

WELLNESS CREDITS

2018 Activities For 2019 Health Plan Premium Waiver for Employees & Spouses on the Health Plan



40 POINTS EACH	25 POINTS EACH
<ul style="list-style-type: none"> <input type="checkbox"/> Annual Physical including blood work <input type="checkbox"/> Annual Eye Exam <input type="checkbox"/> Dental Cleanings two times per year 	<ul style="list-style-type: none"> <input type="checkbox"/> Well-Woman Mammogram <input type="checkbox"/> Well-Woman Pap Test <input type="checkbox"/> Well-Man PSA Test <input type="checkbox"/> Colonoscopy <input type="checkbox"/> Annual Flu Shot or Approved CDC Vaccine <input type="checkbox"/> Non-Tobacco /Non-Nicotine User* <p>Subject to audit and confirmation testing.</p> <p>For assistance in stopping the use of tobacco, you may contact the Kansas Tobacco Quitline at 1-800-QUIT-NOW</p> <p>* Nicotine gum/patches are not considered tobacco products if prescribed or recommended by a physician and/or used in conjunction with smoking cessation treatment.</p> <p>Earn a \$1,200 annual premium waiver by accumulating 100 wellness points between January and December 2018</p> <p>NEW: Spouses on the health plan will also need to accumulate 100 wellness points between January and December 2018 to earn the \$1,200 annual premium waiver.</p>
40 POINTS EACH	25 POINTS EACH

Please Note: Your Health Plan is committed to helping you achieve your best health. The premium waiver for participating in the wellness program is available to all employees. If you think you might be unable to meet the standard for a waiver under this wellness program, you might qualify for an opportunity to earn the same waiver by different means. Contact Employee Benefits at 973-4581 and we will work with you (and if you wish, with your doctor) to find a wellness program for the same waiver that is right for you in light of your health status.