

FUNDING YOUR 2019 HRA

There are many ways to fund your Health Reimbursement Arrangement (HRA) and avoid a higher deductible in 2019. Here's how you can earn HRA funding up to a maximum of **\$500 for employee-only coverage** and **\$1,000 for family coverage**.

Remember: If you have family coverage, both you and your spouse must complete the PHA and Health Related Actions to earn your maximum HRA funding.

ANNUAL PHA When available in the summer of 2018.

In order to receive the maximum amount of HRA funding for 2019, you must complete your annual Personal Health Assessment.

CREATE YOUR HEALTH HISTORY	<p>EARN UP TO \$300 WHEN YOU:</p> <ul style="list-style-type: none"> Complete your Personal Health Assessment, update your contact information and select or confirm your Primary Care Physician in the summer of 2018, when notified by the Trust.
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HEALTH RELATED ACTIONS All actions must be completed between Jan. 1 and Dec. 31, 2018.

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

PREVENT ILLNESS	<p>EARN \$100 WHEN YOU:</p> <ul style="list-style-type: none"> Get a Covered Flu Shot 	<i>Earn more toward your health related actions maximum with a flu shot.</i>
	<p>EARN \$100 FOR GETTING ONE OF THE FOLLOWING COVERED SERVICES:</p> <ul style="list-style-type: none"> Well-Adult Annual Physical Preventive Mammogram, Pap smear, or Prostate exam Certain Adult Immunizations Biometric Screening Preventive Colon Cancer Screening 	
MAKE HEALTHY CHOICES	<p>EARN \$150 - \$200 WHEN YOU JOIN:</p> <ul style="list-style-type: none"> 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 	
	<p>EARN \$50 - \$200 WHEN YOU:</p> <ul style="list-style-type: none"> 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	<p>EARN \$100 WHEN YOU:</p> <ul style="list-style-type: none"> Join the Wellness Volunteer Network and meet certain requirements 	
MANAGE A CHRONIC CONDITION	<p>EARN \$300 WHEN YOU:</p> <ul style="list-style-type: none"> Join Condition Management, available to participants that have been diagnosed with diabetes, heart disease, asthma, and other pulmonary chronic diseases, who are invited to the program 	<i>Earn more toward your health related actions maximum with Condition Management.</i>

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



To receive 2019 HRA funding you must be HRA eligible on Jan. 1, 2019. 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.



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.

MY HRA FUNDING PLAN	Funding Amount	Amount Earned	
		Employee	Spouse
<input type="checkbox"/> Complete the PHA, update your information and confirm your PCP when notified in the summer of 2018	\$300		
<input type="checkbox"/> Get a Covered Flu Shot in 2018	\$100		
Earn up to \$200 towards your maximum amount by choosing from the following. <i>All Health Related Actions must be completed between Jan. 1 and Dec. 31, 2018</i>			
<input type="checkbox"/> Choose one of these options: <ul style="list-style-type: none"> • Well-Adult Annual Physical • Preventive Mammogram, Pap smear, or Prostate exam • Certain Adult Immunizations • Biometric Screening • Preventive Colon Cancer Screening 	\$100	Not to exceed \$200	
<input type="checkbox"/> Participate in Health Coaching Complete three calls with your coach.	\$150		
<input type="checkbox"/> Participate in a Weight Loss Program Actively participate in Weight Watchers®, Jenny Craig®, NutriSystem®, 3010 Weight Loss for Life®, or 2020 Lifestyles® for at least three consecutive months.	\$150 <i>for a consecutive 3-month period</i> Add an additional \$50 for a consecutive 6-month period		
<input type="checkbox"/> Join Quit For Life® Complete five calls with your Quit Coach.	\$150		
<input type="checkbox"/> Participate in LiveWell Fit Choose from a list of approved events.	\$50, \$100 or \$150 <i>depending on the event</i>		
<input type="checkbox"/> Have Active Gym Attendance Have 20 or more visits within a consecutive 3-month period. Or 40 visits in a consecutive 6-month period.	\$150 <i>for a consecutive 3-month period</i> Add an additional \$50 for a consecutive 6-month period		
<input type="checkbox"/> Track Your Fitness Activity Wear your fitness or activity tracker and complete 10,000 steps per day or 5 miles of running/walking for 30 or more days in consecutive 3-month period. Or 60 or more days in a consecutive 6-month period.	\$150 <i>for a consecutive 3-month period</i> Add an additional \$50 for a consecutive 6-month period		
<input type="checkbox"/> Join the Wellness Volunteer Network Complete an orientation, meet with your Wellness Coordinator once annually, and meet other participation requirements.	\$100		
Earn up to \$300 towards your maximum amount, when you:			
<input type="checkbox"/> Participate in Condition Management Actively participate or graduate from the program in 2018. For participants who have been diagnosed with diabetes, heart disease, asthma, and other pulmonary chronic diseases, and are invited to the program.	\$300		
MY TOTAL:			
HRA funding not to exceed annually:		\$500	\$500

Questions?

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