

Hi, this email applies to anyone who will be on the on the District Health Insurance Plan on July 1, 2017.

The wellness program for 2017 will look very similar to last year but we will remove step 3 from the program which required you to participate in two activities. After listening to staff concerns it made more sense to keep the activities fun versus having them turn into another thing to do.

Because of a recent change in Federal regulations we also are changing how the premium savings is given if you have a spouse on the plan . If you have a spouse on the plan each person that completes the two steps receives a 2% discount. Thus if the employee and spouse complete the program you save 4%. If only the spouse or the employee completes the program you will save 2% on your premium contribution. If you are on a single plan and complete the two steps of the program you will receive a 4% discount.

Another Federal Regulation requires us to give you a Notice Regarding Wellness Program Participation before you participate in the wellness program. This notice lets you know that the program is voluntary and that the information you provide to Security is confidential. This notice can be found in your WebMD portal under the Wellness Program Participation Acknowledgment activity which is located under the Rewards tab. You will need to click the button "I did this", enter the date, type "I consent" and then click "Save." This will complete the activity. Both the employee and spouse (*if applicable*) need to complete this step as per the Federal Regulation if you choose to participate in the program.

If you are planning on participating in the 2017 wellness program through the Mosinee School District, please read through the upcoming wellness program components below.

Participating in this program allows employees to save money on their insurance premium if the two steps outlined in this email are completed within the given timeline.

Step 1: Preventive exam including biometric screenings – Schedule a preventive exam with a primary care provider of your choosing. Timeline for completion: July 1, 2017 to November 30, 2017.

You will need to book an appointment with your primary care provider to complete the preventive exam including biometric screenings that will be required as part of the wellness program. Please take the attached form to your doctor, nurse practitioner or physician assistant to get the form completed. Your doctor will send the form into Security Health on your behalf. Your doctor will be able indicate on this form if you need a yearly preventative exam or if you should come in every two years. If the doctor indicates you don't need an annual exam you will automatically fulfill step 1 of the wellness program for the following school year. Remember you can go to the provider of your choosing as long as the preventive exam is done by someone in network. There will be no charge to have this testing done at your provider.

***Exceptions to the preventative exam requirement:***

- 1. You will be notified in writing by Security if your provider didn't require you to have a preventative exam done this year (you can also see this in your WebMD Portal) and if you get this letter all you need to do is step 2 to complete the program.*
- 2. If you are pregnant, please have your provider indicate "pregnant" on this form and submit. You still need to complete the Wellness Program Participation Acknowledgement and online health assessment.*

Step 2: Health Assessment (HA) - Timeline for completion: July 1, 2017 to November 30, 2017.

Attached are instructions on how to complete your online health assessment.

**Please note: You and your spouse (if applicable) will need to complete the two steps by November 30, 2017 if you each want to save 2% on your premium. Employees with a single plan need to complete the two steps by November 30 to save 4% on their premium.**

Remember it is your choice if you want to start the wellness program in summer or wait until after school starts. It is also your choice if you want to participate in the program.

If you have any questions feel free to contact me. Have a great summer vacation.