthly Health Reimbursement Account (HRA) dollars.

We are committed to helping you achieve your best health. If you think you might be unable to meet a requirement for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by a different program. We will work with you (and if you wish, with your doctor) to find a wellness program requirement that is right for you in light of your health status.



Wellness Program Requirements (Option B)



When you've completed your screening and questionnaire at The Center (Option A), you may also choose to do the additional My Health requirements in Option B.



To receive the monthly HRA Dollars, you'll need to make sure to log into COKMyHealth.com and complete your monthly **physical activity** and **quarterly education**.



Physical Activity Requirements: at least **120 minutes per week** (no less than 3 sessions per week). If you use a device to track your steps, you need at least **40,000 steps per week**.

Linkable devices: Fitbit, Garmin and Apple watch – automatically sync your steps to the portal.

Remember, complete your physical activity and quarterly education requirements at:

My Health **WELLNESS PORTAL** 
www.cokmyhealth.com

| If you: | You receive in HRA dollars: ¹ |
|-----------------------------------|--|
| Complete Requirements in Option B | \$40/month or \$480/year (employee only) \$80/month or \$960/year (employee + one or more dependents) |
| Additionally, if you: | You receive additional HRA dollars: |
| Earn less than \$25,000 | \$300/year |
| Earn between \$25,000—\$29,999 | \$250/year |
| Earn between \$30,000—\$34,999 | \$200/year |
| Earn between \$35,000—\$39,999 | \$150/year |
| Earn between \$40,000—\$44,999 | \$100/year |

¹Annual HRA dollars are prorated based on the date you begin My Health participation and are contributed monthly to your HRA.

My Health

2022 Wellness Plan

1 Bi-Weekly Paycheck Credit

Complete your Biometric Screening and Health Risk Assessment in 2021 and receive:
\$20 paycheck credit/ per adult
\$10 paycheck credit if children are covered on BCBST medical plan

There is a max per paycheck credit total of \$40

2 Earn a monthly Health Reimbursement Account (HRA) incentive with your wellness score

90 and above - \$50 per month
80 to 89 - \$40 per month
70 to 79 - \$30 per month

Participants have the option to earn up to \$200 every quarter. This can be achieved by combining the wellness score incentive with any of the activities below, or just by completing the activities

3 Earn a quarterly Health Reimbursement Account (HRA) incentive by completing personalized wellness activities

\$10— Community

Earn this by volunteering in your community, charitable donations, donating blood/plasma, etc.

\$20— Education

Earn this by attending classes, online article/quizzes, approved materials by The Center

\$30— Financial

Earn this by completing financial workshops, meeting with financial advisor, etc.

\$40— Physical Activity

Earn this by going to the gym, steps, joining a My Health challenge, etc.

\$150— Coaching or Program completion

Earn this by attending X number of coaching sessions or completing a prevention program