

# HEALTH RELATED ACTIONS THAT QUALIFY FOR JAN. 1, 2018 HRA FUNDING



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

The health related actions listed below will earn the HRA funding amounts indicated (\*) if completed between Jan. 1 and Dec. 31, 2017. The maximum you can earn with these actions towards your full funding, without getting a flu shot or participating in Condition Management, is \$200.

## 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, 2017, or graduating from the program.

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



## MAKING HEALTHY CHANGES



### Health Coaching | \$150

by enrolling and completing three calls with your coach.



### Weight Loss Programs | \$150 or \$200

by actively participating in one of the following programs: Weight Watchers\*; Jenny Craig\*; NutriSystem\*; 3010 Weight Loss for Life\*; or 2020 Lifestyles\* - for three consecutive months, you can earn \$150. Or, by actively participating for six consecutive months, you can earn \$200. Participation documentation is required through a form provided by the Trust. (Membership or program fees are not paid for by the Trust.)



### 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](http://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.

## 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.

# DEADLINE FOR ALL ACTIVITIES IS DEC. 31, 2017—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) = \$400 for health related actions

+ Take your PHA, update PCP and contact information for the remaining \$100. = **Congratulations! You've earned \$500!**

**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) = \$300 for health related actions

+ Take your PHA, update PCP and contact information for the remaining \$200. = **Congratulations! You've earned \$500!**

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

Enroll in Quit for Life and complete five calls with your coach (\$150) + Participate in Health Coaching (\$150) = \$200 for health related actions

+ Take your PHA, update PCP and contact information for the remaining \$300. = **Congratulations! You've earned \$500!**

(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 2018 HRA funding you must be HRA eligible on Jan. 1, 2018. 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.