



Health Benefits

Together, we are working toward a *healthier community*



2021 WELLNESS PLAN ACTIVITIES

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 of completing a health survey and confirming your PCP in 2021, all of your visits to your PCP are free from your 2021 completion date through 12/31/2022! You could also receive a \$5 reduction for your specialist copay until the end of the 2022 calendar year by getting one or more of the screenings listed on page 2 per your PCP's recommendation. *Please note: Kaiser Permanente rewards do not include reduced specialist copays.*

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. There is no penalty or surcharge for not participating.

In Addition to Your Rewards, Take Advantage of These Additional Wellness Benefits

- Reimbursement of weight loss program monthly membership fees (up to \$150 per calendar year).
- No-cost **Make the Call/Take the Call Wellness Coaching** available under all medical plans to help you reach health goals.
- No-cost Weight Management, Tobacco Cessation, Financial Wellbeing and Emotional Wellbeing Programs.

Get Started – The Sooner You Complete the Wellness Activities the Sooner you Start Saving!

All employees, non-Medicare eligible retirees, and non-Medicare eligible spouses need to create their own individual online account the first time they visit their medical plan's website. **If you have already created an account, you do not need to set up a new account for 2021.**

To Create a New Account and Next Steps– CareFirst Enrollees

1. To get started, visit <https://www.carefirst.com/statemd/health-wellness/health-wellness-resources.html> and follow the instructions to set up *MyAccount*.
2. Once your account is set up, click *Explore Now* in the wellness program pop-up message. There, you will be asked to complete the one-time registration with Sharecare to link your Carefirst account information.
3. Once the one-time registration with Sharecare is completed, click *Achieve* then *Rewards*. Select *State of Maryland Wellness Program 2021*. There you will select/confirm your PCP and complete the RealAge assessment. If you require assistance with the wellness program, call Sharecare at 877.260.3253.
4. To access your health profile 24/7, download the Sharecare app from the app store and sign in with your username and password.

To Create a New Account and Next Steps– Kaiser Enrollees

1. Login or Register at <https://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. There you will find all of the information needed to participate in the wellness program.
3. Make sure to sign the HIPAA Wellness Agreement.

To Create a New Account and Next Steps– United Healthcare Enrollees

1. Go to myuhc.com. Click "Register Now" and follow the prompts.
2. Proceed to "Rally for Health Rewards".
3. Register for Rally by following 3 simple on-screen steps. You will choose an avatar and username to participate in online communities and other activities. Your username should be fun and memorable, but NOT your real name.
4. Complete the Rally Health Survey.
5. Go to the Rewards tab to confirm that you have a PCP and to find all the information you need to participate in the wellness program.

Find Out More About What the Wellness Program Offers!

Go to the Employee Benefits Wellness website at <https://dbm.maryland.gov/benefits/> and click on the Wellness tab for more information and to access monthly health promotion topics, a webinar library, and many more wellness resources.

| WELLNESS PROGRAM ROUTINE SCREENINGS 2021 | | | | |
|---|--|---|---|---|
| SCREENING | 18-29 YEARS | 30-39 YEARS | 40-49 YEARS | 50+ YEARS |
| ROUTINE CHECKUP <ul style="list-style-type: none"> • Personal history • Blood pressure • BMI • Physical exam • Comprehensive metabolic blood panel including LDL/HDL, hemoglobin A1C, CBC | Annually | Every 1-3 Years, depending on risk factors | Every 1-3 Years, depending on risk factors | Annually |
| BREAST CANCER (Women) | Annual Clinical Breast Exam | Annual Clinical Breast Exam | Annual Clinical Breast Exam And Annual Mammography | Annual Clinical Breast Exam And Annual Mammography |
| CERVICAL CANCER | 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) |
| COLORECTAL CANCER | | | | Colonoscopy at age 50, then once every 10 years Or as recommended by your physician |
| DIABETES – TYPE 2 | | | Beginning at age 45: Every 3 years or more often at discretion of physician | Beginning at age 45: Every 3 years or more often at discretion of your physician |
| TETANUS, DIPHTHERIA IMMUNIZATION | 3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine) | 3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine) | 3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine) | 3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine) |