

Health Benefits



Wellness Program

The Wellness Program began January 1, 2015 for all State employees, non-Medicare retirees, and enrolled non-Medicare spouses of employees and non-Medicare retirees enrolled in the State Employee and Retiree Health and Welfare Benefits Program (the “Program”). Our goal is to encourage and educate our employees to begin “moving forward to better health.” The Wellness Program encourages employees, retirees, and enrolled spouses (not enrolled children) to complete certain healthy activities each calendar year. By completing all of the required activities for each calendar year, the enrollees will enjoy enhanced benefits such as waiving of copays for all future Primary Care Physician (PCP) visits for the remainder of that year. For each member (employee, retiree, and covered spouse) who does not complete the health activities for each calendar year, a \$50 per person surcharge (approximately \$2.08 per paycheck) will be deducted from the employee’s check and the retiree’s pension allowance starting in January of 2016.

The activities below must be completed by all employees hired prior to August 1, 2015, non-Medicare retirees, and enrolled non-Medicare spouses of employees and non-Medicare retirees by September 30, 2015.

Calendar Year 2015 Healthy Activities	
1)	Designate a Primary Care Physician (PCP) on your medical carrier’s State of Maryland dedicated website or by calling your medical carrier.
2)	Complete the health risk assessment on your medical carrier’s State of Maryland dedicated website or by calling your medical carrier to obtain a paper version.
3)	Take the health risk assessment results to your selected PCP to review and have your PCP sign the Physician Verification/Notification form.
4)	Return the Physician Verification/Notification form to your medical carrier as instructed.

For information on the wellness program’s activities and rewards, visit www.dbm.maryland.gov/benefits and click on the Wellness tab.

Request for Waiver: To make a request for a waiver from participating in the wellness program for conscientious, cultural or religious reasons, submit your request in writing to the Employee Benefits Division within 60 days of the start of each plan year or within 60 days of your date of hire detailing the basis of your request. Requests for Waiver can be sent to 301 West Preston Street, Room 510, Baltimore, MD 21201 or emailed to ebd.mail@maryland.gov.