

POMCO Wellness Plan Design for PPSTA – Year 1 (Assessment and Awareness)

Eligible participants:

Benefit Trust Medical Plan PPSTA Participants

Benefit Trust Medical Plan PPSTA Spouses

Non-Medicare eligible retirees with Benefit Trust Medical Coverage

Health Goals/Activities	Points	Required	Additional	Additional
		6/1/2017-12/15/2017	6/1/2017-12/15/2017	1/1/2018-5/31/2018
Register for Member Portal	1	√		
Biometric Screening	1	√		
Online Health Risk Assessment	1	√		
Review Know Your Numbers report with Health Coach	1		√	√
Engage with a Health Coach to Set or Reach a Goal	1		√	√
*Voluntary Group Activity (Walking Club) 20 completed walks = 1 point; max of 6 points	1		√	√
*Choice of miscellaneous fitness activity - minimum of 30 minutes (30 minutes of activity 20 times = 1 point); max of 6 points	1		√	√
Be a non-user of tobacco as indicated on tobacco affidavit	1		√	√

** Proof sources will be required to award the points. Please contact the PPSTA Benefit Trust Office to submit proof.*

Incentive Period 1: 6/1/2017-12/15/2017 (Required and Additional Activities)

In order to be eligible for the vanishing In Network deductible incentive, applied at 1/1/2018, the member must achieve 5 points by completing the 3 required activities and 2 additional activities.

Each enrollee and spouse must achieve these points respectively. The vanishing deductible for each enrollee or spouse will equivalent to the individual deductible amount.

Incentive Period 2: 1/1/2018-5/31/2018 (Additional Activities)

In order to be eligible for a \$50 cash gift card, the member must have earned the vanishing deductible incentive and then have earned 5 additional points by 5/31/2018.