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## Healthy living deserves a reward

### **EARN ALL 2022 MEDICAL PLAN DISCOUNTS**

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Eligible associates and spouses can earn medical plan discounts totaling \$1,170 (associate only) and \$2,340 (associate and spouse). Earning all 2022 medical plan discounts starts with completing a Wellness Screening and taking a confidential online Health Assessment in CaféWell before **November 30, 2021**.

#### **New this year**

- + Some onsite Wellness Screening events will be held at OhioHealth locations from July 1 through September 30. **There will be a very limited number of available appointments.**
- + The screening measures BMI (body mass index) and blood pressure. A1c or tobacco screenings are not required to earn discounts.
- + There's a new confidential online Health Assessment discount. This replaces the tobacco-free discount.

# EARN DISCOUNTS TO REDUCE YOUR 2022 MEDICAL PLAN COSTS

You and your covered spouse each need to complete these steps by **November 30, 2021** to earn all the 2022 discounts.

<p><b>1</b></p>	<p><b>WELLNESS SCREENING</b></p> <p>Complete an annual preventive exam by <b>November 30, 2021</b> with your primary care provider (PCP) and submit a Primary Care Provider Wellness Screening Results Form <b>OR</b> screen at an OhioHealth on-site Wellness Screening event.</p>	<p><b>Medical Plan Discount</b> \$15 per pay (associate only) or \$30 per pay (associate and spouse)</p>
<p><b>2</b></p>	<p><b>LIVING OHIOHEALTHY</b></p> <p><b>OPTION 1:</b> Screen through an annual preventive exam with a PCP and submit the Primary Care Provider Wellness Screening Results Form - you and your spouse automatically earn both the Wellness Screening and the Living OhioHealthy discounts even if your BMI and blood pressure do not fall within the normal ranges.</p> <p style="text-align: center;"><b>OR</b></p> <p><b>OPTION 2:</b> Screen at an OhioHealth onsite event and if BOTH your BMI and blood pressure fall within normal ranges (BMI is less than 30 and blood pressure is less than 140/90) you earn the discount.</p> <p><b>IMPORTANT: If one or both of your BMI and blood pressure measures are not within the normal ranges when screening at an event, follow up with a PCP and submit a Primary Care Provider Results Form or actively participate in one of the OhioHealth Wellness Program options by November 30.</b> To learn about Wellness Program options and requirements, visit <a href="http://OhioHealthRewards.com/WellnessScreening">OhioHealthRewards.com/WellnessScreening</a>.</p>	<p><b>Medical Plan Discount</b> \$15 per pay (associate only) or \$30 per pay (associate and spouse)</p>
<p><b>3</b></p>	<p><b>HEALTH ASSESSMENT</b></p> <p>Take the confidential online Health Assessment in CaféWell and get personalized actions for maintaining or improving your health. Sign in or register at <a href="http://OhioHealth.CafeWell.com">OhioHealth.CafeWell.com</a>. For details, visit <a href="http://OhioHealthRewards.com/WellnessScreening">OhioHealthRewards.com/WellnessScreening</a>. Call (833) 314.1049 or email: <a href="mailto:OhioHealth@cafewell.com">OhioHealth@cafewell.com</a> to answer questions about completing the online Health Assessment.</p>	<p><b>Medical Plan Discount</b> \$15 per pay (associate only) or \$30 per pay (associate and spouse)</p>

Visit [OhioHealthRewards.com/WellnessScreening](http://OhioHealthRewards.com/WellnessScreening) to:

- + Download and print the Primary Care Provider Wellness Screening Results Form.
- + View the OhioHealth Wellness Screening event schedule and register for a screening.



Scan this QR code with your phone to access the OhioHealth Rewards site.

## QUESTIONS?

Call the HR Resource Center at (614) 533.8888 or email [HRRC@OhioHealth.com](mailto:HRRC@OhioHealth.com)