

Health Related Actions that qualify for **Jan. 1, 2016 HRA funding**

The health related actions listed below will earn the HRA funding amounts indicated (*) if completed between Jan. 1 and Dec. 31, 2015. The maximum you can earn with these actions towards your full funding, without getting a flu shot or participating in Condition Management, is \$200.



PLEASE NOTE THAT HRA FUNDING MAXIMUMS ARE \$500 FOR EMPLOYEE-ONLY COVERAGE AND \$1,000 FOR FAMILY COVERAGE.

STAYING HEALTHY

Flu Shot | \$100

by getting a covered flu shot.

MANAGING YOUR MEDICAL CONDITIONS

Condition Management | \$300

by enrolling and being actively engaged in this telephone coaching program for selected chronic conditions on Dec. 31, 2015, or graduating from the program.

New this year!
Earn \$300 in funding with just this one action, if you qualify!



Personal Care Team | \$200

by being active in the program on Dec. 31, 2015. Participation is by invitation only.

MAKING HEALTHY CHANGES

Health Coaching | \$150

by enrolling and completing three calls with your coach.

Weight Watchers® | \$150 or \$200

by actively participating for three consecutive months, you can earn \$150. Or, by actively participating for six consecutive months, you can earn \$200. This means attending one in-person meeting a week for Meetings subscribers or by logging your weight online for Essentials subscribers for 10 of a 12-week period for \$150 or 20 of a 24-week period for \$200.

Quit For Life® | \$150

by enrolling and completing five calls with your coach.

PREVENTING ILLNESS

YOU MAY EARN \$100 FOR ONLY ONE OF THE FOLLOWING PREVENTING ILLNESS OPTIONS:

Annual Physical

by getting your annual physical that is covered under your Prevention @ 100% benefit.** (physicals and other doctor visits performed for medical conditions are not included)

Mammogram, Pap smear, or Prostate exam

by having a preventive mammogram, Pap smear or prostate exam that is covered under your Prevention @ 100% benefit.** (these tests that are performed for a medical condition are not included)

Adult Immunizations

by getting one of the following covered immunizations (as determined by the CDC recommendations): Tetanus, diphtheria, pertussis (Td/Tdap); Varicella (Chickenpox); HPV vaccine; Zoster (Shingles); Measles, mumps, rubella (MMR); Pneumococcal; Meningococcal; Hepatitis A & B.

Biometric Screening

by having your blood pressure, cholesterol, blood glucose & BMI (height/weight) checked by your physician or pharmacy. You will need to complete and sign a Trust provided form.

Preventive Colonoscopy

by having a preventive colonoscopy that is covered under your Prevention @ 100% benefit.** (colonoscopies performed for medical conditions are not included)

STAYING ACTIVE

LiveWell Fit | \$50, \$100 or \$150

by participating in Trust sponsored events (limit four events per calendar year). For a complete listing of eligible events and their HRA funding values, go to www.soundhealthwellness.com. You will need to complete and sign a Trust provided form.

Active Gym Attendance | \$150 or \$200

by having 20 or more visits within a consecutive 3-month period, you can earn \$150. If you complete another 20 or more visits within a separate additional consecutive 3-month period, earn another \$50 for a total of \$200. Attendance documentation is required through a form provided by the Trust. Gym membership fees are not paid for by the Trust.

Tracking Your Activity | \$150 or \$200

by wearing your fitness or activity tracker and completing 10,000 steps per day or 5 miles of running/walking for 30 or more days within

a consecutive 3-month period, you can earn \$150. If you complete another 10,000 steps per day or 5 miles of running/walking for 30 or more days within a separate additional consecutive 3-month period, earn another \$50 - for a total of \$200. Internet-based system documentation is required through a form provided by the Trust.

New funding action!



GETTING INVOLVED

Wellness Volunteer Network | \$100

by completing an orientation or annual touch base meeting with your regional Wellness Coordinator, completing two engagement activities or LiveWell Fit Empowerment Events, and completing your PHA during the annual period.

TO EARN UP TO \$300 IN THE REMAINING AMOUNT TOWARDS YOUR MAXIMUM,

Between Oct. 1 and Dec. 31, 2015, complete your Personal Health Assessment, update or confirm your primary care physician, and contact information. Watch for more information later this year.

Deadline for all activities is Dec. 31, 2015, – but get started now!

Some ways you could earn your full HRA funding:

SCENARIO 1 If you get a flu shot and complete condition management:

Get a flu shot (\$100) + Join and participate in Condition Management (\$300) + Take your PHA, update PCP and contact information for the remaining \$100. = **Congratulations! You've earned \$500!**

\$400 for health related actions

SCENARIO 2 If you get a flu shot and use an activity tracker for 6 months:

Get a flu shot (\$100) + Track with a fitness tracker for 6 months (\$200) + Take your PHA, update PCP and contact information for the remaining \$200. = **Congratulations! You've earned \$500!**

\$300 for health related actions

SCENARIO 3 If you **don't get a flu shot**, but complete other actions:

Join and attend Weight Watchers meetings for 6 months (\$200) + Participate in Health Coaching (\$150) + Take your PHA, update PCP and contact information for the remaining \$300. = **Congratulations! You've earned \$500!**

\$200 for health related actions

(The maximum you can earn without getting a flu shot or participating in Condition Management is \$200)



Look for these icons throughout the year to see what counts towards HRA Funding.

* To receive 2016 HRA funding you must be HRA eligible on Jan. 1, 2016. For an action or the PHA to be counted, you must be covered by the Sound Health & Wellness Trust when the health action or PHA is completed. **Maximum funding to be earned is \$500 for employee-only coverage or \$1,000 for family coverage per year.**

** Subject to limitations stated in your Summary Plan Description booklet.

TO EARN UP TO \$300 IN THE REMAINING AMOUNT TOWARDS YOUR MAXIMUM,

Between Oct. 1 and Dec. 31, 2015, complete your Personal Health Assessment, update or confirm your primary care physician, and contact information. Watch for more information later this year.