

# Health Benefits

Putting the pieces together  
to improve your health.



## WELLNESS PLAN ACTIVITIES FOR 2019

The Wellness Plan has several important benefits. First, it helps you and your enrolled spouse work with your medical providers to get and/or stay healthy. Second, it saves you money on your healthcare. Third, it will save money for the State in the long term by focusing our healthcare dollars on prevention. It's your choice whether or not to participate, but there are advantages to doing so.

### You Save Money by Participating!

Employees, non-Medicare eligible retirees and spouses who are enrolled in a medical plan are eligible to participate. When you and your enrolled spouse complete the wellness activities for 2019, all of your visits to your PCP are free and you could also receive a \$5 reduction for your specialist copay until the end of the calendar year! (please note: Kaiser Permanente rewards do not include reduced specialist copays). The sooner you complete your activities the sooner you start saving.

### If You Do Not Participate in the Wellness Plan

If you choose not to complete the healthy activities, you lose out on free PCP copays and/or reduced specialist copays. Note: There is no penalty or surcharge for not participating.

### Wellness Activities

First select a PCP (if you haven't already) and then complete the online health risk assessment provided by your medical plan. It's a good idea to take the assessment every two years to track your progress or to pick up areas for improvement. Within two weeks of completing these two activities you will be able to enjoy free PCP visits for the rest of the year. Please refer to the [Wellness FAQ](#) on for details on how your plan notifies you that your record has been updated.

If you are due for any age or gender preventive screenings on the back of this form, and your doctor recommends it, you enjoy a \$5 reduction in your specialist copays for the rest of the year by having the recommended screening(s) done (please note: Kaiser Permanente rewards do not include reduced specialist copays). Keep in mind, the earlier in 2019 you complete the wellness activities, the sooner you enjoy free PCP copays and/or reduced specialist copays. In the event you and/or your enrolled spouse are unable to perform any or all of the wellness activities due to medical reasons, alternative options will be available to receive the rewards. Please contact the Employee Benefits Division for details.

### Follow These Easy Steps to Start Earning Your Rewards

1. Select a PCP (if not already done).
2. Complete the online health risk assessment. You have a choice between completing your medical plan's health risk assessment or the State health risk assessment.
3. Take the list of screenings with you to your annual physical exam and if your doctor recommends any of the screenings for which you are due, complete the screening(s).

### Take Advantage of These Wellness Benefits

- Reimbursement of weight loss program monthly membership fees (up to \$150 per calendar year).
- Make the Call/Take the Call Wellness Coaching – available under all medical plans – to help you reach your nutrition and health goals. For details, go to our [website](#)
- Weight Management, Tobacco Cessation, Financial Wellbeing and Emotional Wellbeing Programs.

### Get Started!

All employees, non-Medicare eligible retirees, and enrolled non-Medicare eligible spouses need to create their own individual online account the first time they visit their medical plan's website. **If you already created an account in the previous year, you do not need to set up a new account.**

### To Create a New Account – CareFirst Enrollees

1. Register for MyAccount by visiting [www.carefirst.com/statemd](http://www.carefirst.com/statemd). Click "Register Now" and follow the steps.
2. Once logged into MyAccount, a popup box will appear called Wellness Program – click on the "Earn Now" button to go to the section where you can see the requirements.
3. Alternatively, on the MyAccount landing page there is a banner that states – "To access your 2019 State of Maryland Wellness Program click here." Click this button to go to the wellness section.

## To Create a New Account – Kaiser Enrollees

1. Login or Register at [www.my.kp.org/maryland](http://www.my.kp.org/maryland)
2. To begin the process click on “Wellness Program Information.” You can find this in a blue box on the right-hand side of the page. Here, you will find all of the information needed to participate in the wellness program.
3. Sign the HIPAA Wellness Agreement.

## To Create a New Account – United Healthcare Enrollees

1. Login or Register at [www.myuhc.com](http://www.myuhc.com). To register, click the “Register Now” button. Have your UnitedHealthcare medical ID card on hand.
2. Once logged on to myuhc.com, click on the Health & Wellness tab which is the farthest right tab at the top of the page.
3. Follow these simple steps to complete a one-time Health & Wellness registration. On return visits you will be able to go directly to your personal Health & Wellness homepage.
  - a) Select a primary care provider (PCP) if not already done. If already selected confirm your PCP selection.
  - b) Complete Health Assessment – You have two options to choose from on [www.myuhc.com](http://www.myuhc.com):
    - Complete the Rally SM Health Assessment that can be located on the Health and Wellness tab and click “Go to Rally” OR
    - Complete the State of Maryland’s Health Assessment that can be located on the Claims & Accounts tab in the Claim Forms section or see the link below.

## Find Out More!

Go to the [Employee Benefits Wellness website](#). There you will find Frequently Asked Questions, Wellness Program Zero Copay Process instructions, and more wellness resources available to you.

| WELLNESS PROGRAM ROUTINE SCREENINGS  |  |   |   |   |
|--|--|---|---|---|
| SCREENING  | 18-29 YEARS  | 30-39 YEARS   | 40-49 YEARS   | 50+ YEARS   |
| <b>ROUTINE CHECKUP</b> <ul style="list-style-type: none"> <li>• Personal history</li> <li>• Blood pressure</li> <li>• BMI</li> <li>• Physical exam</li> <li>• Comprehensive metabolic blood panel including LDL/ HDL, hemoglobin A1C, CBC</li> </ul> | Annually   | Every 1-3 Years, depending on risk factors  | Every 1-3 Years, depending on risk factors  | Annually  |
| <b>BREAST CANCER (Women)</b>   | Annual Clinical Breast Exam  | Annual Clinical Breast Exam   | Annual Clinical Breast Exam<br><b>And</b><br>Annual Mammography   | Annual Clinical Breast Exam<br><b>And</b><br>Annual Mammography   |
| <b>CERVICAL CANCER</b>   | Initial Pap Test at 3 years after first sexual intercourse or by age 21. Then, every 1-3 years per clinician       | Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results) | Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results) | Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results) |
| <b>COLORECTAL CANCER</b>   |  |   |   | Colonoscopy at age 50, then once every 10 years<br><b>Or</b><br>as recommended by your doctor                           |
| <b>DIABETES – TYPE 2</b>   |  |   | Beginning at age 45:<br>Every 3 years or more often at discretion of physician  | Beginning at age 45:<br>Every 3 years or more often at discretion of physician  |
| <b>TETANUS, DIPHTHERIA IMMUNIZATION</b>  | 3 doses if not previously immunized.<br><br>Booster every 10 years (one booster should be with Adult dTap vaccine) | 3 doses if not previously immunized.<br><br>Booster every 10 years (one booster should be with Adult dTap vaccine)      | 3 doses if not previously immunized.<br><br>Booster every 10 years (one booster should be with Adult dTap vaccine)      | 3 doses if not previously immunized.<br><br>Booster every 10 years (one booster should be with Adult dTap vaccine)      |