FUNDING YOUR 2020 HRA

There are many ways to fund your Health Reimbursement Arrangement (HRA) and avoid a higher deductible in 2020. Here’s how you can earn HRA funding up to a maximum of $500 for employee-only coverage and $1,000 for family coverage.

CREATE YOUR HRA FUNDING PLAN

You’ve got options. Along with your annual PHA, choose the Health Related Actions that work for you, and fill in the amounts on the worksheet to see how much you’ll earn towards your maximum.

The maximum HRA funding you can earn each year is $500 for employee-only coverage, and $1,000 for family coverage.

Visit www.soundhealthwellness.com for complete requirements and details and to download required forms.

CREATE YOUR HRA FUNDING PLAN

In order to receive the maximum amount of HRA funding for 2020, you must complete your annual Personal Health Assessment.

ANNUAL PHA

When available in the summer of 2019.

In order to receive the maximum amount of HRA funding for 2020, you must complete your annual Personal Health Assessment.

CREATE YOUR HEALTH HISTORY

EARN UP TO $300 WHEN YOU:

• Complete your Personal Health Assessment, update your contact information and select or confirm your Primary Care Physician in the summer of 2019, when notified by the Trust.

HEALTH RELATED ACTIONS

All actions must be completed between Jan. 1 and Dec. 31, 2019.

Earn a maximum of $200 (with a couple exceptions) by choosing from the following list.

PREVENT ILLNESS

EARN $100 WHEN YOU:

• Get a Covered Flu Shot

EARN $100 FOR GETTING ONE OF THE FOLLOWING COVERED SERVICES:

• Preventive Colon Cancer Screening

MAKE HEALTHY CHOICES

EARN $50 - $200 WHEN YOU JOIN:

• Health Coaching and complete three calls with your health coach

• An approved Weight Loss Program and participate for at least three consecutive months

• Quit For Life® and complete five calls with your Quit Coach

GET INVOLVED

EARN $100 WHEN YOU:

• Join the Wellness Volunteer Network and meet certain requirements

MANAGE A CHRONIC CONDITION

EARN $300 WHEN YOU:

• Join Condition Management, available to participants who have been diagnosed with diabetes, heart disease, asthma, and other pulmonary chronic diseases, who are invited to the program

MY HRA FUNDING PLAN

Funding Amount

Amount Earned

Employee | Spouse

Complete the PHA, update your information and confirm your PCP when notified in the summer of 2019

$300

Get a Covered Flu Shot in 2019

$100

Earn up to $200 towards your maximum amount by choosing from the following.

All Health Related Actions must be completed between Jan. 1 and Dec. 31, 2019

Choose one of these options:

• Well-Adult Annual Physical

• Preventive Mammogram, Pap smear, or Prostate exam

• Certain Adult Immunizations

• Biometric Screening

• Preventive Colon Cancer Screening

$100

Participate in Health Coaching

$150

Participate in a Weight Loss Program

$150

Join Quit For Life®

$150

Have Active Gym Attendance

$150

Track Your Fitness Activity

$150

Join the Wellness Volunteer Network

$100

Participate in Condition Management

$300

Questions?

Call the Trust at (206) 282-4500 or (800) 225-7620.

HRA funding not to exceed annually:

$500 | $500

Visit www.soundhealthwellness.com for complete requirements and details and to download required forms.

For PPO Plan Participants

To receive 2020 HRA funding you must be HRA eligible on Jan. 1, 2020. For a Health Related Action or the Personal Health Assessment to be counted, you must be covered by the Sound Health & Wellness Trust when the health action or PHA is completed.
# FUNDING YOUR 2020 HRA

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### ANNUAL PHA

When available in the summer of 2019.

In order to receive the maximum amount of HRA funding for 2020, you must complete your annual Personal Health Assessment.

**CREATE YOUR HEALTH HISTORY**

**EARN UP TO $300 WHEN YOU:**
- Complete your Personal Health Assessment, update your contact information and select or confirm your Primary Care Physician in the summer of 2019, when notified by the Trust.

**HEALTH RELATED ACTIONS**

All actions must be completed between Jan. 1 and Dec. 31, 2019.

**Make Healthy Choices**

**EARN $100 WHEN YOU:**
- Get a Covered Flu Shot

**EARN $100 FOR GETTING ONE OF THE FOLLOWING COVERED SERVICES:**
- Well-Adult Annual Physical
- Preventive Mammogram, Pap smear, or Prostate exam
- Certain Adult Immunizations
- Biometric Screening
- Preventive Colon Cancer Screening

**Earn $150 - $200 WHEN YOU JOIN:**
- Health Coaching and complete three calls with your health coach
- An approved Weight Loss Program and participate for at least three consecutive months
- Quit For Life® and complete five calls with your Quit Coach

**EARN $50 - $200 WHEN YOU:**
- Participate in LiveWell Fit by choosing from a list of approved events.
- Document your Active Gym Attendance and meet certain attendance criteria
- Track Your Activity by wearing your fitness or activity tracker and completing certain goals

**Get Involved**

**EARN $100 WHEN YOU:**
- Join the Wellness Volunteer Network and meet certain requirements

**Manage a Chronic Condition**

**EARN $300 WHEN YOU:**
- Join Condition Management, available to participants who have been diagnosed with diabetes, heart disease, asthma, and other pulmonary chronic diseases, who are invited to the program

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### MY HRA FUNDING PLAN

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- Well-Adult Annual Physical
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**Participate in Health Coaching**

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**Participate in a Weight Loss Program**

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**Have Active Gym Attendance**

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**Track Your Fitness Activity**

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**Participate in Condition Management**

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### Questions?

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