

My Health Wellness Program Requirements:

To receive the rewards of the My Health Wellness Program (My Health), enrolled participants (employee, spouse, and/or qualified domestic partner) must maintain all of the requirements described below. Participants that miss a requirement will be mailed a postcard reminder. Participants that do not then become current on all requirements, will be mailed a “2nd strike” postcard reminder, notifying them that they may be removed from My Health if they remain out of compliance. Participants will then have 14 days to contact The Center or Employee Benefits to take steps towards compliancy. Participants that do not contact The Center or Employee Benefits within this period, and that remain noncompliant, will no longer receive the wellness credit or the monthly Health Reimbursement Account (HRA) contribution.

The good news is that it’s easy to get back into My Health and receive the rewards of a health-conscious lifestyle! If you want to continue receiving the wellness credit and the monthly HRA contribution, please contact Employee Benefits and we will guide you through the process to make sure you meet the requirements listed below. You will need to complete at least two consecutive months of Physical Activity credit and be current on all other requirements before completing a form to re-enroll.

<p>Complete an annual health screening</p>	<p>Participants must schedule and complete a health screening at The Center by September 30th every year. The screening includes both a biometric blood draw and completion of a Health Risk Assessment, (a link to the Premise Health site to take the health risk assessment is located on the My Health portal’s homepage, www.cokmyhealth.com).</p>
<p>Stay physically active Note: Physically active means any activity that increases your heart rate. If you have medical limitations, contact The Center staff, who can approve an appropriate physical activity program for you.</p>	<p>Participants must commit to be physically active at least 90 minutes/week (with a minimum of three sessions per week lasting at least 10 minutes each) . Activity must be submitted in the My Health portal by the 10th of the following month to receive credit. If you are tracking steps, you must meet 35,000 steps per week.</p>
<p>Complete quarterly health education NOTE: This requirement must be completed by the individual My Health member only. If it is determined that your education documents were not completed exclusively by you, you will be immediately removed from My Health without notice.</p>	<p>Participants are required to complete a quarterly education requirement. This can be fulfilled by reviewing CDs, DVDs, approved websites, approved TV shows and written materials available from The Center, Employee Benefits and the Safety Building, as well as attending quarterly education classes taught by health coaches and special guests. There is also an opportunity in the www.cokmyhealth.com portal to read an article and take a quiz. As long as you receive a 100% on the quiz, you will receive credit for the quarter.</p>
<p>Actively participate in The Center’s health coach/ RN disease management program, as applicable</p>	<p>Participants diagnosed with a chronic condition(s) listed below, or that are determined to have a moderate or high health risk must participate in The Center’s health coach/ RN disease management program. Chronic conditions: asthma, obesity, congestive heart failure, chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), diabetes, hyperlipidemia and hypertension. The number of visits required in the calendar year varies per risk assessment.</p>
<p>Actively participate in The Center’s health coach program if you use tobacco</p>	<p>Participants who use any form of tobacco (cigarettes, cigars, pipes, chewing tobacco or other tobacco product), are required to have a discussion with a health coach or disease management nurse on readiness to quit. Tobacco cessation drugs are provided at no cost.</p>
<p>Actively participate in the City’s prenatal program, if applicable (optional)</p>	<p>If you or your covered dependent become pregnant in 2018, you may enroll in the City’s prenatal program by calling BCBST Healthy Maternity program. As long as you enroll by the 20th week of pregnancy, you may qualify for a free breast pump from BCBST and you’ll receive an HRA contribution upon completion of the program.</p>

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 means. 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.

My Health Wellness Program

When you enroll in My Health and maintain all program requirements, you receive the following rewards:

- **A wellness credit to offset your medical premiums.**
- **HRA Dollars from the City.** An HRA is a Healthcare Reimbursement Account set up by the City to help you pay for certain out-of-pocket expenses, like your calendar year deductible, coinsurance, prescription drug copays, and dental and vision care for you and your covered family members. The chart below outlines how much you will receive. See page 10 for information about spending your HRA dollars for you and your eligible dependents.

If you:	You receive in HRA dollars: ¹
Participate in the My Health plan	\$40/month or \$480/year (employee only) \$80/month or \$960/year (employee + one or more dependents) ²
Additionally, if you:	
Earn less than \$34,000	\$150/year
Earn \$34,001—\$46,550	\$75/year
Or your covered dependent participates in the City's prenatal program (must enroll by the 20th week of pregnancy)	\$200 upon completion of the program

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

²Dependents must also maintain plan requirements as described on the next page.

Preventive Benefits

All medical plan options cover preventive services at 100%—no deductible or copay required—when you use network providers. This means you pay nothing for services recommended by the US Preventive Services Task Force like:

- Annual well woman exam (including screening and counseling for HIV and domestic violence, counseling for sexually transmitted infections and pregnancy prevention)
- High risk HPV testing beginning at age 30 (every three years)
- Contraceptive methods and sterilization procedures including tubal ligations and vasectomies
- Gestational diabetes screening if high risk for diabetes
- Generic prescription and over-the-counter contraceptives
- Lactation support and counseling
- Age appropriate health screenings (e.g., cholesterol, blood pressure, colorectal cancer, depression, diabetes, obesity, osteoporosis)
- Preventive care and screenings for infants and children
- Preventive care and screenings for women (e.g., breast

cancer screening, cervical cancer screening)

- Preventive care and screenings for men (e.g., PSA test)
- Immunizations for adults and children
- Flu and pneumonia shots
- Annual exams (including x-rays and lab)
- Vision and hearing screenings (as part of an annual exam)

Exception: A preventive care service must be billed by the provider as preventive care to assure 100% coverage. If a preventive service is billed separately from an office visit, you may be required to share in the cost of the office visit. For example, if you seek a preventive service such as an annual well-woman exam (Pap) or well-man exam (PSA test) and also receive some other kind of treatment (such as care for a sinus infection), cost sharing may apply to your office visit. In other words, the preventive portion of the visit will be covered at 100%, and the illness portion may be covered with applicable cost sharing.

The City encourages you to have health screenings and immunizations at appropriate times and frequency, based on your age, gender, personal and family health history, and other special needs.